

April 24-25, 2019



LOVING SEASONAL ROOTS MEANS LOVING THE EARTH



FROM THE ONLINE LOCAL FOOD COMMUNITY

When you support Seasonal Roots, you show your love for the Earth! We dug into our blogs and have two great reads. Read about how G Flores Produce LOVES the earth much like all our farmers, as well as 10 ways eating local, sustainable food helps you LOVE the earth more!

[Sustainable Valentine](#)

[Resolution To Eat Local](#)

RECIPES

Don't you just love it when your spring favorites start appearing in the market?! This week, asparagus & fresh herbs made their debut. Here we share two recipes from local members, one for Grilled Asparagus, and one for making your own herbal tea with fresh herbs. Both are sure to stoke your love for the freshness of Seasonal Roots!



2T Avocado Oil

1 pound Fresh Asparagus

1-2 Cloves of Garlic, pressed through a garlic press

2-3 T Grated Parmesan Cheese

Salt & Pepper

Prepare your asparagus by snapping off the woody ends (See Tips & Hacks), rinse in a colander, and place in a large bowl. Press your garlic directly into the bowl with the asparagus, sprinkle with cheese, and salt & pepper. Drizzle the avocado oil over the bowl contents. With tongs, toss the bowl contents until the asparagus is evenly coated with the oil and seasonings. Place the asparagus in a single layer on a grill pan, or carefully place directly on the grill – you don't want to lose any IN the grill! Grill for 5-6 minutes, turning at least once, until crisp tender.

- Choose your favorite herb. Mint, Chamomile, & Lemon Balm all make great teas!
- Wash and pat dry herbs in a clean dish towel.
- Place prepared herbs on a baking sheet, and place in the oven.
- Dry in an open oven on lowest heat for 2-4 hours. Herbs are dry when the leaves crumble easily.
- Put the cooled leaves in a plastic bag, and crush gently with a meat mallet, or with your hands to get the leaves off the stems.
- Transfer crushed leaves to a glass jar for storage.

To use the leaves for tea, use 1 T per 1 cup of hot water, OR add 1/2 T with black, or green tea when brewing. The dried herbs make for a pretty gift and smell amazing!

TIPS & HACKS

Asparagus lovers know prep is the key to having tasty, tender stalks. There are two ways to whittle your asparagus stalks down to the tender, tasty portions. The first is to snap the stalks. Hold the stalk with one hand on each end and bend gently until it snaps, keep the crown end and discard the other end. The second, is to use a knife and cut at the spot where the stalk turns from green - the tender part, to white – the woody part.



CELEBRATE WITH FRESH, LOCAL FLAVOR!

1 bag Yellow Corn Tortilla Chips
 1 bag Fiery Blue Corn Tortilla chips
 12 pack Yellow Corn Tortillas
Ula Tortilla

16 oz Medium Salsa
Salsa Don Sebastian
 5oz bag Spring Mix Lettuce
Red Hawk Farm

2 lbs Ground Beef
Cattle Run Farm
 8oz block Sharp Cheddar Cheese
Oberweis Dairy
 16oz Sour Cream
Oberweis dairy

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