



SEASONAL ROOTS

Home-delivered Farmers Market

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From the *Local Food Online Community*...

SHARE THE LOCAL FOOD LOVE

Need a local food support group? Hang out online with fellow Seasonal Roots members for inspiration, laughs, celebration... even commiseration! Plus helpful ideas, like this one from member Patricia H, who shared a creative way to use collards: bit.ly/2SQVvY8

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CHERYL'S FRUIT DIP

Ingredients:

- 1 8-oz pkg cream cheese, softened
- 1 V&B FARMS tangerine, zested, sectioned
- 2 T ALFREDO'S BEEHIVE orange whipped honey
- ¼ c OBERWEIS heavy whipping cream
- other fruit of your choice

Directions:

1. Mix cream cheese, zest, and honey until well mixed. Beat in whipping cream.
2. Chill; mixture will thicken when chilled.
3. Serve with tangerine sections or other fruit of choice.

From the "You never know where a good idea will pop up" Department:

This came from a good friend at church years ago!

Margo L,
neighborhood
Market Manager
in Yorktown

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

EGGPLANT ROLLATINI WITH GREENS

Ingredients:

- 2 large V&B FARMS eggplants, cut in ¼" thick slices
- 1 c flour
- ½ t salt
- ¼ t fresh ground pepper
- 2 AUTHENTICITY FARMS eggs
- 1 T water
- 2 c breadcrumbs
- 4 T extra virgin olive oil

For the greens stuffing:

- 1 10-oz package of frozen spinach, cooked, or equivalent amount of EAST CAROLINA ORGANICS kale or collards, cooked
- 1 c ricotta cheese
- 1 c UNMOO Notz, shredded, or CURDS & WHEY mozzarella, shredded
- 1 AUTHENTICITY FARMS egg
- ¼ c Parmesan cheese, shredded
- ¼ t dried basil
- ¼ t dried oregano
- ½ t salt
- ¼ t fresh ground pepper
- 2 c marinara sauce

Directions:

1. In a bowl, combine flour, salt, pepper. In a second bowl, combine eggs and water. Put breadcrumbs in a third bowl.
2. Heat a large skillet with 4 T olive oil over medium-high heat. Meanwhile, coat each eggplant slice with the flour mixture. Shake off any excess. Dip into egg mixture, then dip into the breadcrumbs, coating both sides. Continue with the remaining eggplant.
3. Saute the coated eggplant slices, about 1 min per side until golden brown. Set aside.
4. In a large mixing bowl, combine ricotta, ¼ c Notz or mozzarella, egg, Parmesan, oregano, basil, salt, pepper. Add cooled and drained greens to the cheese mixture. Stir to combine.
5. Lay one eggplant slice on a flat surface and spoon 2 T cheese mixture onto one end. Roll eggplant, starting at the end with cheese mixture. Place eggplant rolls on a lightly greased glass baking dish, seam side down.
6. Spoon 2 -3 T of marinara sauce over each roll and sprinkle with remaining Notz or mozzarella. Bake in a preheated 350 degree oven for 25-30 min, uncovered.



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- ginger puree
- turmeric puree
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- ginger jam
- tzatziki
- roasted garlic hummus
- queso (mild & spicy)

TIPS & HACKS

How to tell if an avocado is ripe

1. Hold it in your palm.
2. Gently squeeze with even pressure. If ripe, it will yield to minimal pressure. The skin should "give" slightly but should not remain indented.
3. Squeeze in several places. A ripe avocado will be unevenly soft.