



SEASONAL ROOTS

Dirt to Doorstep®

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TRY THIS EASY NEW YEAR'S RESOLUTION



In this era of fast food, junk food, and crazy busy schedules, healthy eating can be hard. But local food makes it easy! So make "healthy eating" your #1 New Years Resolution, and Seasonal Roots will smooth the way for you. Here are 3 easy tips to get you started.

1. Don't wait for spring

If you think there's nothing local and healthy to eat in the winter, think again! We harvest plenty of superfoods right here in Virginia throughout the winter, and some of them store well, too. Think apples, beets, spinach, sweet potatoes, turnips, and winter squashes.

2. Order weekly

As you know, online ordering is quick and convenient, and delivery is free to your home or office, saving you time. By ordering every week, you're getting local food that's fresh from the fields, so it's loaded with healthy nutrients (not to mention flavor!)

3. Avoid supermarket mind games

Seasonal candy displays... scent machines that lure you to the bakery... "free" junk food samples... sugary cereals at kids-eye-level... These are just some of the psychological marketing tricks that supermarkets use to fool you into filling your oversized cart (another trick!) with unhealthy food! By getting your fresh stuff delivered weekly, you won't have to go to the supermarket as often. And before you go, be sure to eat first, take a list, and focus on stocking up on items you can store. That will make it easier to stay out of their devious clutches.

More easy tips and info, including details on superfoods and supermarket mind games, at seasonalroots.com/blog/easy-new-years-resolution

ORDER THIS WEEKEND MEMBER & GUEST SPECIAL!!



PB&J Bundle \$21

Holidays are over and it's back to school and work. Head out with Virginia-made peanut butter and jelly sandwiches!

Includes:

2 jars of peanut butter
from
Reginald's Homemade
Rockville, Va.

2 jars of jelly
(non-alcoholic)
from

Herbert's Wine Jelly
Palmyra, Va.

1 loaf fresh-baked bread
from

La Bella Vita Bakery
Ashland, Va.

Or look for the
GLUTEN-FREE
option in the mini
bundle section!

GRAPEFRUIT, BEET & RADISH SALAD

This is one of the prettiest salads you'll ever see!

Ingredients:

3 V&B red grapefruit
 1 lb VAN DESSEL FARM yellow or red beets (about 4 small),
 scrubbed, trimmed, and very thinly sliced
 8 assorted radishes, scrubbed, trimmed, and very thinly sliced,
 or ½ c CURDS & WHEY roasted red peppers
 2 T olive oil
 salt and pepper, to taste

Directions:

1. Using a sharp knife, trim the peel from the grapefruits, removing as much of the white pith as possible. Working over a large, shallow bowl in order to catch the juices, segment the grapefruit into slices, cleanly separating the flesh from the membrane. Let the slices fall into the bowl, then squeeze any remaining juice from the fruit into the bowl before discarding the scraps.
 2. Add the beets, radishes or red peppers, and olive oil to the bowl and toss until well combined. Season with salt and pepper. Done!



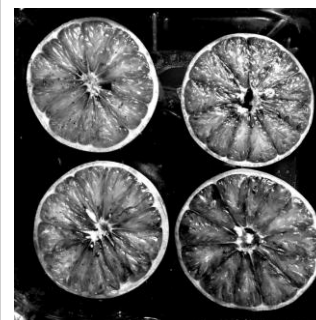
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CHICKEN STEW with CARROTS & MUSHROOMS**Ingredients:**

2 T (6 t) olive oil, divided
 1 lb RUDY'S crimini mushrooms
 2 c chopped onion
 3 garlic cloves, minced
 1/3 c all-purpose flour
 2 lbs HARMONY HILL FARM chicken
 breasts, cut into bite-size pieces
 ¾ t salt, divided
 1 c dry wine, red or white
 1 T fresh thyme, chopped or 1 t dried thyme
 2 (14-oz) cans low-sodium chicken broth, or
 1-2/3 c homemade broth
 1 bay leaf
 2 c (about 1 lb)
 WILLIE MAE FARMS
 white sweet potato,
 peeled and cubed (¾ inch)
 1½ c sliced VAN DESSEL FARM carrots
 ½ t freshly ground black pepper

Directions:

1. Heat 2 t of the olive oil in a large Dutch oven over medium-high heat. Add mushrooms and sauté for 5 min or until mushrooms begin to brown. Spoon mushrooms into a large bowl.
 2. Heat 2 more t olive oil. Add onion and sauté 10 minutes or until tender and golden brown. Add garlic and sauté 1 minute. Add onion mixture to mushrooms.
 3. Place flour in a shallow bowl. Dredge chicken in flour, shaking off excess.
 4. Heat remaining 2 t olive oil in pan over medium-high heat. Add half of chicken mixture and sprinkle with 1/8 t salt. Cook 6 minutes, browning on all sides. Add browned chicken to mushroom/onion mixture. Repeat procedure with remaining chicken and 1/8 t salt.
 5. Add wine to pan, scraping pan to loosen browned bits. Add thyme, broth, and bay leaf; bring to a boil. Stir in chicken mushroom mixture. Cover, reduce heat to medium-low, and simmer for 30 minutes or until chicken is just tender.
 6. Stir in potato and carrot. Simmer, uncovered, 1 hour or until chicken and vegetables are very tender and sauce is thick, stirring occasionally. Stir in remaining ½ t salt and pepper.

**TIPS & HACKS****How to make a healthy, warm winter treat**

Cut your V&B grapefruit in half and spread some ALFREDO'S BEEHIVE honey, to taste, on top. Set each half on a canning jar lid band to keep them stable and upright on a baking sheet. Place under broiler for just 3-5 minutes. Yum!

Try our homemade broth recipe!

You'll find it in the NOV 29, 2017 issue in the Newsletter Archive at seasonalroots.com/blog
 (Just substitute chicken for turkey)