



SEASONAL ROOTS

Dirt to Doorstep®

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OUT OF TRAGEDY, A VEGAN DREAM IS BORN

YUMMVEES VEGAN MEALS & TREATS COME TO SEASONAL ROOTS



In Yummvees' first week in our online farmers market, the BBQ Crispy Tofu with Broccoli and Butternut Squash Mac N Cheez sold out within hours! Tracy plans new offerings each week. Up next: Fried Cauliflower with Lentil Salad & Cashew Cheez Ziti – get ready!

You don't have to be vegan to appreciate 100% plant-based food from Yummvees. It's local, family-run, and creates vegan meals, desserts, and snacks so delicious that the nutritious, eco-friendly part is like icing on the cinnamon bun! The meals are ready-to-heat, so you don't have to sacrifice nutrition when you're too busy to cook.

But first we want to introduce you to Tracy, the woman behind Yummvees. Her story is inspiring, and as you get to know her, you'll feel as good about being nourished by her as we do. Here's an excerpt from the extended Q&A on our Veggie Fairy Blog:

VEGGIE FAIRY: How did Yummvees get started?

TRACY: In 2015, a life changing event happened to my family. My son, John, passed away at birth. Shortly after, I had a true life wake up call. I'd had a dream in the back of my head of making the world a better place through plant-based food. I HAD to act on that dream... to honor my son. So in 2016, Yummvees was officially born.

VEGGIE FAIRY: Are most of your customers vegan?

TRACY: Oh no, most of our customer base is *not* vegan, which I particularly love, because we are exposing them to foods that they may not have otherwise tried... and adding more veggies/beans/legumes and different protein sources to their diet.

Read the full interview with family photos at seasonalroots.com/blog/vegan-dream.

**ORDER THIS WEEKEND
MEMBERS-ONLY
SPECIAL!!**

PASTA NIGHT BUNDLE \$30

Includes
fresh BOMBOLINI pasta,
V&B FARMS tomatoes
and peppers,
GREAT HARVEST
BREAD CO. cheddar
garlic bread,
and locally grown salad
greens + sauce recipe!

VALENTINES DAY
is coming – show your
farmer-loving spirit!

1. Take a selfie of you or your family holding up the valentine on the back of this newsletter.

2. Post it on Facebook and be sure to tag @SeasonalRoots and use the hashtag #LoveLocalFarmers.

Together we can give a valentine to the local farmers and food artisans we love and support. Let's thank them for feeding us!

Recipes for
CRISPY ORANGE BEEF
CAULIFLOWER RICE
PASTA & SAUSAGE SOUP
(meat or veggie)
and more at
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SAUSAGE & PASTA SOUP*Make it vegetarian with tofu sausage***Ingredients:**

- 1 lb SAUSAGE CRAFT Italian sausage, casings removed, or TWIN OAKS TOFU vegetarian sausage
- 1 c chopped onion
- 2 large PINE KNOT FARM garlic cloves
- 5 c beef or veggie stock
- 2 c chopped V&B FARMS tomatoes
- 1 8oz can tomato sauce
- 1 large V&B FARMS zucchini
- 1 large VAN DESSEL FARM carrot, thinly sliced
- 3/4 c CURDS & WHEY roasted red peppers, diced
- 1/2 c dry red wine
- 2 T dried basil
- 2T dried oregano
- 8-10 oz BOMBOLINI PASTA gluten-free shells or cheese ravioli

This easy comfort-food recipe comes from my old friend Cheryl, and it's chockfull of local food!

MARGO,
neighborhood
Market Manager

**Directions:**

1. Sauté sausage in heavy Dutch oven over medium high heat until cooked through, crumbling with back of spoon, about 10 minutes. Using slotted spoon, transfer sausage to a large bowl. Pour off all but 1 T drippings from Dutch oven.
2. Add onion and garlic and sauté until onion is transparent, about 5 minutes.
3. Return sausage to Dutch oven. Add stock, tomatoes, tomato sauce, zucchini, carrot, peppers, wine, basil, and oregano. Simmer until vegetables are tender, about 40 minutes.
4. Add pasta to soup and cook until tender, about 8 minutes.
5. Season soup to taste with salt and pepper. Garnish with TRICKLING SPRINGS CREAMERY cheddar or mozzarella cheese, if desired.

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

TIPS & HACKS**How to make cauliflower rice**

Cut cauliflower into large florets. Rice florets using shredding blade on food processor, or pulse with chopping blade, or grate by hand with box grater. Heat extra virgin olive oil in a large frying pan over medium heat. Add cauliflower rice and sauté until just cooked through, about 5 minutes. Easy peasy!

CRISPY ORANGE BEEF *Serve it with cauliflower rice!***Directions:**

1. Use a vegetable peeler on the oranges and make sure that your strips contain some pith.
2. Cut beef along grain into lengths 2½" to 3" wide. Slice each piece against grain into ½-inch-thick slices. Cut each slice lengthwise into ½-inch-wide strips.
3. Toss beef with 1 T soy sauce in bowl. Add cornstarch. Toss until evenly coated. Spread beef in single layer on wire rack set in rimmed baking sheet. Place in freezer until meat is very firm but not completely frozen, about 45 min.
4. Whisk remaining soy sauce, orange juice, molasses, sherry, vinegar, and oil in bowl.
5. Line second rimmed baking sheet with triple layer of paper towels. Heat oil in large Dutch oven over medium heat until oil registers 375 degrees. Carefully add one-third of beef and fry, stirring occasionally to keep beef from sticking together, until golden brown, about 1½ minutes. Transfer meat to paper towels. Return oil to 375 degrees. Repeat twice more with remaining beef. After frying, reserve 2 T frying oil.
6. Heat reserved oil in 12-inch skillet over medium-high heat until shimmering. Add peel and hot pepper. Cook, stirring occasionally, until about half of peel is golden brown, 1½ to 2 minutes. Add garlic, ginger, and pepper flakes. Cook, stirring frequently, until garlic starts to brown, about 45 seconds. Add soy sauce mixture. Cook, scraping up any browned bits, until slightly thickened, about 45 seconds. Add beef and scallions, toss, and serve.

Ingredients:

- 1½ lbs beef flap meat, trimmed, or grassfed SUNNY VALE FARM t-bone steaks, de-boned
- 3 T soy sauce (*TIP: do not use low-sodium*)
- 6 T cornstarch
- 10 3-inch strips V&B FARMS orange peel, sliced thin lengthwise, plus ¼ c juice
- 3 T molasses
- 2 T dry sherry
- 1 T rice vinegar
- 1½ t toasted sesame oil
- 3 c extra virgin olive oil
- 1 (or less, to taste) V&B FARMS long hot pepper, stemmed, seeded, and sliced thin lengthwise
- 3 garlic cloves, minced
- 2 T grated fresh ginger
- ½ t red pepper flakes
- 2 scallions, sliced thin on bias



FARMERS!!
AND FOOD ARTISANS, TOO!!

**SUPPORT YOUR LOCAL
FARMERS – EAT LOCAL**



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