



SEASONAL ROOTS

Dirt to Doorstep®

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THE STEP-BY-STEP GUIDE TO KIDS HEALTHY SNACKS

THIS IS HOW YOU GET KIDS TO MAKE GOOD SNACK CHOICES LIKE THESE!



After Beth joined Seasonal Roots, she grabbed this snapshot of her son posing with green pepper slices and cherry tomatoes.

"My son just came home from school and these were HIS choice of snack!" Beth reported. "In the past he would go for something in the pantry. He loves the fresh veggies as much as I do!"

The average American kid snacks three times a day, and chips, candy, and other junk foods make up almost a third of their daily caloric intake. No surprise childhood obesity is on the rise. But local food can make change happen. It tastes so good that kids naturally love it, and it's really good for you. So first of all: **Go local!**

Next, experts say between-meal-snacking is fine – the key is the quantity, quality, and timing of what you snack on.

Eat 6 times a day: Eating every few hours during your waking hours keeps your metabolism cranked up so you burn off calories. So aim for six small meals a day – with three of those meals being super small, a.k.a. snack-size, like an apple and a handful of nuts.

Eat within a 12-hour window or less: Multiple studies show that if you eat your breakfast at, say, 8:00am, and then eat your last snack of the day before 8:00pm, you're more likely to keep weight off and stay healthier. (Note: The Veggie Fairy Blog explains why!)

Use snack time to supplement kids' diets: Snack time is actually an opportunity to fill in whatever might have been missing from the last meal eaten. Say you had cereal and milk for breakfast – what's missing? Fruit! Make that the next snack.

Mix it up: Snacks are more filling when you combine two food groups, like a protein and a carbohydrate. Milk and cereal counts as two. So does hummus and pita.

Think small: Instead of handing your kids whole bags of snacks like chips, dole out small portions into small plastic bags or containers that can be grabbed on the go.

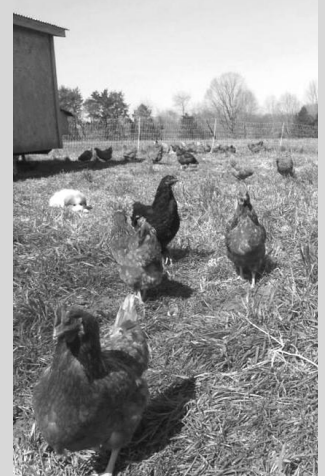
The VEGGIE FAIRY BLOG has lots more details, including the science behind it all and creative snack ideas, at www.seasonalroots.com/blog/kids-healthy-snacks

ORDER THIS WEEKEND

PASTURE-RAISED

EGG STOCK UP SPECIAL!!

2 DOZEN
for
\$8.50



This amazing deal on nourishing, flavorful, pasture-raised eggs is brought to you by the happy hens of

Authenticity Farms
in Amelia, Va.

The young farmer behind this new farm is one of the sons of the Avery's Branch Farm family, who have long supplied our Seasonal Roots market.

Oliver's parents taught him all about humane, sustainable farming. Now he's helping bring more life-giving local foods to more Virginia families. Stay tuned for Oliver's story next week!

BROCCOLI RABE WITH SWEET ITALIAN SAUSAGE

Ingredients:

3 bunches COTTLE ORGANICS broccoli rabe, trimmed
1½ lb SAUSAGE CRAFT sweet Italian sausage links, cut into 1-inch pieces
5 T extra virgin olive oil
5 garlic cloves, chopped

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



Directions:

1. Cut broccoli rabe into 3-inch-long pieces. Cook in a large pot of boiling salted water (3 T salt for 6 quarts water), uncovered, until tender, about 5 minutes. Drain, then rinse under cold water to stop cooking. Squeeze out excess water from handfuls of the rabe.
2. Meanwhile, preheat broiler. Then broil sausage on a 4-sided sheet pan 3 to 4 inches from heat, turning occasionally, until cooked through, about 5 minutes. Remove, cover, and keep warm.
4. While sausage broils, heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Then cook garlic, stirring, until fragrant but not browned, about 1 minute.
5. Separate broccoli rabe, then sauté in garlic oil until coated with oil and heated through, about 4 minutes. Stir in sausage.

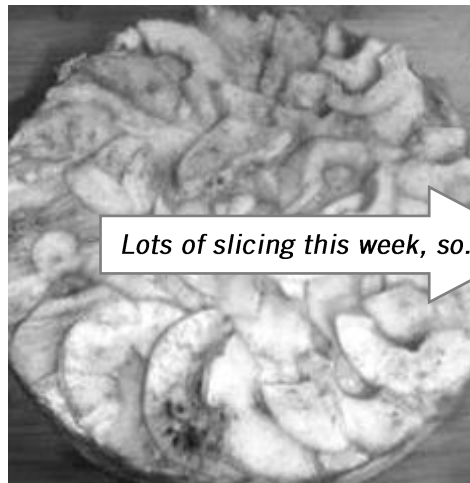
BAVARIAN-STYLE APPLE TORTE

Ingredients:

¾ c TRICKLING SPRINGS CREAMERY butter
1½ c all-purpose flour
1¼ c sugar, total
2 (8 oz) pkg cream cheese, softened
2 AVERY'S BRANCH FARMS eggs
1¼ t vanilla, total
3 c PERRY LOWE ORCHARDS Crimson Crisp apples, peeled, cored, sliced thinly
1 t cinnamon

Directions:

1. Preheat oven to 350 degrees.
2. Mix together butter, ½ t vanilla, flour, and ½ c sugar in a bowl. Press the mixture into the bottom of an ungreased 9-inch springform pan.
3. Beat together the cream cheese and ¼ c sugar in a large bowl. Stir in eggs and ¾ t vanilla. Pour the egg mixture over the crust.
4. Combine the sliced apples, cinnamon, and ½ c sugar in a bowl. Spoon apple mixture over the cream cheese mixture. Place the pan on a baking sheet.
5. Bake in preheated oven until center is set, 50 to 65 minutes.



Lots of slicing this week, so...

TIPS & HACKS



How to slice & chop produce – not your fingers

You can show off with the claw (above) like fancy TV chefs... or you can just follow these simple rules:

- Anchor the food with your free hand.
- Move the knife along the food, don't push the food into the knife. Shift your hand away as the knife moves closer.
- Avoid distractions!
- Keep cutting board clear.
- Cut rounded produce in half. Put the flat side down so it doesn't roll.
- Use a sharp knife. An accident is less likely if cutting is easy.

SWEET POTATO CHIPS

Ingredients:

2 medium TRIPLE J FARM sweet potatoes, sliced 1/8" thin
1 T extra virgin olive oil
½ t coarse salt
1 V&B FARMS lime, cut in wedges

Directions:

1. Preheat oven to 400 degrees.
2. Divide sliced sweet potatoes between 2 rimmed baking sheets. Drizzle with oil and toss. Spread in a single layer.
3. Bake, flipping once, until centers are soft and edges are crisp, 20-25 minutes.
4. Sprinkle with salt, serve with lime wedges.



**Kids
Snack Attack
(and Kids at Heart)**

Sweet potatoes are packed with vitamin A and a good source of B6, C, and folate. These simple, delicious chips are great alternatives to the greasy, store-bought variety.