



SEASONAL ROOTS

Home-delivered Farmers Market

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From the *Local Food Online Community...*

HERE'S WHY GRASSFED BEEF IS WORTH THE MONEY

Raised on Harmony Hill Farm, it's tender, flavorful, and full of vitamins, omega-3s, lower in fat, no antibiotics, and no GMOs. Find out how to cook it right and meet the farmers on the Veggie Fairy Blog: seasonalroots.com/blog/grassfed-beef



SLOW COOKER HONEY GARLIC CHICKEN & VEGGIES

FYI: It also works in a pressure cooker!

Ingredients:

- 8 HARMONY HILL FARM grassfed chicken thighs
- 2 c baby red potatoes, halved
- 2 c VAN DESSEL FARMS carrots, sliced
- 2 c V&B FARMS green beans, trimmed
- 2 T fresh parsley, chopped

For sauce:

- ½ c reduced sodium soy sauce
- ½ c ALFREDO'S BEEHIVE honey
- ¼ c ketchup
- 2 cloves garlic, minced
- 1 t basil
- ½ t oregano
- ¼ t crushed red pepper flakes

Directions:

1. In a large bowl, combine sauce ingredients.
2. Place chicken, potatoes, carrots, and sauce mixture into a 6-quart slow cooker. Cover and cook on low heat for 7-8 hrs or high for 3-4 hrs, basting every hour. Add green beans during last 30 min of cooking time.
3. Serve, garnished with parsley, if desired.

We partner with local companies for fun healthy-eating Lunch & Learns where this recipe comes from. For info, contact Pam@seasonalroots.com

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

GRASSFED STEAK

Grassfed beef is full of good things and lower in fat than grainfed, and is still tender and super flavorful... if you cook it right!

Ingredients:

- HARMONY HILL FARM grassfed steak
- extra virgin olive oil
- salt
- your favorite dry rub, if desired

Directions:

1. Whatever you do, don't overcook! Grassfed is made for rare to medium-rare cooking. If you prefer beef well-done, first sear it over high heat to seal in the juices, then cook it at very low temps in a sauce to add moisture.
2. However you like your beef, take it out of the fridge 30 - 60 min before you cook it, so it's closer to room temperature. It will release moisture; pat it dry. That prevents it from steaming itself into a gray lump instead of searing nice and brown.
3. Rub it with extra virgin olive oil, salt it, and if you like, coat with a dry rub seasoning.
4. For grassfed steaks cooked indoors, preheat your broiler to 450 and place a heavy, oven-proof skillet in the oven to preheat along with it.
5. When the skillet is sizzling hot, turn a burner on high, grab an oven mitt, and move the hot skillet from oven to burner. Turn the stovetop fan on high. Place steaks in skillet. They will smoke like crazy! Let them sear for 1 min, then flip to sear on the other side for 1 min.
6. Put the skillet back in the oven. One-inch steaks will take 4-6 minutes to hit medium rare (120-130 degrees inside). Since it will continue to cook even after it's removed from the heat, take it off when the internal temp is still 10 degrees below the target temperature.
7. Using tongs (not a fork — don't poke holes for the juices to escape), place the steaks on a cutting board. Loosely tent them under foil for 10 minutes. This allows the juices to redistribute throughout the meat while it finishes cooking, making for juicier steak.

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SPECIAL!!



NEW

EMPANADAS:
Pork Carnitas

50 cents OFF!!

Satisfying snack or main attraction for an easy meal, they come ready-to-bake from My Empanada in Henrico, Va.

TIPS & HACKS

Make Valentine's Day carrot hearts

Cut carrot in half across its length so it's easier to handle. Cut a V-shaped notch along its length. Remove notch. With a peeler, round the top edges of the notch in the carrot. Then peel along the carrot's long axis until the opposite side from the notch comes to a point. Now cut the carrot into heart-shaped slices. And save those carrot scraps for making veggie broth!