



# SEASONAL ROOTS

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## DOES FRESHNESS MATTER IN WHOLE GRAINS?

THIS LOCAL BAKER GRINDS WHOLE WHEAT FLOUR DAILY. IS IT WORTH THE TROUBLE?



*Clockwise from top: Great Harvest breads; head baker June in her element; and with the whole grain bakers of tomorrow. "Our customers are like family," June says. "We love giving away samples and we are big on tours with scout troops and elementary schools."*

Two of our most popular breads are the honey whole wheat and the 9-grain from **Great Harvest Bread Company** in Mechanicsville, Va. We wanted to know: Does whole grain have to be fresh to be good, the way produce does? The minute veggies and fruits are harvested and exposed to air, light, and heat, they start losing their vitamins. Does the same thing apply to whole grains?

In their unmilled seed form, grains are designed to last at least until next year's planting. The thing is, once you grind those whole grains into flour, the seed's protective coating is crushed to pieces and some of the sensitive insides are exposed to air. Air is the enemy of vitamins B, A, and E, which are all found in whole grains.

Of course, grains are also an excellent source of energy, fiber, and proteins. So even if the flour isn't super fresh, it still has a lot to offer. Still, taste-testing bread connoisseurs will tell you that the fresher the flour, the more flavorful the bread.

When we talked with June, the owner and head baker at Great Harvest, she told us, "To make good quality bread, it really is a science and freshness is one of the most important factors. We get started at 4:00am every morning, fresh milling our 100% whole wheat flour daily right here in the bakery." June added that the ingredients are also important.

Our full conversation with June is on the Veggie Fairy Blog. Find out what inspired her to open a franchise and the many ways her bakery is involved in the community, plus links to the bakery and a guide to storing bread: [seasonalroots.com/blog/fresh-whole-grains](http://seasonalroots.com/blog/fresh-whole-grains).

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healthy, delicious  
salads, sides & mains.

## ROASTED GARLIC POTATOES & CARROTS

### Ingredients:

2-3 lbs V&B FARMS red potatoes,  
peeled, cut into 2-inch pieces  
5-6 c VAN DESSEL FARM carrots,  
peeled, cut into 2-inch chunks  
4-8 garlic cloves, finely chopped  
(Garlic lovers: Use 8! You can even  
use a whole bulb!)

1/3 c extra virgin olive oil  
2 T coarse salt (or to taste)  
fresh ground black pepper



### Directions:

1. Set oven to 400 degrees. Dry the veggies well with a paper towel and place in a large bowl.
2. Prepare a large non-stick baking sheet: Line with foil and spray foil liberally with cooking spray.
3. In a small bowl, combine olive oil, garlic, salt, and pepper. Mix well to combine. Pour over the veggies and toss to coat with a wooden spoon or clean hands.
4. Roast for about 30 minutes or until potatoes are fork-tender, tossing occasionally with a spatula – might take more or less time depending on the size of veggies.

From the  
Everybody-Loves-Carrots Department



"Here's Porter,  
my carrot-  
stealing,  
veggie-loving  
black lab!"

Market Manager  
Mallory G

## CHICKEN, BEET & SPINACH DINNER SALAD

### Ingredients:

6 VAN DESSEL FARM red or gold beets  
4 KEENBELL FARM skinless, boneless chicken breast halves  
1/2 c TRICKLING SPRINGS CREAMERY plain yogurt  
1/4 c TRUE MADE FOODS veracha sauce  
2 T olive oil, divided  
1 t freshly ground black pepper, divided  
1/2 t kosher salt, divided  
1/4 c white wine vinegar  
1 T ALFREDO'S BEEHIVE honey  
1 KIRBY FARM spring onion, minced  
2 c corn  
6 c COTTLE ORGANICS spinach  
4 oz goat cheese, cut into 6 slices  
6 T pecans, chopped and toasted

MORE SPINACH IDEAS THIS  
WEEKEND

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



"Caught red-  
handed helping  
mom with beets!"

Market Manager  
Melanie M



### Directions:

1. Leave root and 1-inch stem on beets; scrub with a brush. Place beets in a saucepan; cover with water. Bring to a boil, reduce heat, and simmer 1 hour or until tender. Drain. Cool beets slightly. Trim off beet roots and stems, rub off skins. Chop beets.
2. While beets cook, place each chicken breast between 2 sheets of heavy-duty plastic wrap. Pound to half-inch thickness. Combine yogurt and veracha sauce in a zip-top bag. Add chicken and seal. Marinate 30 minutes, turning occasionally.
3. Preheat grill or grill pan to medium-high heat.
4. To make dressing, combine 2 T oil, 1/2 t pepper, 1/4 t salt, and vinegar, honey, and onion in a small bowl. Stir with a whisk. Set aside.
5. Grill marinated chicken 6 minutes on each side or until done. Cut into 1-inch strips.
6. Cook corn.
7. Place 1 c spinach on each plate and top each with 3 oz chicken, 1/3 c beets, 1/3 c corn, 1 cheese slice, and 1 T pecans. Drizzle dressing over each salad.

## TIPS & HACKS

### How to pound chicken without a mess

Recipes often advise pounding chicken breasts between sheets of plastic wrap, parchment, or waxed paper, all of which can easily rip and make a mess. Instead try using the plastic bags from inside cereal boxes!

Place breasts in an empty, washed cereal bag before pounding to shield the counter and cutting board from contamination. The cereal bags are sturdier than the plastic wrap and less likely to tear.