



SEASONAL ROOTS

Dirt to Doorstep®

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WE LOVE UGLY FOOD

WHAT DOES TRULY FRESH PRODUCE LOOK LIKE?



You almost never see wonky potatoes like these in grocery stores because Big Ag has conned Americans into believing the myth that beautiful equals fresh.

they don't rely on pesticides, sometimes there are signs that a bug has sampled it first. Plus, our farmers let their produce grow until the day it reaches its ripe, nutritional peak. Then after they harvest it, we don't douse it in preservatives or wax. We simply chill it and deliver it to you quickly, while it's still really and truly fresh – which we can do because we're local.

The fact is, *real* fresh food is very perishable. That's why we check and double check each item before it reaches you. If something falls through the cracks we want to know! Report it the next time you order. Here's how:

- After you make your choices and click "Save And Review My Order", scroll to the bottom of the page. Click on "Report Issue With Last Order" then follow the directions. Be sure to click on the green "Submit Issue" button when you're done!
- Or sign in anytime and hover over the purple gear icon in the upper right corner. From the drop down menu, select "Report An Issue", then follow those directions.

If the item came in your basket, we'll replace it. If it was an Extra, we'll issue a credit. Pretty or ugly, we always stand behind the quality of our fresh, local food!

The external appearance of modern produce tells you very little about what's inside.

Big Corporate Agriculture grows its produce all over the world, usually wherever they can get the job done the cheapest. That means the produce has to be able to survive a week or even months of rough travel to get to a grocery store.

So Big Ag has focused on developing varieties of produce that have a long shelf life and are tough enough to with-stand rough handling – nutrition and flavor are not Big Ag's priority.

If there isn't much in the way of nutrients and flavor on the inside, all you've got left is the outside. So fragile fruits like berries get sprayed with preservatives and veggies get waxed. Sure, that grocery store produce *looks* fresh. But it's fake fresh.

Our local farmers choose to grow produce varieties that are known for their flavor, not their shelf life. If it happens to look pretty too, that's just icing on the cake. But since

ORDER THIS WEEKEND
**MEMBERS-ONLY
SPECIAL!!**



**BREAKFAST
BUNDLE**

\$32

A fresh, local breakfast you can feel good about, all sustainably grown and humanely raised!

pastured eggs

Avery's Branch Farms
Amelia Court House, Va.

pastured bacon

Miltons Local
Hopewell, Va.

peaches

Saunders Bros. Orchards
Piney River, Va.

**red potatoes
dill**

Flores Farm
Hague, Va.

bell peppers

Harvest Hill Farm
Rockville, Va.

jumbo sweet onion

Victory Farms
Henrico, Va.

cinnamon bun

Flour Garden Bakery
Richmond, Va.

COPY-CAT CORN SALSA

Ingredients:

4 ears fresh sweet corn,
husks removed
½ c red onion, finely chopped
2 jalapeno peppers stemmed,
seeded, and finely chopped
¼ c roasted poblano peppers or
cubanelles, finely chopped
¼ c cilantro, finely chopped
1 T fresh lemon juice
1 T fresh lime juice

Directions:

1. Bring a large pot of salted water to a boil. Add corn and boil, 3-5 minutes.
2. Remove corn and place in a large bowl of ice water. Once cool, cut corn off cob.
2. Stir in red onion, all peppers, cilantro, lemon and lime juice. Add salt to taste, stir, and serve!



GARLIC BASIL CHICKEN WITH TOMATO BUTTER SAUCE

Ingredients:

1 lb chicken breasts, boneless & skinless
¼ c cooking oil
5-6 medium tomatoes, diced
3 cloves garlic, minced
1 c basil, loosely packed, cut into ribbons
¼ c butter (go dairy-free with coconut oil)
salt and pepper, to taste
8 oz pasta (like linguine) or zoodles
(zucchini ribbons)



*How to make zoodles in the June 7-8 newsletter's TIPS & HACKS:
<http://bit.ly/2sdqu3k>*

Directions:

1. Cover chicken in plastic wrap and pound to even thickness, about 1 inch. Remove plastic wrap and cover with salt and pepper.
2. Prep veggies and prepare pasta according to package directions.
3. Heat oil in large skillet and cook chicken until finished. Remove chicken.
4. Allow oil to cool a little. Add tomatoes and simmer until a chunky sauce forms, about 10 minutes. Add garlic and butter and stir until butter is melted.
5. Add chicken and allow to soak for a few minutes. Stir in basil and serve immediately!
YUM!

CORN & BLUE POTATO HASH

Ingredients:

1 lb blue potatoes
1 c fresh corn kernels, about 2 ears
1 ½ T cooking oil
3 c spinach, or the greens of your choice
¾ c shredded cheese (or go dairy-free without it)

Directions:

1. Boil potatoes in saucepan until tender, about 10-15 min depending on size). Drain and cool, then cut into quarters.
2. Boil corn in saucepan until crisp-tender, about 3 min. Drain and pat dry.
3. In a large skillet, heat oil and add potatoes. Cook until browned, about 5 minutes. Add corn and cook until lightly toasted, about 3 min. Season with salt and pepper. Lower heat and add greens, cooking until wilted.
4. Sprinkle with cheese and serve. Great with a couple over-easy eggs!

TIPS & HACKS

Your fresh local lettuce is fresh from the field, where it's exposed to all the normal things that go on out in nature, including dirt. So be sure to clean it before you serve it!

Cut off the stem and rinse the leaves under gently running water. Then place the leaves in a large bowl of water and swish them around a bit. The fine particles of silt should drift to the bottom of the bowl.

Remove the lettuce leaves from the bowl, gently shake off the water, and place the leaves on a dry dishtowel. Carefully roll the leaves up in the towel.

If you can't use the lettuce right away, store it in the fridge wrapped in a paper towel inside a large Ziploc-type bag.

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recipes & more at
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