

**The
MAKE-A-DIFFERENCE
Issue!**



SEASONAL ROOTS

Dirt to Doorstep®

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SUPPORT THE CHESAPEAKE BAY AND RAINFORESTS, TOO! WITH THE FAMILY BEHIND MOBJACK BAY COFFEE



Celeste was a professional ballet dancer. Jo was a corporate IT guy. But they had always dreamed of running their own business together. And they both loved the waters of the Chesapeake Bay near their Virginia home.

So in 2007, talking over their morning coffee, they decided to launch Mobjack Bay Coffee Roasters.

The business combines their love of coffee, family, and the water: The coffee

beans are roasted right in the shop... Celeste's father helps at the shop and a close friend is the master roaster... while a portion of every coffee bag sold benefits the Bay.

As Celeste and Jo gained experience in the coffee industry, they learned coffee was the cornerstone of life for families and communities in many countries. "We realize that it would be self-serving to only think of our front yard, the Bay, without considering our backyard, the source of our beans," Celeste says. "So we have structured our business as a model that also supports our interests in environmental protection."

Mobjack Bay Coffee Roasters has chosen to focus on beans grown by socially responsible farmers who follow Fair Trade and Rainforest Alliance guidelines. These are two very challenging certifications.

"At times, we must be understanding of the difficulty and length of time it takes to become certified," Celeste explains. "In these cases, we learn about the plantations' processes so we can make our own decisions regarding responsible purchasing – thinking globally while acting locally."

In our online farmers market, Mobjack's **whole bean coffee is available in the Extras section**, while **single-pot packets of ground coffee are available for your basket!** Visit the [Veggie Fairy Blog](#) for Celeste and Jo's full story, how to visit their tasting room, what "Fair Trade" & "Rainforest Alliance" certified means, and links to eco-info about rainforests and the Bay: seasonalroots.com/blog/fair-trade-coffee

When you ORDER THIS WEEKEND...

JOIN OUR FUNDRAISER



for

RENEW RICHMOND's COMMUNITY GARDENS

Help promote healthy eating where it's really needed! Look for the DONATE TAB when you're shopping this weekend and help RenewRichmond.org rebuild greenhouses in an urban learning garden at Reid Elementary School, as well as in Swansboro Community Garden.

Your donation will help repair and renovate each greenhouse. They'll both be used to engage community members through agriculture, gardening, and growing healthy produce to support the surrounding community. At the elementary school, they're planning a student-run (adult-supervised) youth farmers market to teach financial skills.

We'll be raising funds for this great cause all month, so don't miss your chance to make a difference right here in Virginia!

plus:

NOMINATE

A WORTHY FOOD CHARITY IN YOUR COMMUNITY!!

We're looking for a beneficiary for our next fundraiser. Nominate *your* favorite local food charity! To nominate, send an email to our

Chief Happiness Officer:
Lesley@SeasonalRoots.com

GRASSFED FACTS:

Chickens are omnivores, so at Keenbell Farm, their mobile coop is moved daily so they can forage for grass and insects on fresh pasture, while snacking on non-GMO grain.

The dairy farmers who supply Tricking Springs Creamery keep their cows on pasture, too. Grassfed meat and dairy is lower in bad fat and higher in cancer-fighting conjugated linoleic acid (good fat), plus Omega-3s and vitamin E. More at eatwild.com/healthbenefits.htm

GRASSFED CHICKEN & MUSHROOM CASSEROLE**Ingredients:**

4-5 KEENBELL FARM boneless, skinless **grassfed** chicken breasts, cut into 1" thick strips
salt and pepper to taste
1 c flour
6 T extra virgin olive oil
1 lb RUDY'S crimini mushrooms, thickly sliced
1 c VAN DESSEL FARM leeks or KIRBY FARM spring onions, finely diced
3 cloves garlic, minced

For the sauce:

3 T TRICKLING SPRINGS CREAMERY **grassfed** butter
3 T flour
1½ c chicken broth
1 T lemon juice
1 c TRICKLING SPRINGS CREAMERY **grassfed** half-&-half

**Directions:**

1. Season chicken with salt and pepper. Dredge both sides in flour. Heat 3 T oil in a large skillet over medium/high heat. Once oil is hot, add chicken and sauté until golden. Work in batches if needed so you don't crowd the pan. Don't worry about cooking the chicken through; it still needs to go in the oven. Transfer chicken to a 13"x9" casserole dish.
2. Scrape any debris from the skillet. Add 3 T oil along with sliced mushrooms and diced onions. Sauté until soft and golden. Add garlic and sauté another 1-2 minutes. Spread mixture over the chicken.
3. In medium saucepan, melt butter. Whisk in flour 'til lightly golden, 1-2 min.
4. Add chicken broth, lemon juice and ¼ t pepper, and whisk until smooth. Add half and half and bring to a simmer. Season with salt and pepper to taste.
5. Pour sauce over the chicken and mushrooms. Cover with foil and bake at 350 degrees for 45 minutes.
6. Serve over mashed V&B red potatoes, pasta, or rice.

OYSTER MUSHROOM CROSS-CULTURAL TACOS**Ingredients:**

1 T extra virgin olive oil
1 bunch VAN DESSEL FARM leeks, thinly sliced
¼ t salt
3 cloves garlic, minced
10 oz SCHUYLER GREENS oyster mushrooms, cut into 1-2-inch pieces
1 RED SUN FARMS tomato, chopped
3 T CURDS & WHEY roasted red peppers, chopped
¼ c fresh cilantro, chopped
1 t ground cumin
1 15-oz can pinto beans, rinsed and drained
2 T lime juice

For the slaw:

3 c SION HOUSE FARM baby bok choy or cabbage, shredded raw
1 T extra virgin olive oil
2 T lime juice
1/8 t salt

For the wrap:

tortillas or ARTANN'S whole wheat pita

On the side:

ARTANN's avocado lime cilantro hummus
avocado, diced

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

Directions:

1. Preheat a large pan over medium heat and add the oil. Sauté the leeks with a pinch of salt for about 3 minutes, just until slightly softened. Add the garlic and sauté for 30 more seconds.
2. Add the mushrooms and sprinkle with ¼ t salt. Sauté until lightly browned and releasing moisture, 5 minutes or less. Add the tomato, roasted red peppers, cilantro, and cumin and turn the heat up, cooking for 5 more minutes. The tomato should break down a bit and everything should appear juicy.
3. Lower the heat, add the pinto beans and lime juice, and heat through for about 2 minutes. Taste for salt and keep warm until ready to serve.
4. Prepare the slaw: Simply toss all the ingredients in a small bowl, making sure to coat the bok choy.
5. Serve with tortillas or pita. Serve hummus or avocado on the side.

TIPS & HACKS**How to store and clean mushrooms**

Mushrooms are very perishable due to their high moisture content, and start to lose their freshness within a few days. To extend their shelf life, store them loose in the crisper drawer in a partially open paper bag.

As long as they're washed before they're cut, they absorb miniscule amounts of water. *But*, rinsing can cause discoloration, so don't wash 'shrooms that will be eaten raw – just brush any dirt away with a soft pastry brush or cloth. If they'll be cooked, rinse away dirt with cold water, then pat or spin dry.