



SEASONAL ROOTS

Dirt to Doorstep®

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10 SPRING SUPERFOODS TO PUT IN YOUR BELLY NOW!

DISCOVER THEIR AMAZING SUPER POWERS



Strawberries may not have the smoothest complexion themselves, but they're great for your skin. Who knew?!

Spring's a great time to go local, because to tell the truth, no list can do justice to spring's amazing bounty. Every spring, Virginia's fields overflow with foods bursting with flavor and nutrition and week by week, they're all on offer in our online farmers market. It was really hard to settle on just ten spring superfoods, so treat this list as a starting point for enjoying Mother Nature's seasonal treats! To make it easy, we've included links to inspiring recipes on pinterest.com/seasonalroots/boards for each and every item on the list.

Asparagus: These spears are one of the best veggie sources of folate, a B vitamin that could help boost your mood.

Beets: A superfood for the liver.

Blueberries: Eat up and you may score big for your brain.

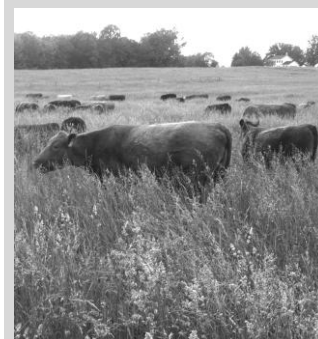
Bok choy: One cup of bok choy has just 9 calories and barely a trace of fat, yet delivers protein, dietary fiber and almost all the essential vitamins and minerals.

Dandelion greens: Before you pull that "weed" out of your lawn, remember this: In early spring, new dandelion greens have more calcium and vitamins A and K than broccoli!

The Veggie Fairy Blog has more on each of these superfoods, as well as **garlic scapes**, **lettuce**, **peas**, and **radishes**, plus recipes at: seasonalroots.com/blog/spring-superfoods

ORDER THIS WEEKEND

SALE!!



ALL MEAT

POULTRY, BEEF, PORK

It's all **pasture-raised** and **grassfed** right here in the fields and woodlands of **Virginia**, with no antibiotics and no hormones.

Our local farmers' sustainable and humane practices make for happy, healthy animals. That's good for the animals, good for the environment, and good for us! Why?

Well, grassfed meats are **lower in bad fat**, **higher in good fats** our bodies need to process our food, **higher in heart-healthy and brain-healthy omega 3s** and more, plus grassfed is waaaay **higher in flavor!**

Stock up and save!!

ROASTED KOHLRABI

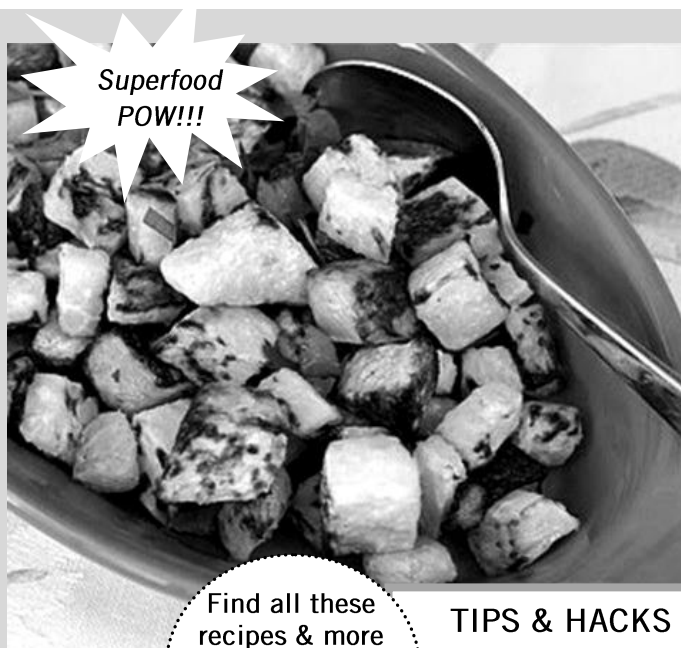
A super easy way to make a superfood we wish we could have squeezed onto our list!

Ingredients:

- 2 WESTMORELAND PRODUCE kohlrabi bulbs
- 1 garlic clove, peeled and cut into 4 pieces
- ¼ t salt
- 1 T extra virgin olive oil

Directions:

1. Preheat oven to 450 degrees.
2. Remove the stalks and leaves of the kohlrabi. Using a paring knife, peel the kohlrabi bulb, removing the outer skin and 1/8-inch of the flesh. Cut the kohlrabi into 1-inch pieces. Place in a shallow baking dish.
3. Toss with the garlic, oil, and ¼ t salt. Roast, tossing or stirring occasionally, until well browned, 30 to 35 minutes.
4. Remove from the oven and discard the garlic pieces. Season with pepper, if desired.



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

ZEE'S TOM TOM CHICKEN

An encore recipe from our very own Zee of Foster's Catering in Richmond!

Ingredients:

- 3 HARMONY HILL FARM chicken breasts, diced into chunks
- 2 FLORES FARM spring onions, chopped
- 2 PSP?? tomatoes, diced
- SCHUYLER GREENS oyster mushrooms or RUDY'S shiitake mushrooms
- COTTLE ORGANICS bok choy
- 2 c PICK PENNY FARM asparagus, chopped
- 1 c green peppers, diced
- 1 stalk WESTMORELAND FARM garlic scapes, chopped, or 1 T garlic, peeled and diced
- ½ t ginger, diced
- ½ t salt
- 1 t ground black pepper
- 2 T extra virgin olive oil
- ½ c Tom Tom Sauce
- Hokkien stir-fry noodles, cooked for 2 min

*Holy veg-power!
Each of these veggies
is a superfood!!*



Directions:

1. Season diced chicken breasts with garlic, ginger, salt, pepper.
2. Drizzle oil around sides of stir-fry pan or large frying pan. Tilt pan to distribute evenly. Heat on medium until oil faintly smokes. Add chicken, stirring frequently until chicken is lightly brown and cooked all the way through.
3. Add spring onion, tomatoes, mushrooms, and green peppers. Stir while cooking for 30 seconds.
4. Add bok choy and asparagus, still stirring frequently.
5. Add sauce and bring to a simmer. Turn off stove once veggies are cooked to your desired taste (crunchy and green, or soft).
6. Spoon Tom Tom Chicken over top of cooked noodles and serve it up!

TIPS & HACKS



All about kohlrabi

Don't be afraid of kohlrabi! Part bulb, part greens, it's like a radish, jicama (Mexican turnip), broccoli, and collard greens all rolled into one.

Eat it cooked or raw – use a mandoline or sharp knife to slice the raw bulb wafer-thin and make the most of its delicate, crunchy texture in a salad. Or shred it and add to a slaw recipe in place of some of the cabbage. The stem and leaves are also edible like other greens!

To store it, cut off leaves, wrap them in a damp paper towel, and place in a plastic bag. Leaves can be refrigerated for 3-4 days, the bulb for several weeks.