



SEASONAL ROOTS

Dirt to Doorstep®

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SEASONAL ROOTS TO THE RESCUE!

A NEW MEMBER TELLS HER STORY



Like a lot of Seasonal Roots members, Faye's first box of local food inspired her to snap a photo. We love it when members post their veggie pix on our Facebook page!

[Facebook.com/SeasonalRoots](https://www.facebook.com/SeasonalRoots)

By Faye D, Seasonal Roots member

On February 9, I broke my leg. For two weeks I couldn't put any weight on it at all and for eight weeks I was dependent on a wheel chair, a walker, crutches and finally a cane. Needless to say I couldn't cook or buy groceries. Although my husband is not comfortable in the kitchen and only a little more comfortable in a grocery store, he did pitch in to do his best at cooking and the shopping. Still, it was a very difficult time for us both.

The best thing ever was that just before the accident I had signed up for Seasonal Roots. What a life-saver! It was easy for me to go online and order the vegetables we needed. They always arrived on time, fresh and plenty to last the entire week. That was something I could count on.

Because we both follow a vegan diet, vegetables are a central and necessary part of our diet, and because of Seasonal Roots having good fresh vegetables to eat, that was one thing I didn't have to worry about. I loved that. My husband loved getting his favorite vegan cinnamon buns!

Then this week, Margo, one of the market managers, even brought the box in for me and put it in the kitchen since I'm still using a cane. Thanks, Seasonal Roots...

Veggie Fairy Editor's note: Many thanks to Faye for sharing her story – we're so glad we could help. And a big shout out to Tracy at Yummvees for her vegan-licious buns and other vegan treats and meals!

**ORDER THIS WEEKEND
MEMBERS-ONLY
SPECIAL!!**



The fresh & easy
**BURGER
BUNDLE**
\$22

A minimal-effort meal that
maximizes mouth-watering
taste & nutrition:

**grassfed
ground beef**
Thornebrook Farms
Goochland, Va.

**freshly baked
buns**
La Bella Vita Bakery
Ashland, Va.

luscious tomatoes
Red Sun Farms
Roanoke, Va.

tender lettuce
Sion House Farm
Farnham, Va.

mild spring onions
Flores Farm
Hauge, Va.

RED CURRY ROASTED SPRING ONIONS with CREAMY COCONUT POLENTA

Ingredients:

2-3 bunches FLORES FARM red or green spring onions or leeks
 1 T coconut oil
 2 T red curry paste
 1 t sea salt plus more for finishing
 ¾ c polenta
 2 c water
 1 c full fat or light coconut milk
 ½ t garlic powder, minced
 1 T FLORES FARM garlic chives
 pinch or two of red pepper flakes, optional



Directions:

1. Preheat your oven to 425 degrees.
2. To prepare the onions or leeks, trim or cut the roots off the bulb completely, then trim the green tops. Leave about 6 inches intact. Slice the onions in half lengthwise. Whisk together the coconut oil and 1 T of the red curry paste in a small mixing bowl. Massage the onions or leeks with the mixture.
3. Line a baking sheet with parchment and lay the onions or leeks flat. Sprinkle with sea salt and roast for 15 minutes, flipping halfway through.
4. While they're roasting, prepare your polenta by whisking together the remaining tablespoon of red curry paste, sea salt, garlic granules, water, and coconut milk. In a large frying or sauce pan, bring the coconut broth to a simmer. Once the broth is simmering, slowly add the polenta while constantly stirring. Stir until cooked.
5. Once the polenta is done, divide it into 4 bowls. Serve with the spring onions whole or chopped up on top with a sprinkle of garlic chives, crushed red pepper, and an optional drizzle of more coconut milk.

BOK CHOY & NOODLE SOUP

For protein, add cubes of TWIN OAKS tofu or pastured chicken from KEENBELL FARM & HARMONY HILL FARM, cooked any way you like

Ingredients:

1 lb fresh lo mein noodles, or soba, udon, rice, or ramen noodles, or even BOMBOLINI's gluten-free pasta shells
 8 c of water or home-made broth
 8 vegetable bouillon cubes (none if using broth)
 2 garlic cloves, minced
 2-inch piece of ginger, peeled and grated
 1 bunch (5-6) FLORES FARM spring onions, diced
 – reserve dark green part for serving
 soy sauce, to taste
 salt, to taste
 8-10 RUDY's shiitake mushrooms, sliced thinly
 6 c PICK PENNY FARM bok choy, chopped
 ¼ t of sesame oil, plus more for drizzling
 1 lime or lemon
 TRUE MADE FOODS Veracha sauce
 FLORES FARM cilantro, optional

Directions:

1. Cook the noodles according to the package instructions. Fresh lo mein may not have any instructions: Boil them for about 5-6 minutes, stopping while still al dente – do not overcook. Drain and toss them with a little oil to prevent sticking. Set aside.
2. In the same pot, combine 8 c water, bouillon, garlic, ginger, and white and light green parts of the spring onions. Bring to a boil and stir in some soy sauce and salt, to taste. Lower the heat, add mushrooms and cover. Simmer for about 5 minutes.
3. Add bok choy and simmer an additional 30 sec to 1 min. Turn off heat. Stir in sesame oil and a few squeezes of lime or lemon juice. Transfer noodles into large soup bowls. Ladle hot soup over them. Serve with some of the reserved spring onions, a few tiny drops of sesame oil, and Veracha sauce to taste.

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

TIPS & HACKS



Don't throw away your beet greens!!

(They've got more minerals, vitamins, and antioxidants than the beets themselves, and they're lower cal – seriously!)

I just ripped off the stems so it was mostly leaf and I wasn't meticulous about it. But if you got all "stem" out you'd have something slightly less bitter.

Anyways I just drizzled olive oil, dash of salt, pepper, onion powder, and like 8 cloves of garlic. And then I sautéed it for probably ten minutes. I like my greens well done!

– Posted on
[Facebook.com/SeasonalRoots](https://www.facebook.com/SeasonalRoots)
 by member Kristy F