



SEASONAL ROOTS

Home-delivered Farmers Market

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BASKET PRICES

We've managed to hold prices steady for several years now, and though the time for an increase has finally come, we're keeping it on a tight leash. Starting this weekend:

- The Easy Basket and Veggie Lover Basket will only go up by \$1.50
- The Family Basket (our most popular one) stays the same

ROASTED ROOT VEGETABLES WITH TOMATOES AND KALE

Ingredients:

3-4 lbs root vegetables (V&B FARMS red potatoes, VAN DESSEL FARMS carrots and beets), peeled, cut into chunks
 1 head garlic, cloves separated and peeled
 6 T extra virgin olive oil
 1 t salt
 ½ c onion, chopped
 1 heaping T tomato paste
 3 c V&B FARMS tomatoes, chopped, with juice
 2 c (packed) COTTLE ORGANICS curly kale or rainbow chard
 1 t Italian seasoning or dried oregano
 pepper to taste
 TRUE MADE FOODS Veracha sauce, optional, to taste

Directions:

1. Preheat oven to 450 degrees. In a large roasting pan, combine veggies, garlic, 3 T oil. Sprinkle with salt.
2. Roast 45 minutes, turning vegetables halfway through cooking.
3. Meanwhile, in a 5-quart Dutch oven, heat 3 T oil over medium heat. Sauté onions until edges brown. Stir in tomato paste. Cook a minute longer. Stir in tomatoes with juice and Italian seasoning. Bring to a simmer. Set heat to low, cover and cook gently.
4. When root vegetables are ready, add greens to the pot of tomatoes. Simmer until greens wilt, about 5 min. Stir in the vegetables. Season with salt, pepper, and Veracha to taste.

KALE AND APPLE JUICE

Ingredients:

2 CROWN ORCHARD apples
 2 c COTTLE ORGANICS curly kale
 3 V&B FARMS oranges
 4 stalks V&B FARMS celery

Directions:

1. Put kale and celery in your juicer.
2. Peel oranges and apple and add them next.
3. Put some ice cubes in, enjoy and do a happy dance!

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



ORDER THIS WEEKEND

NEW!!!



...and more!

PREMIUM ITEMS for your basket

Our baskets are now so flexible, you can swap in our most popular Extras!!

You've been telling us you'd love to be able to swap Extras into your baskets. As your veggie fairies, your wish is our command. You can now swap in Extras like **milk, eggs, butter or cheese, meat, and more** as Premium basket items for an additional charge. You'll still be able to buy them as Extras, too -- the choice will be yours!

TIPS & HACKS

How to pick a juicer

Thinking about getting into juicing? There are several different types of juicers, each with their own pros and cons.

Check out our guide on Facebook about how to pick the right juicer for you:

<https://bit.ly/2U8RD9A>