



SEASONAL ROOTS

Home-delivered Farmers Market

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From the **Local Food Online Community...**

NEW GRASSFED DAIRY from OBERWEIS

Now you can count on getting more dairy items, more reliably, from cows raised humanely on small family farms. Their milk is minimally pasteurized for more nutrients and flavor. Visit us on [Facebook.com/seasonalroots](#) to read the backstory and tell us what dairy items you're looking for!



ORDER THIS WEEKEND



GRASSFED BEEF

Raised naturally on the pastures of [HarmonyHillFarm.net](#) in Scottsville, Va., grassfed equals better-tasting beef that's better for you.

beef patties
chuck roasts
beef bologna
pork & beef hot dogs
ground beef

COTTAGE CHEESE & EGG BREAKFAST MUFFINS

These muffins are perfect to make on the weekend, then grab 'n go all week for quick breakfasts.

Ingredients:

2/3 c OBERWEIS cottage cheese
1/4 c grated Parmesan cheese
1/4 c white whole wheat flour
2/3 c almond meal
1 t baking powder
1/4 t salt
4 AUTHENTICITY FARMS eggs, beaten
3 T water
1/4 c ham, finely diced
1/2 c CURDS AND WHEY mozzarella or UNMOO NOTZ
2 T green onions, sliced

Directions:

1. Preheat oven to 400 degrees. Spray foil muffin cups with non-stick cooking spray.
2. In a mixing bowl, combine cottage cheese, Parmesan, flour, almond meal, baking powder, salt, eggs, and water.
3. Combine well. Gently stir in ham, cheese, and green onions.
4. Divide batter in 6 muffin cups.
5. Bake muffins 25-30 min or 'til lightly browned on top and set.
6. Muffins can be refrigerated and reheated in microwave. Be careful not to microwave too long or they will get tough.



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

CALYPSO BEAN MINISTRONE

Ingredients:

1/2 lb WHITENER FARMS calypso beans
1 onion, 1/4" dice
3 cloves garlic, minced
2 T extra virgin olive oil
1/2 to 1 t fennel seeds
or one bulb fresh fennel, chopped
3 c kale, chopped
4 c broth, chicken or vegetable
2 V&B FARMS squash or zucchini, sliced thin into rounds,
or 1/2 lb green beans, cut to 2"
2 t salt, or to taste
1/2 t pepper, or to taste
MOUNTAIN VIEW FARM PRODUCTS
feta cheese, for garnish,
or BIRDIE'S pimento cheese,
flavor of your choice

Directions:

1. Cook beans, reserving bean broth. *See the tip.*
2. Heat oil over medium heat in a soup pot or Dutch oven. Add onion, garlic, fennel, and a pinch of salt. Sauté over med-low heat 'til veggies are translucent, about 7 min.
3. Add chopped kale and sauté until wilted and fragrant, about 4-5 min.
4. Add broth and another pinch salt. Bring to a boil, reduce heat. Simmer uncovered, 15 min.
5. Add calypso beans and squash, zucchini, or green beans to soup, plus 2 c bean broth (or more, if the soup is very thick.) Simmer 15 min.
4. If needed, add pepper, salt, and more fennel to taste. Add more bean broth to round out flavor and/or if the soup is very thick. Serve garnished with feta or pimento cheese.

TIPS & HACKS

How to cook calypso beans

Soak beans overnight. Drain and rinse with cool water. In a large pot, sauté a diced onion and 2 minced garlic cloves until fragrant. Add beans and 7 cups of cold water. Bring to a boil. Reduce heat and simmer for 1 1/2 to 2 hours. Season to taste with salt and pepper.