



# SEASONAL ROOTS

Home-delivered Farmers Market

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## The Veggie Fairy Blog

### HEALTHY EATING STARTS WITH PIMENTO CHEESE. SERIOUSLY!

With Birdie's Pimento Cheese, even picky eaters will eat their veggies. Read Birdie's story and watch how-to's for building easy meals around pimento cheese at [seasonalroots.com/blog/healthy-eating-pimento-cheese](#).



## CHICKEN AND EGGPLANT CURRY

### Ingredients:

- |   |  |
|---|--|
| 1 T TRICKLING SPRINGS CREAMERY butter   | 2 t cumin  |
| ½ t mustard seeds   | 2 t coriander  |
| 1 onion, finely chopped   | 1 t garam masala   |
| 2 garlic cloves, finely chopped   | 1 t turmeric   |
| 1 t freshly grated ginger   | 2 T tomato paste   |
| 4 HARMONY HILL FARM grassfed chicken thighs, boned, skinned, roughly sliced into smaller pieces | 2 V&B FARMS Indian eggplant, chopped                         |
| 1 red chili, finely sliced  | 2 c V&B FARMS tomatoes, skin removed (optional), and chopped |
|   | 1 c stock  |

### Directions:

1. Add butter to a large frying pan over medium heat. Once melted, add the mustard seeds.
2. When the seeds start to pop, add onion and fry until softened.
3. Add garlic and ginger and chicken thighs and fry until lightly browned.
4. Add chili, cumin, coriander, garam masala, turmeric, and tomato paste. Stir to evenly coat.
5. Add eggplant, chopped tomatoes, and stock. Bring to a boil, reduce heat, cover and simmer until eggplant is softened and sauce reduces down and thickens, about 40 min.

## LOADED SWEET POTATOES WITH COCONUT & KALE

### Ingredients:

- 4 SION HOUSE FARMS sweet potatoes
- 2 T extra virgin olive oil
- 2 bunches EASTERN CAROLINA ORGANICS Siberian kale, stems removed, leaves chopped
- 1 serrano chile, seeded and thinly sliced
- 1 13-oz can coconut milk, shaken
- 2 t V&B FARMS lime juice
- ½ t curry powder
- 1 t salt
- 1/3 c V&B FARMS red grapefruit juice
- 3 T TRICKLING SPRINGS CREAMERY butter
- 1/8 t ground allspice
- ¾ c unsweetened flaked coconut, toasted



### Directions:

1. Microwave sweet potatoes 5 min on high. Turn over and microwave until tender, about 5 min more. Or bake in the oven at 400 degrees for 45-60 min.
2. Meanwhile, heat oil in a large skillet over medium-high. Add kale and chile. Cook, stirring often, until slightly wilted, about 3 min.
3. Stir in coconut milk and bring to a boil. Reduce heat to low and cook, stirring occasionally, until kale is tender and creamy, about 6 min.
4. Remove from heat. Stir in lime juice, curry powder, and ½ t salt.
5. Cut sweet potatoes in half lengthwise. Scoop flesh into a large bowl, leaving shells intact. Mash together sweet potato flesh, grapefruit juice, butter, allspice, and ½ teaspoon salt. Spoon mixture into potato skins. Top with kale and coconut.

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

ORDER THIS WEEKEND INTRODUCING:



## Mac & Cheese



Made locally with ingredients you can pronounce, plus **NO** soy, gluten, tree nuts, or lactose. Get ready to yum!

### TIPS & HACKS

#### Handy citrus peels

- Put citrus peels down the disposal to help clean and deodorize.
- Ring around your coffee mug? Rub the stain with the pithy side of a citrus peel for easy removal.
- Stubborn spot? Add a pinch of salt to the peel then scrub with it.
- Add orange peel to an old bag of hard-as-rock brown sugar to soften it overnight, or add a peel to a new bag to prevent future hardening.