



# SEASONAL ROOTS

Home-delivered Farmers Market

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

## THIS ARTISAN MAKES LOCAL FOOD CONVENIENT

Mela (*far right*) is the British chef who leads her family team at **Truly Scrumptious** in Richmond, making uniquely flavored soups, burritos & more with as much seasonal local produce as possible. Read her story: [seasonalroots.com/blog/convenient-local-food/](http://seasonalroots.com/blog/convenient-local-food/)



## ZUCCHINI & YELLOW SQUASH AU GRATIN

### Ingredients:

- 2 T OBERWEIS salted butter  
or UNMOO Nutter
- ½ onion, thinly sliced
- 1 small V&B FARMS zucchini,  
sliced in rounds 1/8 to ¼ inch thick
- 1 small V&B FARMS yellow squash,  
sliced in rounds 1/8 to ¼ inch thick
- 2 cloves garlic, minced
- ½ OBERWEIS heavy whipping cream
- ¼ c Parmesan cheese
- 1c OBERWEIS sharp cheddar or Colby Jack  
or UNMOO Notz, shredded

### Directions:

1. Preheat oven to 450 degrees.
2. Melt butter/Nutter in oven-proof skillet over medium heat.
3. Add onion. Cook until the edges start to brown, about 5 min.
4. Add garlic. Cook an additional minute.
5. Add cream. Simmer until bubbly and starting to thicken. Slowly stir in Parmesan.
6. Add zucchini and yellow squash. Cook an additional 4-5 min.
7. Sprinkle with shredded cheese. Bake in oven for 15-20 min or until cheese is golden brown.

## BUFFALO CHICKEN CELERY STICKS

### Ingredients:

- ½ c hot sauce
- ½ c OBERWEIS salted butter or UNMOO Nutter
- 1 T white vinegar
- ¼ t Worcestershire sauce
- ¼ t cayenne pepper
- 1 clove garlic, crushed
- ¼ t salt
- 2 T cream cheese
- 1 lb HARMONY HILL FARMS chicken breasts,  
cooked, shredded
- 1 bunch V&B FARMS celery, cut into 2-3" pieces
- ranch dressing (optional)
- green onions (optional)

### Directions:

1. In medium sauce pan over medium heat, combine first 7 ingredients.
2. Bring ingredients to a boil while whisking constantly. Once sauce is boiling, turn off heat and add cream cheese. Whisk until combined.
3. Add shredded chicken to the sauce. Toss until chicken is coated.
4. Fill each celery stick with 1-2 T of buffalo chicken. Drizzle each stick with ranch dressing and top with green onions, if desired.

Notes: Serve immediately or serve chilled. If serving chilled, assemble 1-2 hrs before serving. If chicken mixture and ranch sits on top of celery for more than 8 hrs, celery gets soggy.



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## TIPS & HACKS

### How to unstink empty glass milk bottles

While they sit around waiting to be returned, it's easy to keep them from stinking up the joint. As soon as the bottle's empty:

1. Add a squirt of soap.
2. Add hot tap water, about a quarter full.
3. Hold the cap on top and shake vigorously, 10-15 seconds.
4. Rinse, wipe the exterior where the cap was, recycle the cap, and enjoy the sweet smell of success!