



SEASONAL ROOTS

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5 SIMPLE GRILLING TRICKS

THE DO'S AND THE DON'TS... IN HONOR OF FATHER'S DAY



Though fatherhood has nothing to do with a person's ability to captain a grill, Father's Day does roll around just as grilling season gets underway. So whether you're an alpha-griller dad or a guy who likes to kick back and watch someone else do the sweating in all those clouds of smoke, we veggie fairies salute you with these tricks for grilling fresh, local food!

Anything you can cook inside in your oven or on your stovetop, you can cook outside on your grill -- that includes fresh local fruits and veggies in season, as well as grassfed meats.

TRICK #1: DON'T use lighter fluid if you have a charcoal or wood burning grill. It's dangerously flammable, smells bad, and gives off toxic fumes – shouldn't be anywhere near your healthy fresh local food. Use a charcoal chimney instead. Wad up newspaper and stuff it in the bottom, put charcoal on top, then light the paper.

TRICK #2: DO create two cooking zones. Place charcoal or wood to one side of the grill, or turn on the gas on only one side of the grill (the "direct" zone), leaving the other side empty or flameless (the "indirect" zone.) Use the direct zone for things like searing meat with the lid open. Use the indirect zone to gently roast your food with the lid closed. Two zones also help you control how fast things cook by moving them around on the grill.

TRICK #3: DON'T crowd the grill. Leave enough room between all the food items to work with each one and ensure even heat distribution.

TRICK #4: DO use an instant-read thermometer instead of guesstimating. Stick it into the meat's thickest part to get an accurate read on doneness.

TRICK #5: DON'T add sauce too soon. The sugar in the sauce will caramelize and burn. So start basting with the sauce during the last 10 minutes of cooking. Or even better, use a spice rub and let the magic happen on its own between the rub, the juices, and the smoke.

The Veggie Fairy Blog has more details, plus tricks for **grilling the perfect grassfed steak** and **cleaning the grill** without getting metal bristles stuck in your throat – yikes! Visit:

seasonalroots.com/blog/grilling-tricks

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BREAKFAST PATTY MELT

*A perfect breakfast
for father and child
to share*

Ingredients:

4 T butter
 ½ FLORES FARM onion, sliced
 ¼ lb HARMONY HILL FARM sage sausage breakfast links
 2 AUTHENTICITY FARMS eggs, beaten
 3 slices MOUNTAIN VIEW FARM cheddar, Lusk gouda, or
 Jumping Jack jack-style cheese
 2 slices GREAT HARVEST BREAD CO honey whole wheat,
 farmhouse white, or 9 grain bread

**Directions:**

1. Heat a non-stick skillet over low heat and melt 2 T of the butter. Add onions and cook, stirring occasionally, for 15-20 min, until onions are soft and slightly caramelized. Remove them to a plate and set aside.
2. Remove sausage from casing. Form the sausage into a thin patty about the width of the bread you're using. Add it to the same skillet and increase heat to medium. Cook patty on both sides until fully cooked through, about 5 minutes. Remove to a plate and set aside. Wipe the skillet clean with a paper towel.
3. Pour in beaten eggs and cook, forming into a rough circle as they set up. Flip to finish cooking on the other side.
4. Assemble the breakfast patty: bread, cheese, patty, eggs, cheese, onions, cheese, bread. Melt remaining butter in a clean skillet over low heat. Place sandwich in skillet and cook low and slow for a good 8-10 minutes, until cheese is melted and bread is deliciously crisp. Add more butter to skillet if bread needs it (you don't want the bread to be dry!)
5. Slice in half and serve.

OVERNIGHT BLUEBERRY/BLACKBERRY FRENCH TOAST**Ingredients:**

1 (8 oz) pkg cream cheese, softened
 1 c confectioners' sugar
 2 T TRICKLING SPRINGS CREAMERY milk
 1 T vanilla, divided
 2 c AGRIBERRY blueberries or COLE BERRY
 FARM blackberries, or a mixture of both

1 loaf FLOUR GARDEN Pain de
 Champagne bread, cubed
 2 c TRICKLING SPRINGS CREAMERY
 milk
 8 AUTHENTICITY FARMS eggs
 1 t cinnamon
 ½ t nutmeg

Directions:

1. Mix cream cheese, confectioners' sugar, 2 T milk, and 1 t vanilla in a bowl until smooth and creamy. Fold in 1 c berries.
2. Cover the bottom of a 10x14-inch baking dish with a layer (about 2/3) of bread cubes. Spread cream cheese mixture over bread layer. Top with remaining bread cubes.
3. Whisk 2 c milk, eggs, 2 t vanilla, cinnamon, and nutmeg together in a large bowl. Pour over bread mixture. Sprinkle 1 c berries over bread-egg mixture. Cover dish tightly with aluminum foil and refrigerate, 8 hours or overnight. Remove from refrigerator 30 to 60 minutes before baking.
4. Preheat oven to 375 degrees.
5. Bake for 45 min. Remove foil and continue baking until center is set, about 30 min.

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*Combine this with the
 Fathers Day Breakfast
 Bundle for a real feast!*

TIPS & HACKS**All about fennel**

Fennel is full of vitamin C, folate, potassium, and more. It has a soft anise (licorice) flavor that's sweet and refreshing. Keep it refrigerated in a plastic bag and use it within 3-4 days.

Fennel makes an interesting substitute for celery. It's great braised, baked, steamed, sautéed, or grilled.

It's also a tasty salad vegetable. Finely chop the feathery fronds as a garnish, and thinly slice the tender stalks, which can be eaten raw or added to soups.