



SEASONAL ROOTS

Home-delivered Farmers Market

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The Veggie Fairy Blog

THIS LOCAL FOOD BEATS FOOD ALLERGIES 5 WAYS

No gluten, tree nuts, soy, dairy, or eggs. Just pure comfort food that's vegan and allergen-free, hand-crafted locally from ingredients you can pronounce by Janay of ROOTED DELIGHTS. Read her story at seasonalroots.com/blog/food-allergies.



ZUCCHINI CHEESE CRISPS

Ingredients:

- ½ c grapeseed or vegetable oil
- 1 c Panko bread crumbs
- ½ c ROOTED DELIGHTS cheddar-style vegan cheese, finely grated; or Parmesan cheese, grated
- 2 V&B FARMS zucchini, thinly sliced into ¼-inch thick rounds
- ½ c flour
- 2 AUTHENTICITY FARMS eggs, beaten

Whether you're making SuperBowl appetizers or breakfast, both recipes are easy to adapt for vegans or allergy sufferers with plant-based cheese and other simple tweaks.

Directions:

1. Heat oil in a large skillet over high heat.
2. In large bowl, combine Panko & cheese; set aside.
3. Working in batches, dredge zucchini rounds in flour, dip into eggs, then dredge in Panko mixture, pressing to coat.
4. Add zucchini rounds to the skillet, 5 or 6 at a time, and cook until evenly golden and crispy, about 1 minute on each side. Transfer to a paper towel-lined plate.
5. Serve immediately with SALSAS DON SEBASTIAN jalapeno dip, Ranch dressing, or other dipping sauce.



AVOCADO BACON AND EGGS

Ingredients:

- 1 V&B FARMS Florida avocado
- 2 AUTHENTICITY FARMS eggs
- 1 strip of bacon, cooked, crumbled (optional)
- 1 T MOUNTAIN VIEW FARM Gouda cheese, or ROOTED DELIGHTS cheddar-style cheese
- salt



Directions:

1. Preheat oven to 425 degrees.
2. Cut avocado in half and remove pit. Leave skin on.
3. With a spoon, scoop out some of the avocado so the hole is a tad bigger than your egg. Place in a muffin pan to keep the avocado stable while cooking.
4. Crack egg and drop into the hole of your avocado. Sprinkle a little cheese on top; salt to taste. Top with cooked bacon.
5. Bake for 14-16 minutes. Serve warm with SALSAS DON SEBASTIAN salsas!

Find all these recipes & more at pinterest.com/SeasonalRoots

ORDER THIS WEEKEND MEMBERS-ONLY SPECIAL!!



Easy weeknight meal!

SOUP & SALAD BUNDLE

\$16

- potato leek soup
Yummvees
Midlothian, Va.
- spring mix greens
Red Hawk Farm
eastern N.C.
- rustic bread
Flour Garden
Richmond, Va.

TIPS & HACKS

How to pit an avocado

Insert a knife into the pit and twist the base of the fruit to release it. To remove the speared pit from the knife without hurting yourself, pinch your thumb and forefinger on either side of where the top of the pit meets the blade. With a little downward pressure from your fingers, the pit falls right off. Another option: Use a waiter's corkscrew. It securely (and safely) hooks into the pit and it's easy to pull out.