



# SEASONAL ROOTS

Home-delivered Farmers Market

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From the Local Food Online Community...

## HOW TO SHOP

New to Seasonal Roots? Or maybe need a refresher on some part of the market? The 411 on the ordering process is always available for you on the Veggie Fairy Blog: [seasonalroots.com/blog/shopping-how-to](#)



## GREEK CUCUMBER NOODLES

### Ingredients:

2 V&B FARMS cucumbers  
1 c V&B FARMS mini heirloom tomatoes, halved  
1/3 c pitted kalamata olives, chopped  
1/4 c red onion, thinly sliced  
4 T ARTANN'S garlic hummus  
1/2 c MOUNTAIN VIEW FARM PRODUCTS Mountain Mist feta cheese  
salt and pepper, to taste

### Directions:

1. Use spiralizer or veggie peeler to make cucumber noodles.
2. Divide the noodles onto plates.
3. Top with tomatoes, olives, and red onion.
4. In the center of the noodles, add a spoonful of hummus.
5. Sprinkle feta cheese over the noodles.
6. Season to taste with salt and pepper. Serve immediately.

*We partner with local companies for fun, healthy-eating Lunch & Learns that include recipes like this one. To learn more, contact [support@seasonalroots.com](mailto:support@seasonalroots.com).*

## HONEY SESAME CHICKEN

### Ingredients:

4 HARMONY HILL FARMS boneless skinless chicken breasts or thighs  
salt and pepper  
1 c ALFREDO'S BEEHIVE honey  
1/2 c soy sauce  
1/2 c onion, diced  
1/4 c ketchup  
2 T vegetable oil  
2 cloves garlic, minced  
1/4 t red pepper flakes (optional)  
4 t cornstarch dissolved in 6 T water  
sesame seeds



*"This slow cooker recipe is great served over rice with carrots. Super yummy and kid approved!"*

*Sara G,  
neighborhood Market Manager in Richmond*

### Directions:

1. Spray slow cooker with non-stick cooking spray or wipe down with grapeseed oil.
2. Lightly season both sides of chicken with salt and pepper. Put into slow cooker.
3. In a small bowl, combine next 7 ingredients. Pour over chicken.
4. Cook on low 3-4 hrs or on high 1 1/2-2 1/2 hrs, or until chicken is cooked through.
5. Remove chicken from cooker, leave sauce. Dissolve cornstarch in water. Pour into cooker. Stir to combine with sauce. Replace lid. Cook sauce on high for 10 more min or until slightly thickened.
6. Cut chicken into bite-sized pieces, then return to pot and toss with sauce before serving. Sprinkle with sesame seeds. Serve over rice or noodles – even veggie noodles like zoodles, which you can make with a zucchini and a spiralizer.

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

ORDER THIS WEEKEND  
NEW!!



Introducing:  
**TRULY SCRUMPTIOUS**  
Richmond, Va.

Quinoa Black Bean & Vegetable Burritos

Curried Red Lentil Sweet Potato Soup

Roasted Virginia Winter Vegetable Bisque  
*(made with almond milk)*

Handmade, nutritious, uniquely flavored, and so convenient – it all comes frozen and ready to heat.

Plus most of the produce is locally grown!

## TIPS & HACKS

### What is kohlrabi?

A member of the cabbage family, it has a sweet-but-peppery flavor. The entire plant is edible and keeps in the crisper drawer for a week or more. Use the leaves and stems for a stir fry. Chop the bulb into bite-sized pieces and serve it raw like a sweet radish, roast it to release the sugars, stir fry it, add it to soup, or steam it.