



# SEASONAL ROOTS

Dirt to Doorstep®

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## LOVE YOUR LOCAL FAMILY FARMERS!

GET TO KNOW ONE OF THE FAMILIES WHO FEED YOUR FAMILY



*Chris and his family grow cabbages, tomatoes, radishes, broccoli, eggplant, peppers, red potatoes, curly kale, and collards, to name a few! This winter we've had his sweet potatoes in our market – try roasting them with the Moroccan spice recipe on our [Pinterest](#) page.*

**CHRIS:** I was born into it. My father and grandfather farmed in the Short Pump area near Richmond, back when it was fields and forests instead of malls and big box stores. Then in 1979 we moved out here to King William County and we've been farming this 100 acres ever since. The members of Seasonal Roots, their support has been helpful because you can plant more knowing you have an outlet.

**VEGGIE FAIRY:** What kind of sustainable farming methods do you use?

**CHRIS:** We use drip irrigation to conserve water, and we're low- or no-spray – we don't spray for pests unless we see something, and we aim for a one-day interval. That means it's the kind of thing that disappears quickly so you can get back in the field within one day. We keep our own bees and we don't want to kill the bees. We also use drip application, so we don't spray it on the fruit.

Family farms like Chris's are the heart of Seasonal Roots. If you want peace of mind about the food you're eating, you have to know and trust the farmers!

*Read the full interview and find out why Chris prefers old '70s-era tractors, plus video of his tractors at work: [seasonalroots.com/blog/local-family-farms](http://seasonalroots.com/blog/local-family-farms)*

Well, it's February, and thanks to Valentine's Day, this is a month that's all about love and relationships. That perfectly describes how we feel about our farmers and food artisans – we're falling in love with fresher, more nutritious and tasty local food, and building relationships with the people who grow and make it.

Last week we all got to know Tracy of Yummvees, one of our newest food artisans and maker of vegan meals, desserts, and snacks. This week, we'd like to introduce you to one of our longtime, old school family farmers – Chris of Deer Run Farm. Here's an excerpt from the extended Q&A on our Veggie Fairy Blog:

**VEGGIE FAIRY:** Have you always been a farmer?

ORDER THIS WEEKEND  
MEMBERS & GUESTS

## VALENTINE'S SPECIAL!!



**PINK**

**CHOCOLATE CHIP  
MUFFIN TOPS**

**6-PACK for \$6**

Sweets for your sweetie,  
handmade with love by  
Zee of Foster's Catering  
in Richmond!

**Give a Valentine**  
to the local farmers  
and food artisans you  
love and support.

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.

Recipes for  
**ONE PAN CRISPY  
PARMESAN CHICKEN &  
EASY BEET WONDERDIP**  
and more at  
[pinterest.com/SeasonalRoots](http://pinterest.com/SeasonalRoots)

## ONE PAN CRISPY PARMESAN CHICKEN WITH VEGETABLES

### Ingredients:

4 KEENBELL FARM boneless, skinless chicken breasts  
salt and pepper, to taste  
4 T TRICKLING SPRINGS CREAMERY butter  
½ c Italian bread crumbs  
½ c grated Parmesan cheese  
½ t garlic powder  
2 T extra virgin olive oil  
1 medium V&B FARMS zucchini, sliced  
1 medium V&B FARMS yellow squash, sliced  
½ lb DEER RUN FARM sweet potatoes  
or baby red potatoes, cut into fourths



### Directions:

1. Preheat oven to 350 degrees and lightly spray cooking spray in a 9x13 inch pan.
2. In a shallow dish, melt butter.
3. In another shallow dish, add bread crumbs, Parmesan cheese, and garlic powder.
4. Salt and pepper the chicken. Dip into the butter and then coat in the parmesan garlic crumbs. Place in 9x13 pan.
5. In a medium-sized bowl add zucchini, yellow squash, and potatoes. Toss in the olive oil. Add some salt and pepper and remaining Parmesan garlic crumb coating. Place around the sides of the chicken in the pan.
6. Bake for 30-40 minutes until chicken is cooked through and vegetables are tender.

## EASY BEET WONDERDIP

### Ingredients:

¼ c cashews  
½ c hot water  
8 oz VAN DESSEL FARM beets,  
cooked, roughly chopped  
⅛ red onion, finely chopped  
3 T fresh parsley, finely chopped  
½ T juice from a V&B FARMS lime  
1 clove PINE KNOT FARM garlic  
1 t Dijon mustard  
sea salt, to taste  
black pepper, freshly ground  
1 V&B FARMS cucumber,  
sliced into ¼-inch disks



### Directions:

1. Combine cashews with ½ c hot water in a bowl. Let stand for at least 15 min., then drain thoroughly.
2. Chop beets, onion, and parsley. Juice lime.
3. Combine cashews, beets, and garlic in a blender. Purée until a smooth paste forms.
4. Transfer to a bowl and add onions, parsley, lemon juice, and mustard; mix well. Season with salt and pepper, to taste.
5. Slice cucumber. Serve with dip.

## FROM THE “EVERYONE LOVES LOCAL FOOD” FILES:

*Thanks so much for the cauliflower today. Too bad I couldn't taste it as this guy **STOLE** it from my basket and proceeded to eat it. This is all that is left from the 😊 **WHOLE** head.*

*Audra, a Seasonal Roots member*



## TIPS & HACKS

### Add some Moroccan spice to your life!

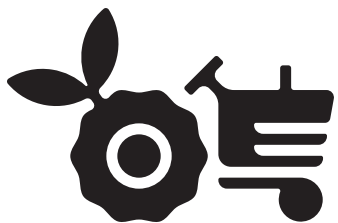
Ras el Hanout is a spice mix from North Africa. The name means "head of the shop" and implies a mixture of the best spices the seller has to offer. Use it in savory dishes, rub it on meat or fish, or stir it into couscous or rice.

You can also roast DEER RUN FARM sweet potatoes with it! Just toss 4 c peeled, cubed sweet potatoes with 1 t extra virgin olive oil and 1 t Ras el Hanout seasoning. Roast until tender in a 400 degree oven, about 35-40 minutes.

To make your own, combine:

1 t ground cumin  
1 t ground ginger  
½ t ground allspice  
½ t pepper  
½ t ground cinnamon  
1 t salt  
½ t cayenne pepper  
½ t ground coriander seeds  
½ t ground cloves

SUPPORT YOUR COMMUNITY FARMERS  
EAT LOCAL



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