



SEASONAL ROOTS

Home-delivered Farmers Market

Read it in the Newsletter Archive with [clickable links](#) at [SeasonalRoots.com/blog](#)



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

INTRODUCING THE FARM AT RED HILL

Find out how a bumper crop of tomatoes turned a couple of electrical contractors into farmers... who are now transforming produce like ginger and turmeric into locally made all-natural goodies:

seasonalroots.com/blog/ginger-and-turmeric-health-benefits/

ROASTED CAULIFLOWER WITH TAHINI-CILANTRO VINAIGRETTE

Ingredients:

1 V&B FARMS cauliflower,
cut into small florets
2 T coconut oil, melted
½ t salt
pepper to taste
1/3 c cilantro, chopped
¼ c extra virgin olive oil
2 T lime juice
1½ T apple cider vinegar
1 T tahini
1 t agave nectar
1 clove garlic, minced
¼ t salt
more pepper to taste

Directions:

1. Preheat oven to 425. Lightly grease baking sheet with coconut oil, spread cauliflower on it and drizzle remaining coconut oil on top. Sprinkle with salt and pepper. Toss to coat.
2. Roast 25-30 min or until floret edges turn golden.
3. In a small mixing bowl, whisk together cilantro, olive oil, lime juice, vinegar, tahini, agave, salt, pepper.
4. Transfer warm cauliflower to a large bowl, pour the vinaigrette over top, and toss to coat. Garnish with additional cilantro if desired.



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

SPIRALIZED APPLE AND CABBAGE SLAW

Ingredients:

4 c COTTLE ORGANICS cabbage, shredded
2 stalks V&B FARMS celery
1 CROWN ORCHARD apple, stem removed
2 T extra virgin olive oil
2 T golden balsamic vinegar
1 t poppy seeds
1 t ALFREDO'S BEEHIVE honey
salt and pepper to taste

Directions:

1. For the dressing: In a medium bowl, whisk together oil, vinegar, poppy seeds, honey, salt, and pepper.
2. Spiralize the apple. Cut spirals into 6 to 8-inch long pieces.
3. Transfer to a large bowl along with the shredded cabbage and celery.
4. Pour dressing over slaw. Stir to combine.
5. Eat right away or cover and refrigerate for later.



ORDER THIS WEEKEND SPECIAL!!

JUICING BUNDLE \$20

Take a power-boosting beverage break with fresh local & regional produce!

carrots
red beets
Van Dessel Farm
pink lady apples
Crown Orchard
kale
Cottle Organics
celery
oranges
V&B Farms

TIPS & HACKS

The backstory on ginger & turmeric

These ancient spices are known for fighting inflammation and boosting your immune system. Ginger is also an old-timey remedy for nausea. Help your body absorb the benefits of turmeric by eating it along with black pepper. To get the most out of both turmeric and ginger, eat them in their food form, not processed into supplements.
Bonus: Add them to juices and smoothies for an extra kick of flavor and nutrition!