



# SEASONAL ROOTS

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## SECRET MUSHROOM HEALTH BENEFITS

PLUS SURPRISING NEW THINGS THEY'RE MAKING OUT OF MUSHROOMS



*Mike's daughters hold up wild oyster mushrooms he found in the woods. Unless you're an experienced "mycologist" like Mike, your safest best is to enjoy his farm-grown oyster mushrooms.*

In American culture, there's a stigma attached to mushrooms. They are, after all, a funny looking fungus. And when it comes to wild mushrooms, most parents tell their kids, "Don't touch them, you'll die!"

So it takes a certain sense of adventure to move beyond those white button mushrooms you find in every grocery store and try a mushroom that looks like, say, an oyster. Mike M's oyster mushrooms come to us through Schuyler

Greens, the company his brother founded for growing greens, herbs, and specialty crops.

Mike definitely has a sense of adventure. He first discovered oyster mushrooms while foraging in the woods around his farm, Magnolia Farm. He learned that because of the mushroom stigma, scientists didn't study them much until recently. Now modern-day scientists are rediscovering what the ancients knew from living close to nature.

Oyster mushrooms in particular are used in traditional medicine to treat infections, diabetes, cancer, and to lower cholesterol. They support the immune system. Laboratory experiments and studies done in mice have shown that oyster mushrooms do indeed have antitumor, antifungal, and cholesterol-lowering properties. A study of children with upper respiratory tract infections showed that oyster mushrooms have anti-allergic effects, too. They have even been shown to lower glucose levels and increase insulin levels in patients with type 2 diabetes, though more studies are needed to confirm that.

But wait! There's more! Creative engineers are using mushrooms to make animal-free leather, and Ikea is starting to use mushroom-based biodegradable packaging for its furniture.

We asked Mike if he gathers his oyster mushrooms in the wild or if he grows them. "We grow them," he explained. "Oyster mushrooms grow on cellulose, like wood or straw. That's why out in the woods you find them on logs or dead trees. They help break down the wood as it decomposes. But we grow them indoors where we can control the elements."

The Veggie Fairy Blog has a Q&A with Mike about how he grows his oyster mushrooms (including a photo), links to scientific studies, and more cool 'shroom inventions, at:

[seasonalroots.com/blog/mushroom-health-benefits](http://seasonalroots.com/blog/mushroom-health-benefits)

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**grassfed cheese**

**spinach**

(or arugula...stay tuned!)

**cluster tomatoes**

**chives**

**Rustic Bread**

(2 loaves!)

**cinnamon bun**

**apple danish**

## HONEY VERACHA PORK CHOPS

### Ingredients:

4 KEENBELL FARM pasture-raised bone-in pork chops  
3 garlic cloves, minced  
white sesame seeds, optional

### Marinade:

1½ T ALFREDO'S BEEHIVE honey  
1 T tamari or soy sauce  
1 t TRUE MADE FOOD Veracha sauce, or to taste  
1 t rice vinegar  
pinch of salt



### Directions:

1. Whisk together the marinade. Set aside ¼ c of marinade for later.
2. Add garlic and remaining marinade to the pork chops in a zip-lock bag. Marinate for at least 30 min.
3. Preheat grill. Grill chops for 10 min per side, or until done. Before removing from grill, brush each side of the pork chops with reserved marinade

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## PERFECT NO-GRILL GRASSFED STEAK

*Even if you don't have a grill or the weather isn't grill-friendly, you can still cook a perfect steak just using your oven!*

### Ingredients:

1 – 1½ lb SUNNY VALE FARM grassfed ribeye, filet, or strip steak

### Directions:

1. **Bring steak to room temperature:** Take it out of the package and use paper towels to blot it dry. Give it about 30 minutes outside the fridge to come to room temperature so it will cook more evenly.
2. **Heat skillet under broiler for 20 minutes before cooking:** Place your oven's top rack 6-8" below broiler element and put the skillet on that rack, then turn on the oven's broiler element. *(Our beef is grassfed, so it's leaner and healthier than grain-fed. Since fat is an insulator that shields the meat from bad cooking practices, grassfed must be cooked more carefully to avoid ruining it. That means "low and slow" for tougher cuts, and "hot and fast" for tender cuts like steak.)*
3. **Rub the steak with oil:** Because you'll be cooking with high heat, use a refined oil with a high smoke point, like sunflower, corn, safflower, peanut, almond, or soybean. *(This is not the time for your extra virgin olive oil, which starts smoking at a lower temperature.)* Drizzle a little of this oil over the steak. Spread it evenly over the top, bottom, and sides with your fingers or a pastry brush. Sprinkle one side with half the salt and a few grinds of fresh pepper, then flip the steak and repeat on the other side.
4. **Place the skillet over high heat:** Set one of the stove's burners on high heat and turn your stove's fan on high – it's about to get a little smoky in here! Using oven mits, transfer the hot skillet from oven to burner. (Leave the broiler on.)
5. **Sear one side for 30 seconds:** Use kitchen tongs to place steak in the middle of the hot pan. It should sizzle immediately. Sear for 30 seconds. **DON'T FORGET THAT THE SKILLET'S HANDLE IS VERY HOT!!**
6. **Flip and sear other side for 30 seconds:** Don't be surprised if it's smoking a bit by now!
7. **Broil steak for 2 minutes:** Open the oven door. Using the oven mits, take the skillet with the steak off the burner. Put it in the oven under the broiler, close the oven door, and cook for 2 min.
8. **Flip and broil another 2 minutes:** Using oven mits, take out the skillet and carefully flip the steak using tongs. Return it to the oven and cook for 2 more min. At this point a boneless steak will be medium rare. Add 2 more minutes for medium. **IF YOUR STEAK IS BONE-IN:** After 4 min of broiling, the meat closest to the bone is usually a little more chewy and raw than meat closer to the edge. If you add 2 more min, cooking it to medium doneness or hotter, the meat next to the bone ends up more juicy and tender while the meat closer to the edge is more well done. So cook it to whatever level of doneness you prefer.
9. **Rest the steak:** Using oven mits, take the steak out of the oven and turn off the broiler. Transfer to cutting board. Tent it loosely with aluminum foil and let it rest for about 5 minutes.
10. **Serve:** Serve the steak whole or slice it in pieces and fan slices out on each plate. Serve immediately!