



SEASONAL ROOTS

Dirt to Doorstep®

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THIS ONE THING HELPS LOCAL FAMILIES FIND LOCAL FOOD AND HELPS WORKING MOMS & DADS SERVE UP HEALTHY EATS, TOO



At Harmony Hill Farm (harmonyhillfarm.net) in Scottsville, Va., the Ingersoll family raises crops and livestock using humane, sustainable methods that are good for us and the planet – much like the farm where Suzanne, a neighborhood Market Manager, grew up.

That “thing” is our veggie fairies! Seasonal Roots veggie fairies, a.k.a. neighborhood Market Managers, are the irreplaceable links that bring farmers and families together. If it weren't for our veggie fairies there would be no Seasonal Roots. Not only do they deliver fresh local food to your doorstep, they also handle one-on-one customer care and spread the word about local food. They're committed to supporting farmers *and* families.

Seasonal Roots veggie fairies come from all walks of life. Many are work-at-home parents. Others are like Suzanne in the Richmond area, whose kids are now adults.

She recalls, “I so would've loved Seasonal Roots when I was working fulltime and my sons were younger. It would've saved me time and, therefore, money! Working fulltime and raising kids is exhausting. But I made sure my kids always tried a bite of whatever I was serving. And now, ages 21 and 27, they eat everything. So many of my former co-workers' kids only wanted chicken nuggets and fries.”

Having healthy eats on hand for kids to even try in the first place is half the battle. So do your over-worked working-parent friends a favor and tell them about the veggie fairies. The Veggie Fairy Blog has more on this, including what it was like for Suzanne to grow up on a farm. (Her take on it may surprise you!) Visit:

seasonalroots.com/blog/local-food

ORDER THIS WEEKEND

SHOW MOM HOW
SPECIAL!!
SHE IS



**MOTHER'S DAY
FLOWERS!!**

Countdown to May 13...

Enjoy local,
sustainably grown,
truly fresh flowers from
Wind Haven Farm
in Topping, Va.

April showers are
behind us... now
Mother's Day flowers
are on the way!

Add them to your order
this weekend and your
veggie fairy will bring
you gorgeous blooms on
delivery day, in time for
presentation to your
favorite mothers and
mother figures...
including yourself!

Why buy LOCAL
flowers? Watch this!
<https://bit.ly/2FsFXTc>

Also this weekend:
**SOURDOUGH
MELT BUNDLE**
\$25

STRAWBERRY, SPINACH & ASPARAGUS SALAD

Ingredients:

2 c PICK PENNY FARM asparagus cut into 1-inch pieces
 2 c FLORES FARM spinach
 2 c UNCLE HENRY'S ORGANICS strawberries, sliced in half
 1 large FLORES FARM spring onion, chopped
 ½ c pea shoots or FLORES FARM sorrel
 2 T sliced almonds
 1 oz goat cheese, crumbled
 or MOUNTAIN VIEW FARM Lusk Gouda cheese, diced
 juice from half a lemon
 2 T extra virgin olive oil
 1 T ALFREDO'S BEEHIVE honey
 salt and freshly ground black pepper, to taste

Directions:

1. Bring a large pot of water mixed with a teaspoon salt to a boil over medium heat. Set aside a bowl of iced water. Add the asparagus to the boiling water and cook for 2 or 3 minutes. Drain the asparagus and immediately put it in the ice water.
2. In a large bowl combine asparagus, spinach, strawberries, onion, pea shoots or sorrel, almonds, and cheese. In a small bowl whisk together the lemon juice, olive oil, honey, salt and pepper. Pour dressing over salad and toss lightly to coat.

3-in-1:
Three spring
faves in one
dish

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SeasonalRoots](https://pinterest.com/SeasonalRoots)



TIPS & HACKS



What the heck is sorrel?

It's a green with an intense lemony tang. Sorrel starts showing up in the spring and grows more bitter as the season progresses. But how to use it? Here's a foolproof guide: Eat short leaves raw, eat large leaves cooked. The short younger leaves are more tender and don't hold up well in cooking. But since it has a strong lemon flavor, you wouldn't want to eat a whole salad of nothing but sorrel. Mix with other salad greens to add a nice citrusy bite. Or cook it, or use it in purees and sauces to add an acidic lemony crunch. Sorrel is also loaded with vitamins A and C, which are great for your immune system. Plus its high potassium content can play a role in lowering your blood pressure and it increases blood circulation.

BEET HUMMUS

Meet another veggie fairy: This recipe comes from Nancy, who was a Seasonal Roots member in the Yorktown area when her neighborhood Market Manager sent out an email asking if anyone was interested in becoming a Market Manager, too. So Nancy rode along on delivery day to see if it was something she would like to do. Sure enough, she's now a fun, wonderful addition to our veggie fairy team!

Ingredients:

1 large VAN DESSEL FARM beet,
scrubbed and washed
 1½ c raw cashews, soaked for 1 hour
 2 large cloves garlic, minced
 1/3 c lemon juice
 ¼ c water
 2 T avocado oil or extra virgin olive oil
 4 T tahini
 1 t FLORES FARM oregano leaves
 ½ t chili powder
 1½ t salt
 cashews, chopped, for garnish
 vegetable crudités, for dipping, such as:
 PICK PENNY FARM asparagus,
 DEER RUN FARM radishes, or
 ARTANN'S whole wheat pita



Directions:

1. Preheat oven to 450 degrees. Wrap the beet in aluminum foil and place on baking sheet. Roast for one hour or until soft. Remove the beet from the oven and rinse with cool water. Peel and slice into cubes.
2. Drain and rinse the cashews, then add to a blender with the beets, garlic, lemon juice, water, avocado oil, tahini, thyme leaves, chili powder, and salt. Pulse until smooth. If the mixture is too thick, add an extra tablespoon of avocado oil and process again.
3. Transfer to a bowl, drizzle with additional avocado oil if desired, and top with chopped cashews. Serve with crudités for dipping.