



SEASONAL ROOTS

Dirt to Doorstep®

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IS ORGANIC WORTH IT?

AND CAN YOU EVEN TRUST THOSE ORGANIC LABELS?



So you want to eat food that's good for you. But it's hard to know what's truly good just by looking — you can't see pesticides or lost nutrients. The best way to know is to know your farmers like we do!

When you've got nothing else to go on, that organic label seems like an easy solution. Organic foods have a reputation for being more nutritious and safer. Plus, organic can cost up to twice as much as conventional – must be better, right? The truth, it turns out, is complicated.

Think that organic label means something hasn't been sprayed? Think again. Organic toxins – yep, that's a thing. USDA guidelines allow certified organic farms to spray their crops with certain chemicals under certain conditions. According to experts, some probably aren't harmful to humans. But some probably are. So you can grow, say, lettuce that's certified organic yet nevertheless tests positive for toxic substances.

Fake organic labels? Yep, that's a thing, too. Labels are only as good as the USDA's ability to oversee the production of organic food and enforce the rules. Apparently there just aren't enough government inspectors to keep tabs on all the producers here in the U.S., much less overseas. It's so bad Congress is now working on legislation to double USDA's oversight.

Plus, organic or not, freshness counts. The sooner produce gets to you the better. Research shows that most nutrients begin to degrade from the moment produce is harvested. So we hustle to get our crops on their way to you as soon as they're harvested – being local helps!

All that said, organic can be great! Some of our local farmers are certified organic, and some use organic practices but just can't make the financial investment necessary to get certified. All our farmers are low- or no-spray. If they do spray, it's minimal and only as required. They also use sustainable practices like rotating their crops to keep nutrients in the soil.

The only way to really know all this, is to know the farmers. And we do! We talk with them, visit their farms, and develop relationships with them. We share their stories with you so you can know them, too, even if you don't have time to go visit them yourself. The Veggie Fairy Blog has more, including links to investigative reports: seasonalroots.com/blog/organic-food

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ORDER THIS WEEKEND MEMBERS-ONLY SPECIAL!!



BREAKFAST BUNDLE \$40

Get your day off to a fresh, nutritious, delicious start!

pastured eggs

Authenticity Farms
Amelia Courthouse, Va.

nitrate-free bacon

Milton's Local
Richmond, Va.

strawberries!!

Sunnyside Farm
Cumberland Co., Va.

spinach

spring onions
Flores Farm
Hauge, Va.

rustic bread

Flour Garden Bakery
Richmond, Va.

CLASSIC SEVEN LAYER SALAD RECIPE

Ingredients for salad:

- 1 head WESTMORELAND PRODUCE romaine, green, or red leaf lettuce, or a combination, cut into small pieces
- 4 AUTHENTICITY FARMS eggs, hardboiled and sliced
- 1 KEENBELL FARMS ground maple sausage, cooked & crumbled
- 4 SUNBURST TOMATO COMPANY tomatoes, chopped
- 6 FLORES FARM red spring onions, tops sliced thinly
- 2 c MOUNTAIN VIEW FARM PRODUCTS gouda cheese, grated
- 1 c frozen peas, thawed

Ingredients for dressing:

- ½ c mayonnaise
- ½ c TRICKLING SPRINGS CREAMERY plain yogurt
- 1 T sugar, to taste

Directions:

1. Clean and cut all ingredients.
2. Mix dressing ingredients and set aside.
3. Layer ingredients in order listed in a clear tall serving dish, such as a trifle bowl. Top with dressing. Garnish with additional cheese and peas if desired.
4. Place in refrigerator to chill completely, about 2-4 hours, before serving.



Pasture-raised pork sausage from KEENBELL FARM or TWIN OAKS tofu sausage makes this salad a tummy-filling meal!

LEFTOVER SCRAMBLE

Leftover ingredients:

- grassfed meat, tofu, or legumes, pre-cooked and now cut into bite-sized pieces
- root veggies such as turnips, beets, onions, parsnips, or carrots, pre-cooked and now diced
- rice, pre-cooked

Fresh (or leftover!) ingredients:

- mushrooms, sliced
- tomato, diced
- greens, chopped
- herbs such as thyme, oregano, parsley, and chives, de-stemmed or chopped
- extra virgin olive oil
- nuts or seeds of your choice
- balsamic or fruit-based vinegar
- grassfed cheese of your choice, crumbled or grated

Directions:

1. Generously coat a large sauté pan with olive oil. Warm over medium heat. Add mushrooms, sauté for 1 min, stirring occasionally. Add tomatoes, protein (meat, tofu, or legumes) and root veggies. Cook for 2 min. Push to one side.
2. Add more olive oil to recoat pan, including the veggie-mix side of the pan. Add pre-cooked rice to empty side of pan. If rice is dry, mix it with a bit of water before adding it to the pan. With a spatula, pat rice into a loose patty. While underside browns, stir greens into the veggie mix to wilt. Flip the rice, or just stir the patty if it falls apart. Stir herbs and nuts/seeds into veggie mix. Serve veggie mix over rice topped with crumbled or grated cheese, olive oil, and vinegar.



*Kristin,
Director of
Veggie Comms*

"My favorite meal! It cooks up really fast and amounts don't matter. Just don't throw in too much of one thing! And if you're cooking for a crowd, use a separate pan for the rice."

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

TIPS & HACKS



How to make Chive Blossom Vinegar Infusion

Rinse about 2 c of chive blossoms in water. Spread them out on a clean kitchen towel to dry.

In a small saucepan, warm 1½ c of white wine vinegar (or other vinegar like champagne, rice, or distilled white). Heat over medium low heat to a simmer – do not boil. Turn off heat.

Loosely pack a glass pint jar with the blossoms. Carefully pour in the warm vinegar, leaving about a 1-inch space at the top of the jar. Cover jar. Store in a dark, cool location for 3-4 days.

Once the vinegar has infused and turned a lovely shade of purple, strain out the blossoms and store vinegar in a clean glass jar or bottle.