



# SEASONAL ROOTS

Dirt to Doorstep®

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## HEART-HEALTHY LOCAL FOODS

THIS MONTH, GET IN THE HABIT OF SHOWING YOUR HEART SOME LOVE!



American Heart Month is the perfect time to start getting in the habit of keeping heart-healthy food on hand. That way whipping up a heart-healthy meal or snack for you and your family is easy and delicious.

Local food is a big part of it, so we've got 9 local food suggestions for you from the American Heart Association and the Cleveland Clinic.

Watch for these fresh, local foods in your online farmers market -- some are available year-round, some seasonally. If you put a few of the foods on this list in your Seasonal Roots basket each week, your heart will love you for it!

**#1 Dark leafy greens:** Kale, spinach, Swiss chard, and arugula grow locally year round. They're a great way to get fiber, antioxidants, vitamins, and minerals for heart health.

**#2 Whole wheat:** In pasta, breads, and crackers, it provides more fiber and antioxidants than white flour and is more filling.

**#3 Tomatoes:** This versatile fruit masquerading as a vegetable can be added to most dishes – think salads, pastas, eggs, and sandwiches. Tomatoes are high in antioxidants.

**#4 Red, yellow, and orange veggies:** Carrots, sweet potatoes, red peppers, and acorn squash are packed with carotenoids, fiber, and vitamins to help your heart.

**#5 Hummus:** Legumes in general are great for your blood-pump, and hummus is chock-full of chickpeas, a.k.a. garbanzo beans, a type of legume.

**#6 Berries:** Everybody loves berries, and local berry season is coming soon! They're rich in fiber and antioxidants, especially in season locally at their flavorful and nutritional peak.

**#7 Tofu:** Try marinated tofu in a stir-fry with fresh veggies or go for the prepared vegan meals in our online farmers market, which is a super-easy and tasty way to get your tofu.

**#8 Asparagus:** Tender, sweet asparagus is filled with mighty nutrients such as beta-carotene, folate, and fiber, and only provide 25 calories per cup.

**#9 Broccoli:** Dip fresh broccoli florets in hummus for a terrific heart-healthy snack with a whopping list of nutrients, including vitamins C and E, potassium, folate, calcium, and fiber.

Get more **heart-healthy staples** plus the **health scoop on dark chocolate and red wine** on the Veggie Fairy Blog: [www.seasonalroots.com/blog/american-heart-month](http://www.seasonalroots.com/blog/american-heart-month)

## ORDER THIS WEEKEND MEMBERS-ONLY SPECIAL!!



### CITRUS BUNDLE

**\$20**

A whole Seasonal  
Roots boxful of  
**oranges**  
**tangerines**  
**limes**  
**grapefruit**

*The end is near!*

Spring is on the way  
and we only offer  
selected regional  
produce during the  
winter...

*So get your fresh  
regionally grown citrus  
while you can!*

All this  
vitamin C-packed  
goodness  
comes direct from  
Tommy and Brandon  
of V&B FARMS in the  
Sunshine State.  
So fresh and so yum!!

## CARROT BEET & APPLE SALAD WITH MINT & CUMIN VINAIGRETTE

### Ingredients:

2 large VAN DESSEL FARM carrots  
1 large PERRY LOWE ORCHARDS  
pink lady apple  
2 medium VAN DESSEL FARM beets  
1 cup mint, roughly chopped

### For the dressing:

¼ c apple cider vinegar  
¼ c extra virgin olive oil  
1 T ALFREDO'S BEEHIVE  
honey  
¾ t ground cumin  
pinch sea salt

### Directions:

1. In a medium bowl whisk together all the dressing ingredients.
2. Shred the carrots and apple using a mandolin slicer with a 1/8 blade, or a peeler or grater – if peeled or grated, the taste will remain roughly the same but the presentation will be quite different. Place them in a large bowl.
3. Shred the beets then rinse them under cold running water 3-4 times. This will limit their color from bleeding throughout the salad. You can skip this step if presentation isn't important. Add the beets to the large bowl.
4. Add the mint to the bowl and pour the dressing over all. Toss to coat well.



Find all these  
heart-healthy  
recipes at  
[pinterest.com/  
SeasonalRoots](https://www.pinterest.com/SeasonalRoots)

## TURKEY TACO STUFFED SWEET POTATOES

### Ingredients:

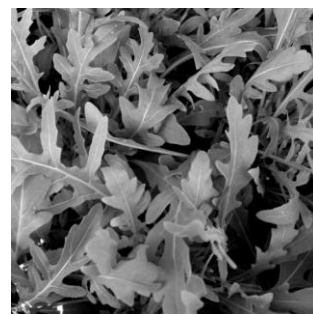
2 medium DEER RUN FARM sweet potatoes  
1 t extra virgin olive oil  
1¼ t ground cumin, divided  
¼ + 1/8 t salt  
¼ + 1/8 t ground pepper  
¾ lb KEENBELL FARM ground turkey  
4 garlic cloves, minced  
1 t chili powder  
½ t dried oregano  
½ t paprika  
1¼ c canned crushed tomatoes or several fresh V&B FARMS heirloom tomatoes, chopped  
¼ c TRICKLING SPRINGS CREAMERY sundried tomato cheddar cheese, grated  
2 T flat-leaf parsley, minced



### Directions:

1. Pierce the sweet potatoes all over with a fork. Cook in the microwave on high until tender when pierced with a fork, 4 to 5 minutes per side. Let the potatoes rest until cool enough to handle.
2. Cut sweet potatoes in half lengthwise. Carefully scoop the flesh out of the potatoes and place in medium-sized bowl. Reserve skins. With the back of a fork, mash potato flesh until most lumps are gone. Stir in olive oil, ½ t cumin, ¼ t salt and ¼ t pepper. Divide the mashed sweet potato evenly between the potato skins. Place on a baking sheet.
3. Heat a large skillet over medium-high heat. Lightly coat with cooking spray or olive oil. Add the ground turkey and cook, breaking up with a wooden spoon until cooked through. (If using fresh tomatoes, cook them at the same time.) Stir in garlic, chili powder, remaining ¾ t cumin, oregano, paprika, and remaining 1/8 t salt and pepper. Cook for 1 minute. Stir in the crushed tomatoes.
4. Preheat broiler. Spoon turkey mixture into each sweet potato skin. Top each with 1 T grated cheese. Broil until cheese melts, about 30 seconds. Garnish with parsley and serve.

### TIPS & HACKS



#### How to store heart-healthy greens for up to one year

Greens are great, but what if you find yourself with more than you can eat?

To keep it from going to waste, simply freeze it. It will keep in the freezer for 8-12 months! Or can it. While refrigeration slows down deterioration, freezing and canning both stop it cold. Nutrients and flavor stay put until you're ready to eat it.

Freezing requires no special gear, and it's quick and easy. Find out how at [www.seasonalroots.com/blog/save-fresh-local-produce](http://www.seasonalroots.com/blog/save-fresh-local-produce)