



SEASONAL ROOTS

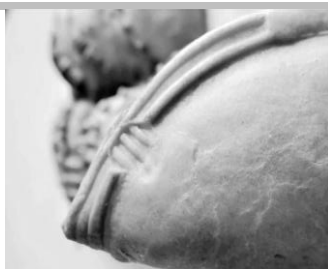
Home-delivered Farmers Market

Read it in the Newsletter Archive with [clickable links](#) at [SeasonalRoots.com/blog](#)

The Veggie Fairy Blog

THESE 5 GOOD THINGS HAPPEN WHEN FAMILIES EAT TOGETHER

Learn how your family benefits and how your home-delivered farmers market helps you make it fast, easy, tasty & nutritious. Plus meet the local food artisans behind My Empanada: [seasonalroots.com/blog/empanadas-busy-family-meals](#)



PEAR & BEET SALAD

Ingredients:

- 20 mint leaves (or ¼ t dried mint)
- 1 t ALFREDO'S BEEHIVE honey
- 1 t V&B FARMS lime juice
– see the tip!
- 1 t olive oil
- salt, to taste
- ½ lb VAN DESSEL FARM beets, roasted
- 1 SAUNDERS BROTHERS Asian pear
- 1 oz MOUNTAIN VIEW FARM PRODUCTS Mountain Mist feta cheese
- 1 oz EASTERN CAROLINA ORGANICS pecan pieces

Directions:

1. Whisk and smash the mint, honey, lime juice, oil, and salt to make the dressing.
2. Drizzle over chopped beets, pears, cheese, and nuts.

HONEY LIME VINAIGRETTE

Ingredients:

- ¼ c V&B FARMS lime juice (or 12 frozen cubes of blended peeled whole limes – see the tip!)
- 2 T ALFREDO'S BEEHIVE honey
- 1 t Dijon mustard
- ½ t garlic powder
- ¼ t cumin
- ½ t each salt and pepper
- ¼ c olive oil
- ¼ c grapeseed oil or canola oil

Directions:

1. In a blender, add everything except the oils and mix until combined.
2. With the blender running, add the oils in a thin stream through the hole in the blender lid. Blend until well mixed.

Build easy meals around fresh-made, local, prepared foods like MY EMPANADA savory pastries and YUMMVEES vegan entrees & soup, served up with sides like salad & veggies.



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

Serving suggestions:

- Toss dressing with your choice of salad greens, like CORNERSTONE FARM COMMUNITY FOOD COLLABORATIVE zesty salad mix or SION HOUSE FARM Bibb lettuce. Use about 1 T of dressing per 2 c greens.
- Drizzle dressing over sliced V & B FARM tomatoes and/or cucumbers.
- Drizzle dressing over cubed and roasted VAN DESSEL FARM beets, carrots, turnips, and SION HOUSE FARM sweet potatoes, or steamed EASTERN CAROLINA ORGANICS broccoli and V&B FARMS zucchini or squash.

ORDER THIS WEEKEND

SPECIAL!!



CITRUS MIXED DOZEN \$15

Every winter, Tommy and Brandon of V&B Farms send us some Florida sunshine. Sustainably grown regional produce adds seasonal variety and still keeps our carbon footprint small compared to produce from far away. So get your vitamin C on!

- 3 red grapefruits
- 4 tangerines
- 5 oranges

TIPS & HACKS

A juice alternative

When you need fresh lemon or lime juice and just use the fruit's juice, you lose out on all the fiber and many of the nutrients. To max out the health benefits, peel, de-seed, and blend the whole fruit. Then freeze it in an ice cube tray and grab a cube whenever a recipe calls for a teaspoon of juice.