



SEASONAL ROOTS

A TOAST TO THE WOMEN IN OUR LIVES

BECAUSE IF IT WEREN'T FOR WOMEN, MOST OF US WOULD'VE
NEVER TOUCHED A VEGETABLE!



STRAWBERRY-MINT SPARKLING LIMEADE

A Refreshing Beverage The Whole Family Will Enjoy

1 pound SUNNYSIDE FARM
Fresh Strawberries , halved
1/2 cup G FLORES PRODUCE
Fresh Mint Leaves
1/2 cup Fresh Lime Juice
(about 4 limes)

1/4 cup ALFREDOS BEEHIVE Honey
1 bottle (1 liter) Sparkling Water, or Club Soda
(For an adult beverage, use a 750ml bottle of
Champagne instead of the water)
Fresh mint, for garnish
Lime slices, for garnish

In a blender, combine strawberries, mint leaves, lime juice and honey; process until blended and smooth. Taste for sweetness and adjust accordingly. Transfer mixture to a pitcher. Slowly pour the club soda into the pitcher, gently stirring to combine. Pour into glasses and garnish with fresh mint leaves and lime slices. Serve.

SUMMER ASPARAGUS SALAD

A Lite, Easy Salad

1 lb PICK PENNY FARM Asparagus,
trimmed and halved
1 pint SION HILL FARM Heirloom Mixed
Variety Cherry Tomatoes, halved
2 Avocados, cubed
1 cup MOUNTAIN VIEW FARM Mountain Mist
Feta Cheese, crumbled
1/2 cup Olive Oil
2 T Dijon Mustard
1 T Kosher Salt
1 tsp Black Pepper
Juice From One Lemon



Boil a large pot of water. Meanwhile, trim your asparagus and slice in half. Halve your tomatoes. Cube your avocados. Blanch your asparagus by boiling for 1-3 minutes until color is bright green. Immediately transfer to an ice bath to stop cooking. Combine asparagus, tomatoes, avocados, and cheese. Prepare dressing in a small bowl by whisking oil, mustard, lemon juice, salt and pepper. Pour over the asparagus mixture and toss to combine. Chill in fridge until ready to serve.

TIPS & HACKS FROM THE BLOG

Getting your family to eat veggies can be a challenge. We dug into our blogs and found stories of how two moms help their families eat more veggies, with great tips for getting more veggies in the whole family.

www.seasonalroots.com/blog/kids-eat-veggies
www.seasonalroots.com/blog/kids-healthy-snacks

THIS WEEKEND'S SPECIAL
**VEGAN NACHO
BUNDLE**

Read this Newsletter in the Newsletter Archive with clickable links at SeasonalRoots.com/blog. Find more recipes featuring your favorite products at pinterest.com/seasonalroots/pins.

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