



SEASONAL ROOTS

Dirt to Doorstep®

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Season's Greetings from the Farm!



While delivering his humanely raised, grassfed beef to our Hub, Tony of Sunny Vale Farm took a moment to let you know how much he appreciates your support!

What does 84 local farmers and food artisans, plus 70,000 boxes of local sustainably grown produce, grassfed dairy, pastured eggs and meat, and wholesome artisan fare – what does all that add up to? Another joyful year of local food!

As 2017 draws to a close, Seasonal Roots farmers and food artisans join with our entire team to say: Thank you for helping make our little corner of the world more delicious, nutritious, humane, and sustainable!

We're looking forward to bringing you more of Mother Nature's seasonal bounty in 2018!!!



A **Holiday Message** from your neighborhood Market Manager



*It has sure been a joy connecting you with our local farmers and food artisans! The seasons have flown by, and now it's that time of year when we veggie fairies take a little break to spend some time with our families. **Your online farmers market will reopen Jan. 12, and the following week I'll be round with your local food, weather permitting.** 'Til then, I wish you and yours joy & peace!*

CHICKEN & MUSHROOMS

Ingredients:

1 T olive oil
 4 pieces HARMONY HILL FARM pasture-raised chicken (your choice)
 1 clove PINE KNOT FARM garlic, minced
 1/4 c VAN DESSEL FARM leek, finely diced
 1/2 c bell pepper or VICTORY FARM daikon, finely diced
 1/4 flour
 2 t smoked paprika
 2 t PICK PENNY FARM fresh thyme
 1 t PICK PENNY FARM fresh sage, minced
 1 c chicken stock
 1/2 c RUDY'S mushrooms
 1 8oz can crushed tomatoes
 For extra goodness, stir in some greens from COTTLE ORGANICS!
 salt and pepper to taste



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

Directions:

1. Heat sauté pan over medium heat. Add chicken and cook for 6 minutes, browning both sides. Remove chicken from pan; keep warm.
2. Add garlic, leek, and bell pepper/daikon to pan and cook 4 minutes or until vegetables begin to soften, stirring frequently. Stir in flour to make a roux; cook 30 seconds.
3. Stir in spices. Add stock, mushrooms, tomatoes, and greens (if using), scraping pan to loosen browned bits. Bring to a simmer.
4. Return chicken to pan. Cover, reduce heat and simmer 20 minutes. Uncover, increase heat to medium-high, and simmer until sauce is reduced by half, about 10 minutes. Salt and pepper to taste.

BURRITO BREAKFAST BAKE

Ingredients:

2 T oil
 1/2 c VAN DESSEL FARM leek, chopped, or red onion, chopped
 1 bell pepper or equal amount of SION HOUSE FARM green tomatoes, finely chopped
 6 c COTTLE ORGANICS curly kale
 1/2 c CURDS & WHEY roasted red pepper
 1 t chili powder
 1/2 t cumin
 1/2 t oregano
 2 t PICK PENNY FARM fresh thyme
 2 c salsa
 1 lb SAUSAGE CRAFT mild Italian sausage, cooked, or 6 AVERY'S BRANCH FARMS pastured eggs, scrambled
 1 baked DEER RUN FARM sweet potato or WILLIE MAE FARM white sweet potato, mashed
 2 T COTTLE ORGANICS cilantro
 1 1/2 c CURDS & WHEY fresh mozzarella, divided
 4 tortillas
 1/4 c coarsely ground pumpkin seeds
 1 V&B avocado, diced

Directions:

1. Preheat oven to 350.
2. Combine leek/onion and bell pepper/tomato in a large saucepan with 2T oil over medium heat. Cook for 5 minutes to soften.
3. Add kale, stirring until wilted. Add roasted red pepper, first 4 spices, and 1/4 c of the salsa, stirring to combine. Remove from heat.
4. Combine this veggie mixture with cooked sausage or scrambled eggs and mix well.
5. In a separate bowl, combine the mashed sweet potato, cilantro, 1/2 c of the mozzarella and another 1/4 c of the salsa.
6. Spoon 3/4 c of the salsa into a 9x13-inch baking dish, spreading evenly. Set aside.
7. Spoon a quarter of the sweet potato mixture down the center of each tortilla. Top each with a quarter of the sausage veggie mixture. Roll up the tortillas and arrange them, seam side down, in the prepared baking dish. Spread the remaining 3/4 c salsa and mozzarella over the burritos. Sprinkle with the pumpkin seeds.
8. Cover and bake 20-30 min, or until hot. Serve hot, garnished with avocado.

TIPS & HACKS



How to make super-thin radish & carrot slices

Instead of using a knife to try and slice radishes and carrots thinly and evenly enough for a picture-perfect holiday salad, use a vegetable peeler.

The sharp blade makes it easy to peel off wafer-thin slices that are easily eaten. No more stabbing the carrots in salad!

