



SEASONAL ROOTS

Dirt to Doorstep®

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THE SECRET TO REALLY GOOD OLIVE OIL

HOW TO SPOT IT, STORE IT, AND WHY IT MATTERS



The BBD (best before date) on this bottle of extra virgin is Nov. 2018, less than a year away, so it was bottled recently – fresh, and good for you!

Using a really good olive oil matters because it's as good for you as it is delicious. It fights inflammation and osteoporosis, reduces the risk of cancer and diabetes, protects against depression... and the list goes on!

Plus, a good olive oil can enhance flavors and make your fresh delicious local produce even more mouth-watering – which is why we recommend it for both of this week's recipes.

But a bad olive oil can knock it down to "Meh" or even "Blech!" So here's the secret to finding a good one and keeping it that way.

1. Go extra virgin

It's the highest standard for olive oil, regulated by various organizations. To be considered "extra virgin olive oil", the oil should have no defects and must be unrefined, meaning it has never been treated with chemicals or heat.

2. Start fresh

Look for the "bottled on" or "best before" date. If you can't find a date, keep shopping. You want to be able to use it all within a year or less of pressing. If you just can't get your hands on olive oil with a date, buy only as much as you can use within 2 months.

3. Protect your EVOO from HALT

Translation: Store and use your extra virgin olive oil (EVOO) in a way that will protect it from heat, air, light, and time (HALT). This will preserve its healthful properties. HALT breaks down the oil and leads to excessive oxidation and rancidity. Rancid oil will leave a bad taste in your mouth... and worse: While it doesn't pose a food-safety type of health risk, it contributes to heart disease and cancer. And rancidity can set in long before you can taste it or smell it, so see #2!

4. Use the right storage container

The best storage containers have a tight cap and are made of either tinted glass (to keep the light out) or stainless steel. Avoid most plastic, too. Keep it at room temperature of 70 degrees or so, away from heat sources like your oven or stovetop.

More info about olive oil, including details on the health benefits and why you shouldn't keep it in a plastic container, is at seasonalroots.com/blog/good-olive-oil.

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NEW!!

Yummvees

VEGAN MEALS & TREATS



BBQ Crispy Tofu with Brown Rice & Broccoli

A new way to do "fast food" on busy days!



Butternut Squash Mac N Cheez

Healthful crowd pleaser made with plant-based "cheese"!



Cinnamon Buns

Need we say more?!



Almond Butter Banana Chocolate Chip Granola Bars

EGGPLANT & TOMATO DIP WITH TURMERIC

Ingredients:

2 medium V&B FARMS eggplant
2 or 3 V&B FARMS tomatoes
¼ c extra virgin olive oil
4 garlic cloves, chopped
2 T tomato paste
1 t turmeric
1 t salt, plus more to taste
pinch of cayenne pepper, or to taste
2 -3 sprigs fresh dill
2-3 sprigs fresh mint
2-3 sprigs fresh parsley
½ c assorted black and green olives,
pitted, for serving (optional)
ARTANN'S whole wheat pita,
warmed, for scooping



Directions:

1. Preheat oven to 400 degrees. Pierce the eggplants all over with the tines of a sharp fork. Place the eggplants on a piece of foil large enough to wrap them after they are softened. Roast the eggplants, unwrapped, on a baking sheet in the oven, turning about every 20 minutes, until the skin is wrinkled and the eggplant is softened throughout, about 45 minutes.
2. Meanwhile, peel tomatoes and finely chop in a food processor. You should have about 1½ c tomato puree.
3. Remove eggplant from the oven, wrap in the foil, and let cool. When cool enough to handle, peel off the skin and cut up the eggplant, removing any thick sacks of dark seeds. Coarsely chop the cooked eggplant and set aside.
4. Heat the oil and garlic in a large skillet over medium heat until the garlic starts to sizzle. Do not brown the garlic. Immediately add the eggplant, tomatoes, tomato paste, turmeric, salt, and cayenne. Cook, stirring, over medium to medium-low heat until the liquid is cooked down and the mixture is very thick, about 15 minutes.
5. Finely chop the dill, mint, and parsley together to measure a total of about ¼ c. Add half the herbs to the tomato and eggplant spread. Taste and add more salt and cayenne, if needed. Remove from heat and let cool to room temperature.
6. Spread tomato and eggplant mixture on a platter and sprinkle with reserved half of the chopped herbs. Garnish the platter with the olives and serve with the warm pita. Enjoy!

PESTO SWEET POTATO NOODLES WITH BEANS & TOMATOES

Turn this tasty side dish into a main by adding the protein of your choice: TWIN OAKS tofu, preservative-free SAUSAGE CRAFT sausage, or pasture-raised HARMONY HILL FARM chicken. Cook it anyway you like, chop it up, toss it in.

Ingredients:

¼ c almonds
3 cloves garlic
1½ c fresh basil leaves
½ c extra virgin olive oil
1 pinch nutmeg
salt and pepper
2 DEER RUN FARM sweet potatoes
1 (15.5 oz) can cannellini beans, drained and rinsed
1 c V&B FARMS mini heirloom tomatoes, halved lengthwise
Parmesan cheese, to serve

Directions:

1. Preheat oven to 450 degrees. Place almonds on a cookie sheet and bake for 10 minutes, or until lightly toasted. Keep an eye on them – they go from toasted to burned really fast at the end!
2. In a food processor, combine toasted almonds, garlic, basil, olive oil, nutmeg, salt, and pepper. Process until a coarse paste is formed.
3. Peel the sweet potatoes and cut into long thin strips, using a mandoline, spiralizer (**see the TIP**), or vegetable peeler.
4. Steam the sweet potato “noodles” until tender, 10 minutes.
5. In a shallow bowl, combine the noodles with the beans, tomatoes, pesto sauce, and the protein of your choice and toss gently to combine. Sprinkle with Parmesan cheese and serve.

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TIPS & HACKS



The spiralizer...

...is an inexpensive tool that turns fresh veggies into loopy faux-noodles. It's less work than the manual methods, more fun, and a creative way to recruit little kitchen helpers.

Spiralizers range from a \$9.99-as-seen-on-TV type to a \$99.99 attachment for your Kitchen Aid. They function like a giant pencil sharpener: use a fresh, firm veggie and twist. The result is a pile of extra-long, gently curled ribbons. Think curly fries. Search Pinterest for "zoodles" and see tons of examples.

Whatever you make with a spiralizer comes out looking and tasting like a party!