



SEASONAL ROOTS

Dirt to Doorstep®

Read it in the Newsletter Archive with [clickable links at SeasonalRoots.com/blog](http://SeasonalRoots.com/blog)

LOCAL FOOD vs REGIONAL FOOD

WHAT'S THE DIFFERENCE?



Take a good look at this picture. Can you tell the local food from the regional food in that basket-worth of items? When you're shopping your online farmers market, you never have to guess because we always tell you where it was grown or made by which family farmer.

Sometimes the answer to that question is obvious: If an apple comes from New Zealand, it's not local, at least not here in Virginia. But what if it comes from North Carolina, Pennsylvania, or even Florida?

There's no official definition for 'local food' or 'regional food'. Seasonal Roots considers food 'local' if it's grown or made within about 150 miles of where we deliver. We call it 'regional' if it's outside that range but can still get to us within a day or so of harvest without flying.

Any further than that and it isn't fresh enough or nutritious or flavorful enough for us, and probably comes with a bigger carbon foot-print, too. So most of our menu items are local, and in the winter we add regional items from Florida. One thing you'll never see on our menu is anything from New Zealand, or even California.

Some of our members take satisfaction in eating only what nature can provide in season here in Virginia. They keep all their food dollars local and avoid things like tropical fruits that don't grow this far north. After all, humans survive just fine on different diets the world over. Other members enjoy the variety that regional options offer, especially in winter.

Seasonal Roots is here to support your choice, whether you choose to eat 100% local or occasionally go regional. We always make it clear where each item on our menu is grown or made. That way you can choose the food that's right for you, good for you, and still good for our planet, too!

To read more about regional vs. local and meet our regional farmer partners, visit the Veggie Fairy Blog: seasonalroots.com/blog/regional-food-vs-local-food

ORDER THIS WEEKEND
MEMBERS & GUESTS
SPECIAL!!



**\$2 OFF
FAMILY BASKET**

As the family gathers,
wow them with
delicious, nutritious
local food!

Also at the market:
Pasture-raised chicken
from the Ingersoll
family on
Harmony Hill Farm,
Scottsville, Va.
Good for the birds and
good for you, too!

Plus True Made Foods
makes its debut:
Tired of fighting the
kiddos over their sugary
ketchup intake? Switch to
**ketchup with half the
sugar** of the big guys! The
sweetness comes from
veggies like carrots,
tomatoes, spinach, and
butternut squash – yum!

BLENDER GUACAMOLE

Ingredients:

- 2 ripe V&B avocados, peeled and pitted
- 1 t salt
- 2 T blended V&B lime, or lemon (*see the hack, below*)
- ¼ c chopped FLORES FARM leek
- 1 medium tomato, quartered
- ½ c fresh cilantro leaves, roughly chopped
- ½ jalapeno pepper (optional/to taste)



Directions:

1. Place all ingredients into a high-speed blender in the order listed and secure lid.
2. Turn machine on and quickly increase speed to medium low.
3. Blend for 15-20 seconds, using a spatula to scrape down sides as needed.
4. Do not over mix. Leave chunky. Garnish with diced tomato and parsley, as desired. Serve with tortilla chips.

SWEET SAUSAGE & EGGPLANT PENNE

Ingredients:

- 1 medium V&B eggplant
- salt and pepper
- 2 T olive oil
- 1 lb SAUSAGE CRAFT Italian Rope Sausage, removed from casing
- 3-4 cloves PINE KNOT FARM garlic, minced
- 1 rib celery, or similar amount of FLORES FARM baby bok choy, finely chopped
- 1 FLORES FARM leek or small onion, finely chopped
- 1 32-oz can crushed tomatoes
- a few fresh basil leaves, torn,
- or fresh PICK PENNY FARM thyme
- chicken stock, optional
- 12 oz BOMBOLINI Garlic and Herb Mostaccioli pasta
- Parmesan cheese, grated

If you need a great make-ahead meal, give this one a try!



Find all these recipes & more at [pinterest.com/SeasonalRoots](https://www.pinterest.com/SeasonalRoots)

Directions:

1. Peel the skin from the eggplant. Chop skinned eggplant into bite-sized pieces, sprinkle with salt, and drain a few minutes on paper towels.
2. Heat oil over medium-high heat. Add sausage. Crumble it and cook until brown.
3. Add garlic, celery/bok choy, and leek/onion.
4. Pat moisture off eggplant pieces and stir into sausage mixture. Cook till veggies are softened, 6-8 min.
5. Add tomatoes and basil. Bring to a simmer and cook to combine flavors.
6. If making ahead, cool and store.
7. When ready to eat, reheat sausage mixture on stovetop over medium heat. If it's too thick, add a little water or optional chicken stock to thin it out.
8. Bring a pot of water to a boil. Add salt and cook pasta to al dente.
9. Add about 1 cup of starchy pasta water to the sausage mixture. Drain the pasta and toss with the sausage mixture. Adjust the seasoning, then serve in shallow bowls topped with grated cheese and a drizzle of olive oil.



HOLIDAY SCHEDULE

Mark your calendars!

LAST local food deliveries in

2017:

DEC 20 & DEC 21

FIRST local food deliveries in

2018:

JAN 17 & JAN 18!

(Weather permitting!)

TIPS & HACKS



Use the whole lime or lemon, not just the juice

Instead of cooking with lemon or lime juice, use the blended whole fruit (after peeling it) to get more nutritional benefit. When you use just the juice, you lose out on the fiber and all the nutrients that go with it.

And here's a great time saver: After you peel and blend a whole fruit, freeze it in 1 teaspoon portions. A small silicone ice cube tray is ideal for this. Then grab a cube from the freezer whenever you need it.