



SEASONAL ROOTS

Dirt to Doorstep®

Read it in the Newsletter Archive with [clickable links](http://SeasonalRoots.com/blog) at SeasonalRoots.com/blog

4 REASONS TO SUPPORT SUSTAINABLE FARMERS

ALL 4 REASONS MAKE YOUR LIFE BETTER!



*That's Farmer Charlie of Victory Farms in Henrico County, Va.
He clearly loves his compost, but why should you?*

Sustainable farmers give you four excellent reasons to support them:

- | | |
|-------------------------|--------------------------|
| #1 More nutritious food | #3 Happier animals |
| #2 A safer environment | #4 Healthier communities |

But what *is* sustainable farming and how does it produce all those happy, healthy results? Well, the USDA defines sustainable agriculture as “the production of plant or animal products using techniques that protect the environment and the welfare of humans and animals.”

Sustainable farming is *not* industrial. Industrial agriculture uses industrial techniques to churn out huge volumes of crops and livestock, including a heavy reliance on chemical fertilizers and pesticides. It often treats the plants, animals, and humans involved like parts on an assembly line instead of like living things.

To grow our food, all farmers need clean water and good soil, and they have to be able to keep certain pests from eating up their crops before we can even take a bite. Sustainable methods make all that happen with a minimum of toxic chemicals. Those methods include rotating crops, planting cover crops, enriching the soil, using natural pest predators, and conserving water and fuel.

So how can you tell if your food was produced sustainably? You have to know your farmer, and that's what we're here for. For details on sustainable farming methods and their health benefits, visit www.seasonalroots.com/blog/sustainable-farming

ORDER THIS WEEKEND
MEMBERS-ONLY
SPECIAL!!



THE
ULTIMATE
SCHOOL / WORK
SNACK BUNDLE
\$30

Heart healthy
for American
Heart Month

When you need a little
pick-me-up, reach for:

**whole wheat pita
& garlic hummus**
Artann's

Pink Lady apples
Perry Lowe Orchard

Valencia oranges
V&B Farms

carrots
Van Dessel Farm

**popped amaranth
brittle**
Malokin

granola
Hudson Henry

CITRUS PROTEIN GREEN SMOOTHIE

Ingredients:

- 1 ½ c TRICKLING SPRINGS CREAMERY whole milk
- 2 T vanilla protein powder
- ½ large V&B FARMS red grapefruit, peeled
- 1 medium V&B FARMS orange, peeled
- 1 banana, frozen
- 1 c strawberries, frozen
- 2 c COTTLE ORGANICS spinach
- 1 T ALFREDO'S BEEHIVE honey, optional

Directions:

1. Place all ingredients in high powered blender in the order listed.
2. Blend for 60-90 seconds, starting on low and increasing to high speed, until all ingredients are thoroughly combined and mixture is homogenous. Serve immediately!



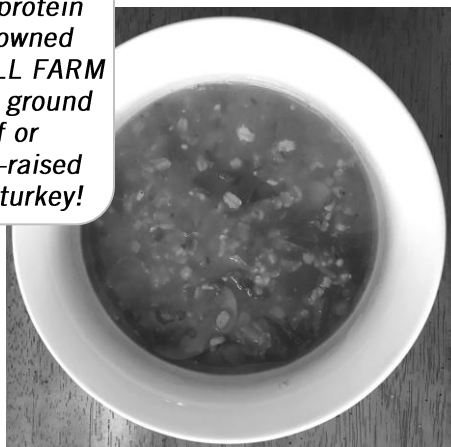
Find all these recipes & more at pinterest.com/SeasonalRoots

TOMATO & RICE SOUP

Ingredients:

- 1 medium onion, chopped (about 2 c)
- 6½ c water
- 1 can cooked navy or white beans (15 oz), drained and rinsed
- ¾ c dry/uncooked long-grain brown rice
- 1½ lb V&B FARMS tomatoes, chopped
- 2 ribs celery, sliced (about ¾ c)
- 2 c RUDY'S shiitake mushrooms, sliced
- 1 T dried Italian herb seasoning
- 1½ t granulated garlic
- 3 c COTTLE ORGANICS greens (collard, mustard) or VAN DESSEL FARM beet greens, chopped
- ½ c chopped fresh basil

Give it some staying power by adding protein like browned KEENBELL FARM grassfed ground beef or pasture-raised ground turkey!



Directions:

1. Heat 1 tablespoon of water in a soup pot over medium-high heat. When the water starts to sputter, add the onion and cook while stirring for about 3 to 5 minutes.
2. Add the water, beans, rice, diced tomatoes (including juice), celery, mushrooms, Italian seasoning, and granulated garlic. Bring to a boil, uncovered. Reduce the heat to low, then cover and cook for 30 minutes.
3. Stir in the greens. Cover and cook for 10 minutes more, until the greens have wilted. Stir in the basil toward the end of cooking.

COLLARD GREENS with BEANS & BARLEY

Ingredients:

- 4 c water
- 1 bunch COTTLE ORGANICS collard greens, rinsed and chopped
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 T extra virgin olive oil
- 2 T flour
- 3 c broth, beef or veggie
- 1 (15 oz) can cannellini beans, rinsed and drained
- ¼ t pepper
- 4½ c cooked barley or other grain

Directions:

1. In a medium pot over medium-high heat, bring water to a boil. Add collard greens and blanch for 1-2 minutes, until they start to darken in color. Drain.
2. In another pot over medium heat, sauté onion and garlic in 2 T olive oil until onion is translucent, about 5 minutes.
3. In a medium bowl, whisk together broth and flour. Add to onion mixture. Bring to a boil. Add beans and pepper. Reduce heat to low. Simmer while stirring for 1 minute.
4. Add blanched greens and cooked barley. Simmer, stirring frequently, until almost all liquid is absorbed. Serve warm.

YUM TIP: Blanching reduces the bitterness of greens.

TIPS & HACKS

Blanching: Why & how

Blanching is an excellent way to preserve nutrient content and alter the texture of vegetables. When you blanch instead of boiling, baking, or roasting, more vitamins, minerals, and phytonutrients remain (those are chemicals in plants that reduce the risk of cancer and heart disease – good stuff!)

1. Bring pot of water to boil with enough salt added to taste salty (unless you're blanching peaches or tomatoes) to enhance flavor and color.
2. Prepare large bowl of ice water.
3. While waiting for water to boil, prep veggie/fruit.
4. Place in boiling water for prescribed time.
5. Transfer to ice water, or rinse under running water, or cool on towels.
6. Drain, pat dry, or squeeze in the case of greens. If removing skin, wait until it's cool enough to handle.