



SEASONAL ROOTS

Home-delivered Farmers Market

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From the *Local Food Online Community*...

ORGANIC vs SUSTAINABLE vs LOCAL... Which is best?

We all just want to eat nutritious, safe, non-toxic, eco-friendly food, but it's not like any of us have the time to research every item we buy. Here's an easy way to make the right choice:
seasonalroots.com/blog/organic-vs-sustainable-vs-local

SAUTEED BROCCOLI RABE WITH POTATOES

Ingredients:

- 4 V&B FARMS red potatoes, unpeeled
- 1 bunch COTTLE ORGANICS broccoli rabe
- 1 T salt
- 5 T extra virgin olive oil
- 6 large garlic cloves, smashed, peeled

Directions:

1. Place potatoes in a pot, add enough cold water to cover, and bring to a boil. Cook over medium heat until potatoes are tender but not falling apart, about 20 min. Using a slotted spoon, remove potatoes, drain. Set aside until cool enough to handle.
2. Meanwhile, peel skin from the rabe's tough lower stalks. Cut stems crosswise into 1½ - 3 inch lengths. Bring potato cooking water back to a boil, adding a little more water. When boiling, add rabe along with salt, cover partially, and simmer until the stalks are tender but not mushy, maybe 2-5 min. Drain the greens, reserving a little of the cooking liquid.
3. Peel potatoes. Cut each potato lengthwise into quarters. Cut each quarter crossways into slices about ¼ - ½ inch thick or so.
4. In a skillet, warm 3 T olive oil over medium heat. Add the garlic and sauté until nicely softened but not colored, 2-4 min. Transfer to a bowl.
5. Raise heat to medium-high, add potatoes. Sauté until golden and crisp all over, about 12 min. Transfer to serving platter. Warm remaining 2 T olive oil, add rabe and garlic. Sauté until greens are nicely coated with olive oil and heated through, about 3 min. If greens appear dry, add a spoonful or so of reserved cooking liquid. Add greens to potatoes, toss, and serve!

THAI SALAD with CARROT & CUCUMBER NOODLES

Ingredients:

- 3 T V&B FARMS lime juice
- 3 T extra virgin olive oil
- 2 T vinegar
- ¼ t salt, plus more to taste
- 1/8 t dill
- 1/8 t garlic powder
- ½ t garlic, minced
- 2 c chickpeas
- ¼ c onion, finely minced
- 1 c green bell pepper, chopped
- ¼ - ½ c fresh cilantro, chopped
- 1½ V&B FARMS cucumbers
- 2-3 VAN DESSEL FARMS large carrots
- 2 T ALFREDO'S BEEHIVE honey
- 2 T rice vinegar
- ½ - 1 T sesame seeds
- ½ - 1 T chia seeds

Directions:

1. Combine lime juice, olive oil, vinegar, salt, dill, garlic powder, and minced garlic. Whisk to emulsify.
2. Chop half a cucumber. In a medium bowl, add chickpeas, onion, bell pepper, and cilantro to cucumber.
3. Pour in dressing and mix thoroughly. The longer it marinates, the more intense the flavor will be.
4. Next, spiralize remaining cucumber and carrots into raw spiral noodles.
5. Whisk together honey and rice vinegar. Pour over salad.
6. Top with extra cilantro and sesame and chia seeds.



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Find all these recipes & more at
pinterest.com/seasonalroots/pins

TIPS & HACKS

Make perfect steak

If you're cooking a fattier or tougher cut like NY Strip, here's a link that tells you how to do it in the oven, low and slow – with perfectly tender medium-rare results every time!

<https://wapo.st/2TvKcbY>