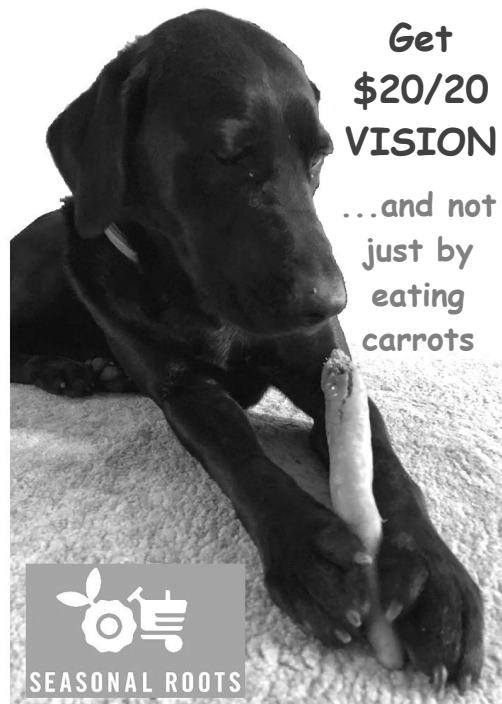




SEASONAL ROOTS

Home-delivered Farmers Market

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



Get
\$20/20
VISION
...and not
just by
eating
carrots

Eat healthier and save \$20!

When new members sign up, if they tell us you referred them, we'll add \$20 to your Seasonal Roots account. And we'll give *them* a \$20 credit, too!

Feel free to tell your friends and family about this easy way to save money, eat healthier, and support local farmers at the same time. Local food is healthier because it's fresher, so it has more nutrients. And more flavor, too.

We love saving you money on your local food orders, so there's no limit to \$20/20. To thank you for spreading the word, **we'll put \$20 in your account every time a new member joins and mentions your name...** even if they choose to use a promo code instead of the \$20/20 credit deal.

ORDER THIS WEEKEND

SPECIAL!!



HUMMUS & VEGGIE BUNDLE \$16

Enjoy a healthy, yummy snack or a light meal!

roasted garlic hummus
The Farm at Red Hill

avocado hummus
whole wheat pita
Artann's

carrots
Van Dessel Farm

mini heirloom tomatoes
V&B Farms

GARLIC CHIVES AND EGGS

If you don't know what chives go with (other than baked potatoes), try this authentic Chinese dish.

Ingredients:

- 2 C FLORES FARMS garlic chives. cut into 2" pieces
- 5 AUTHENTICITY FARMS eggs
- ¼ t salt
- 1 T vegetable oil

Directions:

1. Add ½ T oil to a pan over high heat.
2. Add garlic chives, sprinkle with salt, and stir-fry for a minute or two. Set aside.
3. Beat eggs in a bowl. Add cooked chives, ¼ t salt, and mix.
4. Add ½ T oil to a non-stick pan over high heat. Add egg mixture and cook until eggs are done. Serve with rice.

"Psst: Garlic chives have lots of fiber and vitamins and help prevent constipation!"



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

KALETTES & SWEET POTATO HASH

This one comes from merry old England!

Ingredients:

- 6 FLORES PRODUCE kalettes
- 1 t extra virgin olive oil, plus more for frying
- ¼ lb HARMONY HILL FARM grassfed ground beef
- 1 onion, finely chopped
- 1½ lbs KIRBY FARM sweet potatoes, cooked, cooled, and roughly chopped
- ½ t paprika
- 2 AUTHENTICITY FARMS eggs

Directions:

1. Wash kalettes, separate leaves. Dry thoroughly but gently.
2. Heat oil in a heavy-bottomed frying pan. Add ground beef and onion. Fry for 8 min or until beef is cooked and onion is soft.
3. Turn up heat. Add kalette leaves. Stir-fry 45 seconds to 1 min until they start to wilt. Stir in potatoes and paprika. Continue frying for 5 min or until potatoes are hot through and kalettes are tender.
4. Scrape pan bottom now and again for those all-important crispy bits.
5. Meanwhile, fry or poach eggs. Serve them on top of the hash.