



SEASONAL ROOTS

Dirt to Doorstep®

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HERE'S WHY HUMANE FARMING IS GOOD FOR HUMANS

LOTS OF PASTURE & NO PESTICIDES, ANTIBIOTICS, HORMONES, OR GMOS AT THIS LOCAL FARM



These pasture-raised chickens at Authenticity Farms are never exposed to pesticides, antibiotics, or hormones. They stay healthy thanks to their natural diet and environment. In return they give us the healthiest, tastiest eggs.

Out of the six kids in the Avery's Branch Farms family, Oliver is the one in charge of their pasture-raised chickens. The family also raises cows and pigs. With support from Seasonal Roots and other Virginia families and restaurants, their farm has really grown. Their chicken flock has grown from five hens and a rooster to 3,800 hens. The egg business is now big enough for 24-year-old Oliver to launch (cue the drumroll...) **AUTHENTICITY FARMS!**

Even as the flock has grown, Oliver's commitment to his family's humane farming practices has remained the same. So one local sustainable, humane family farm is now two. Seasonal Roots members can pat themselves on the back for being part of making that possible.

We love how Oliver's hens have access to pasture year-round. Grass makes up 50% of their diet. The rest of what they eat includes insects, worms, and local, non-GMO grain. During the winter, the grass portion of their diet is supplemented with alfalfa, a high quality hay.

Cold or hot, the girls still always have outdoor access. So they're able to do all the natural things that make a chicken happy — grazing, pecking, scratching, and flying short distances out in the fresh air and sunshine. As a result, they naturally stay healthier.

And so do we. A pasture-raised egg is more flavorful than an industrial farmed egg, and offers:

- one-third less cholesterol
- one-quarter less saturated fat
- two-thirds more vitamin A
- 2 times more omega-3 fatty acid
- 3 times more vitamin E
- 7 times more beta carotene
- 3-6 times more vitamin D (thanks to hanging out in all that sunshine!)

Read Oliver's full story on the Veggie Fairy Blog and learn the difference between cage-free, free-range, and pasture-raised, and why there's no such thing as a "chill" chicken, at: www.seasonalroots.com/blog/humane-farming-good-for-humans

ORDER THIS WEEKEND SPECIAL!!



PEQUEA VALLEY FARM YOGURT

50 cents OFF!!

You can thank these sweet, brown-eyed girls for the delicious yogurt on special this week!

The grassfed Jersey cows spend their days in the pastures of **Pequea Valley Farm**, owned and operated by Abner King and his family. They're an Amish family who do things the old-fashioned way, and the end result is one of the most satisfying, delicious, and nutritious ways to get your protein.

We'll have it available in many flavors and two sizes: 32 oz containers or single-serving 6-packs for easy, yummy lunches and snacks!

CARROT GINGER RICE WITH EGGS

Ingredients:

- | | |
|---|---|
| 1 T coconut oil | 1 T ALFREDO'S BEEHIVE honey |
| 1½ c VAN DESSEL FARM carrots, shredded, (about 2-3 large carrots) | 1 T rice vinegar |
| 1½ c cooked brown rice (about ¾ c uncooked) | 1 T sesame seeds, toasted |
| 1 T fresh ginger, minced | unsweetened coconut flakes, toasted |
| 2 cloves garlic, minced | KIRBY FARM spring onions, for serving |
| 2 T tamari (or soy sauce) | 2 AUTHENTICITY FARMS eggs, hardboiled for serving |



Directions:

1. Heat oven to 400°. Heat 2 T of the oil in a large ovenproof nonstick skillet over medium-high heat. Add the mushrooms and season with ¼ t each salt and pepper. Cook, tossing occasionally, until golden, 4 to 6 minutes.
2. Add the shallots. Cook, tossing frequently, until the shallots are tender, 2-3 min. Transfer everything in the skillet to a plate. Reserve the skillet.
2. Whisk the eggs, sour cream, ½ t salt, and ¼ t pepper until combined. Whisk in the Colby and half the Parmesan. Toss kale with 1 T of remaining oil.
3. Heat the remaining 1 T of oil in the reserved skillet over medium heat. Add the egg mixture to the skillet, followed by the mushroom mixture, kale, and remaining Parmesan. Cook until the frittata is set just around the edge, 2 to 3 minutes.
4. Transfer the skillet to oven and bake until the frittata is just set, 20 to 24 minutes. Slide onto a plate to serve.

MUSHROOM, KALE, & CHEDDAR FRITTATA

Ingredients:

- ¼ c extra virgin olive oil
- 8 oz RUDY'S shiitake mushrooms, halved or sliced if large
- kosher salt and black pepper
- 2 small shallots, chopped
- 8 AUTHENTICITY FARMS eggs
- ½ c sour cream
- 1 c TRICKLING SPRINGS CREAMERY Colby cheese, shredded
- ½ c Parmesan cheese, shredded
- ½ small bunch DEER RUN FARM smooth kale, stems discarded and leaves sliced, about 4 c



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

Directions:

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2. Add the shallots. Cook, tossing frequently, until the shallots are tender, 2 to 3 minutes. Transfer everything in the skillet to a plate. Reserve the skillet.
2. Whisk the eggs, sour cream, ½ t salt, and ¼ t pepper until combined. Whisk in the Colby and half the Parmesan. Toss the kale with 1 T of the remaining oil.
3. Heat the remaining 1 T of oil in the reserved skillet over medium heat. Add the egg mixture to the skillet, followed by the mushroom mixture, kale, and remaining Parmesan. Cook until the frittata is set just around the edge, 2-3 min.
4. Transfer the skillet to oven and bake until the frittata is just set, 20 to 24 minutes. Slide onto a plate to serve.

TIPS & HACKS

How to peel hardboiled eggs... easily

Why do some eggs peel with no difficulty at all and others are just impossible, especially when the shell crackles into tiny pieces that force you to pick it to death?! What a mess. Turns out the fresher the egg, the harder it is to peel. Why? In a fresh egg, the white albumen has a relatively low pH level. When cooked, the fresh egg white bonds more strongly to the inner shell membrane than it does to itself. But as an egg sits in the refrigerator for several days, the pH of the white albumen increases, making it much easier to peel after the egg is hard cooked. So instead of screaming "Argh!", try this:

To peel right after cooking, drain the hot water from the pot. Shake the pot back and forth to crack the shells or whack them with a spoon. Transfer to a bowl and add ice water to cover the eggs and let cool. The cold water seeps under the broken shells, shrinking the egg white a bit and making peeling easy.

To peel after a hardboiled fresh egg has been in the fridge for a day or two, first warm it up by submerging in hot water for 1 min. Transfer to an ice water bath for 1 min, then peel.