



SEASONAL ROOTS

Dirt to Doorstep®

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GIVE YOUR GUT A VALENTINE



BOOST GUT HEALTH WITH LOCAL FOOD RICH IN PROBIOTICS & PREBIOTICS



Fermented foods are often full of probiotics – think yogurt, buttermilk, sourdough bread, and sour pickles. Get your prebiotics from onions, greens, and honey. Both categories are available from our local farmers and food artisans !

What are probiotics? Most are "good" bacteria, and once they're ingested, they set up housekeeping in your digestive tract. These beneficial micro-organisms are believed to help you digest your food properly and may protect you from harmful bacteria that cause disease.

Prebiotics are nondigestible carbohydrates that act as food for probiotics. So you can boost the probiotics in your gut by feeding them prebiotics.

Why bother boosting them? Well, check out the health benefits! According to the Mayo Clinic, there's evidence that probiotics may help treat diarrhea, irritable bowel syndrome, certain intestinal infections, reduce the severity of colds and flu, and ease allergic disorders such as eczema and hay fever.

Scientists are also studying probiotics and prebiotics to see if they're effective (and safe) in treating other diseases like diabetes, cancer, and heart disease.

In the meantime, you can eat your way to a healthy gut. The best way to get most of the micro-organisms, compounds, minerals, and vitamins that you need is from real live food, not pills. When you get it from food, it's easier for your body to absorb it and put it to work.

For more on probiotics and prebiotics, including a list of food sources and resource links, visit the Veggie Fairy Blog: www.seasonalroots.com/blog/probiotics-prebiotics

ORDER THIS WEEKEND

NEW!!



VEGTABOWL FOODS

This newest vegan addition to your online farmers market is owned by a married pair of Virginia foodies. And only one of them is vegetarian – proof you don't have to give up animal protein to love vegan food!

Try their vegan **Chixen Salad** and **Carolina BBQ Chixen** and discover how delicious it can be to get your protein from non-GMO soybeans and wheat.

Serve them on salad or some of our locally baked artisan pita, buns, or bread!

SPICY COLD TOMATILLO SOUP

Ingredients:

- 1 lb tomatillos, papery husk removed, washed (no need to remove peel or seeds)
- 3 garlic cloves, peeled
- 1 V&B Farms jalapeno, or to taste
- 1 c V&B Farms cucumber, peeled, seeded, and roughly chopped
- ¼ c onion, roughly chopped
- ¼ c cilantro, roughly chopped
- ½ c homemade chicken stock or low-sodium canned, skimmed of fat
- 1 T V&B Farms fresh lime juice
- ½ t coarse salt
- ½ c plain yogurt
- ½ c water
- 1 small avocado, peeled, pitted, and cut into 1-inch cubes, for garnish

Directions:

1. Heat broiler. Place tomatillos, garlic, and jalapeno in a single layer on a rimmed baking sheet, and roast until tomatillos are soft and browned in spots, about 5 minutes. Turn all items; continue cooking until other side is soft and browned, about 5 minutes more. Remove from heat. Place baking sheet on a wire rack and cool completely.
2. Place garlic cloves in a food processor or blender. Add roasted veggies and accumulated juices, as well as cucumber, onion, cilantro, stock, lime juice, and salt. Blend until smooth. Add yogurt and water. Process until just combined.
3. Transfer to a large bowl or plastic storage container and cover with plastic wrap. Refrigerate at least 2 hours.
4. To serve, ladle into bowls. Garnish with avocado, cut up at last minute since it discolors rapidly when exposed to air.

Everything in my boxes today is beautiful! I searched for recipes this morning for the tomatillos, cucumber, peppers and limes. I found a yummy recipe for chilled spicy tomatillo, cucumber soup from Martha Stewart. I made it for dinner tonight. It's delish!

Kim T, a Seasonal Roots member



This easy soup can be made up to one day ahead and stored, covered, in the fridge. Just before serving, stir to combine ingredients and garnish with avocado. Tomatillos have a tangy flavor, can store for several weeks in their papery husks, and are easy to cook with. Learn all about them at <https://whatscookingamerica.net/tomatillos.htm>

CHOCOLATE PICKLES

Get your probiotics and throw in some antioxidants, too!

Ingredients:

- MATT'S DIRTY PICKLES Classic Dill
- Ghiradelli dark chocolate melting wafers (or your own version of melted dark chocolate)
- coarse sea salt

Directions:

1. Freeze pickles.
2. Melt chocolate until it can be poured.
3. Place frozen pickles on parchment paper.
4. Pour chocolate over pickles.
5. Sprinkle with sea salt before chocolate hardens.
6. Refrigerate until ready to serve – best served within an hour or two of making them.

Hey pickle fans! Did you know pickles pair well with dark chocolate? My wife made these for a party and they were quite tasty. They are the perfect valentine for your favorite pickle lover!

Matt, of Matt's Dirty Pickles



TIPS & HACKS

Hot Peppers: Health benefits & how to handle them

Hot peppers like jalapenos get their heat from the chemical called capsaicin, which is anti-inflammatory and has antioxidants! So don't let the heat stop you from cooking with them.

Roll the pepper beneath your palm on a cutting board without crushing it, to loosen the seeds and white pith inside. Cut off the tip. With the cut-tip down, roll it between both palms over the sink. Slice in half lengthwise and scrape out the last of the seeds and pith with the knife. If you're very sensitive, use a food processor instead of chopping with a knife. Then wash your hands thoroughly, and don't touch your or your kids' eyes or faces for several hours!

Find all these recipes & more at pinterest.com/SeasonalRoots

Dark chocolate is a source of antioxidants, which gobble up destructive free radicals that have been implicated in heart disease & other ailments.