

GRASS ROOTS  
FARMERS'  
COOPERATIVE



# GET BACK TO A NEW WAY OF EATING

*with Grass Roots Farmers' Cooperative  
& Diana Rodgers RD, LDN*





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**As a “real food” dietitian living on a working organic farm raising vegetables and pasture-based meats, I’m passionate about “better meat” and am thrilled to partner with Grass Roots Farmers’ Cooperative.**

Animal protein is essential to human nutrition. As the most satiating macronutrient, protein fills you up and can help keep you from eating excess calories from other foods. Animal protein like beef, chicken and pork also provides essential vitamins, minerals and fatty acids needed for growth and repair. After all, protein is the building block for our bodies.

Pasture-raised animals have been given open space to naturally move and graze. As consumers become more disconnected from our farms, it’s important to know that some producers are doing things right. Grass Roots Farmers’ Cooperative has strict standards for animal welfare and is committed to raising animals in a natural way, far from confinement of industrial-scale agricultural methods. Regenerative agriculture also helps rebuild soil, improving the health of our degraded fields and sequestering carbon.

In a world of nutrition related diseases, and global warming, it’s critical that we focus on “better meat.” That’s why I’m so excited to have farmers who care for their animals and soil as much as Grass Roots Farmers’ Cooperative. I hope you enjoy their meat as much as I do!

— *Diana Rodgers RD, LDN*

  
SERVING SIZE  
4

  
DIFFICULTY  
EASY

# INSTANT POT BEEF SHANKS



# INSTANT POT BEEF SHANKS

This warm, delicious and comforting dish can also be made with lamb shanks.

Serve over mashed root vegetables.



## INGREDIENTS

5 lbs Beef Shanks  
Kosher Salt  
Freshly Ground Black Pepper  
2 Tbsp Ghee, Divided  
3 Medium Carrots, Roughly Chopped  
2 Celery Stalks, Roughly Chopped  
2 Large Onions, Roughly Chopped  
1 Tbsp Tomato Paste  
2 Tsp Italian Seasonings  
3-4 Cloves Garlic, Smashed & Peeled  
1 (14 oz) Can Diced Tomatoes, Drained  
1 ½ Tsp Fish Sauce  
1 Tbsp Aged Balsamic Vinegar  
¼ C Minced Italian Parsley (optional)

**TIP:** If you'd like to cook this in a slow cooker, sautee the beef shanks in a pan until browned then add the other ingredients and cook on low for 8 to 10 hrs.

## DIRECTIONS

- 1. SALT AND PEPPER THE SHANKS.**
- 2. MELT A TABLESPOON OF GHEE IN THE INSTANT POT.**  
Sear the shanks on both sides on saute function.
- 3. REMOVE THE SHANKS.**  
Add the rest of the ghee, carrots, celery and onion, saute until translucent.
- 4. ADD TOMATO PASTE, ITALIAN SEASONINGS AND GARLIC AND STIR.**
- 5. RETURN THE SHANKS TO THE POT.**  
Along with the tomatoes, fish sauce, and balsamic vinegar.
- 6. SET ON MANUAL FOR 45 MIN.**  
When the time is up, unplug and allow the pressure to release naturally. Salt and pepper to taste, garnish with parsley.

## WHAT DOES PASTURE-RAISED MEAN?

It means we raise all our cattle, sheep, hogs, chickens and turkeys outdoors in an all-natural habitat. In this environment—with fresh air, sunlight, and clean water—our animals thrive. They are moved daily and have space to roam and to graze, scratch, and root the way nature intended.



  
SERVING SIZE  
2-4

  
DIFFICULTY  
EASY

# MEDITERRANEAN CHICKEN LEGS



# MEDITERRANEAN CHICKEN LEGS

Here's a new twist on a sometimes boring cut of poultry. I love the warm spices and how tender the meat comes out of the oven. Also great with thighs or a whole cut chicken.



## INGREDIENTS

8 Legs (or 4 leg quarters)  
½ Tsp Salt  
¼ Tsp Black Pepper  
1 ½ Tsp Ground Coriander  
½ Tsp Ground Cumin  
1 Tsp Dried Dill  
½ Tsp Garlic Powder  
1 ½ Tsp Turmeric Powder  
2 Tbsp Olive Oil  
2 Tbsp Water or Broth  
1 Red Onion, Thinly Sliced  
5 Cloves Garlic, Thinly Sliced  
5 Large Carrots, Cut Into ½" Rounds  
1 Bulb Fennel, Sliced  
1 Lemon  
½ C Chicken or Vegetable Broth  
¼ C Fresh Parsley, Chopped  
2 Tbsp Fresh Dill, Chopped

## DIRECTIONS

- 1. PREHEAT THE OVEN TO 375°F.**  
Make the spice mixture of salt, pepper, coriander, cumin, dried dill, garlic powder and turmeric powder. Rub the chicken legs all over with the spice blend and allow them to rest for 10 minutes.
- 2. HEAT ½ TBSP OLIVE OIL IN A SMALL POT OVER MEDIUM HEAT.**  
Once hot, add the carrot rounds and coat them in the oil. Allow them to cook for 2 min, stirring occasionally, then stir in the fennel. Cook for an additional minute, then add the 2 tbsp of water to the pot. Cover the pot and reduce the heat to medium-low. Allow the vegetables to steam for 3 to 5 min, or until they are on their way to being tender. Set aside.
- 3. HEAT A LARGE OVEN-SAFE PAN OVER MEDIUM HIGH HEAT AND ADD 1 ½ TBSP OF OLIVE OIL.**  
Once the oil is hot, add the legs skin side down in the pan. Allow them to sear undisturbed for 3 to 5 min, or until the the skin side is nicely browned. Flip the legs over and sear for an additional 3 to 5 min on the other side. Remove the legs from the pan and set them aside.
- 4. ADD THE SLICED ONION & SAUTE FOR 3 MIN, OR UNTIL THEY BEGIN TO SOFTEN.**  
Sprinkle in the sliced garlic, carrots and fennel. Saute for 30 sec or so, then add in the broth. Cut the lemon in half. Slice one half thinly and add the slices to the pan. Squeeze the other half of the lemon into the pan. Add the chicken back to the pan, arranging the vegetables around the legs.
- 5. SEASON THE PAN WITH A PINCH OF SALT & PEPPER.**  
Allow the pan to cook on the stove top for an additional minute, then transfer the pan to the oven for about 40 to

45 min, or until the chicken reaches an internal temperature of 170°F. Chop the fresh parsley and dill and liberally sprinkle them all over the pan before serving.

**DID YOU KNOW?** Grass Roots Farmers' Cooperative is the first and currently the only meat producer in the USA using customer-facing blockchain technology to allow our customers to track every stage of our products from farm to table. Simply scan the QR code and you'll see where and when the animal was raised, when it was processed, and when it shipped.



  
SERVING SIZE  
4

  
DIFFICULTY  
EASY

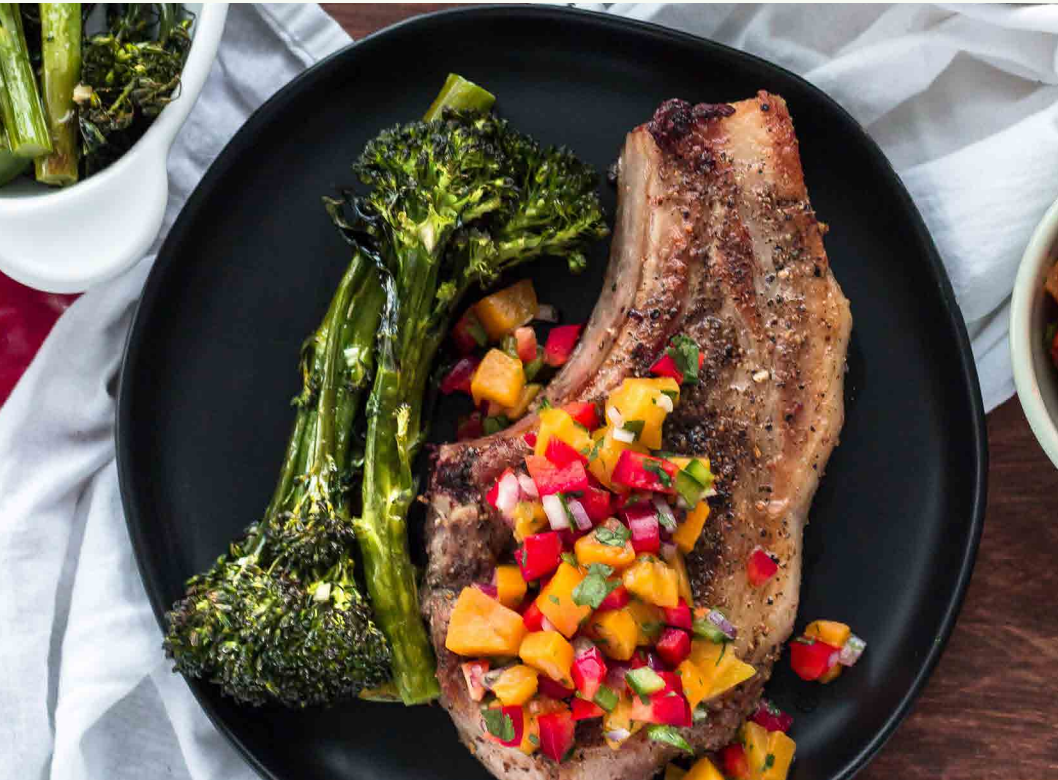
# SEARED PORK CHOPS WITH PEACH SALSA





# SEARED PORK CHOPS WITH PEACH SALSA

Brining pork chops is a game changer, if you have the time, but it's not required in this recipe. Warming a cast iron skillet in the oven to sear the meat, then finishing in the oven is also a great way to make perfect steaks. You'll love the peach salsa for the pop of color and extra punch it gives to the chops!



## INGREDIENTS

### PORK CHOPS

4 Center Cut, Bone-In Pork Chops  
(¾ to 1-inch thick, about 1 lb each)  
Ghee  
Salt  
Pepper

### THE BRINE (OPTIONAL)

3 C Cold Water, Divided  
3 Tbl Coarse Kosher Salt  
2 Smashed Garlic Cloves,  
½ Tsp Black Peppercorns  
1 Bay Leaf

### FOR THE SALSA

2 Ripe, but Firm Medium Peaches  
1 Tbl Avocado or Olive Oil  
1 Tbl Fresh Lime Juice  
¼ C Finely Chopped Red Onion  
½ C Diced Red Bell Pepper  
2 Tbl Chopped Cilantro  
1 Tsp or To Taste Minced Jalapeno Pepper  
¼ Tsp Salt  
¼ Tsp Fish Sauce  
Fresh Ground Black Pepper (to taste)

## DIRECTIONS

### 1. BRINE THE PORK CHOPS. (OPTIONAL)

*Brining the pork will give you extra moisture and flavor.*

Bring 1 cup of water to a boil, add the salt, garlic, peppercorns and bay leaf. Add 2 more cups of cold water. Place the chops in a shallow dish or plastic zip top bag and pour the brine over, adding more water if necessary to submerge the chops. Refrigerate for 2 to 4 hrs.

### 2. HEAT THE OVEN AND SKILLET.

Arrange a rack in the middle of the oven and heat to 425°F. Place a large oven safe skillet in the oven to heat as well.

### 3. SEASON THE PORK CHOPS.

Remove the chops from the brine and pat dry with paper towels and if you didn't brine, place chops on a plate and pat dry. Rub both sides with melted ghee, then season with salt & pepper.

### 4. SEAR THE PORK CHOPS.

Remove the skillet from the oven and turn on a vent (it could get smokey!)

Place the pork chops in the hot skillet. Sear until the bottom of the chops are golden-brown, about 3 min. Turn down the heat if it becomes excessive.

### 5. FLIP THE CHOPS AND TRANSFER TO THE OVEN.

Use tongs to flip the pork chops. Using oven mitts, immediately place the skillet in the oven.

### 6. ROAST THE CHOPS UNTIL COOKED THROUGH.

Roast until the pork chops are cooked through and register 140°F in the thickest part of the meat with an instant-read thermometer.

Cooking time will be 6 to 10 min depending on the thickness of the chops, temperature, and whether they were brined.

Start checking the chops at 6 min and continue checking every minute or two until the chops are ready.

### 7. REST THE CHOPS.

Transfer the pork chops to a plate and pour any pan juices over the top. Tent loosely with foil and let the chops rest for at least 5 min before serving.

While the chops are resting, combine all of the salsa ingredients to serve alongside the chops.

All our hogs are forested, meaning they graze and root in the wooded areas where they eat acorns and other treats. Their diet is also supplemented with a non-GMO feed. And they are regularly rotated to fresh paddocks where they have shade and room to wallow, forage, and root.

  
SERVING SIZE  
8

  
DIFFICULTY  
EASY

# CHICKEN LIVER PÂTÉ



# CHICKEN LIVER PÂTÉ

If you think you don't like liver, give this pâté a shot. I still have a bit of a hard time with organ meats, which is why I keep desiccated liver on hand and add it to meatballs and stews whenever I think of it. This pâté, however, will change your mind about chicken liver, and it's got chunky carrots and lots of herbs mixed in. Give it a try before you write off liver.



## INGREDIENTS

½ C (1 stick) Unsalted Butter  
1 lb Pasture-Raised Chicken Livers, Rinsed  
½ Red Onion, Diced  
1 Carrot, Diced Small  
1 Stalk Celery, Diced Small  
3 Tbsp Capers, Rinsed  
1 Tbsp Ground Sage  
1 Tsp Fresh Rosemary Leaves, Chopped  
¼ C White Wine or Chicken Broth  
1 Tbsp Anchovy Paste  
¼ C Fresh Parsley, Minced  
¼ Tsp Ground Black Pepper (to taste)  
Sea Salt (if needed)

**TIP:** If you want to be extra fancy, top the pâté with melted butter and chill before serving.

## DIRECTIONS

- 1. IN A LARGE SKILLET, MELT THE BUTTER.**  
Add the onion, carrot, celery, capers, sage, and rosemary and cook for about 10 min or until the carrot is soft, then add the chicken livers and cook 6 to 8 min, until just cooked through.
- 2. ALLOW TO COOL SLIGHTLY.**  
Then place in a food processor and pulse about 10 times.
- 3. ADD THE WHITE WINE, AND ANCHOVY PASTE.**  
Pulse twice more to mix in.
- 4. REMOVE THE MIXTURE TO A BOWL**  
Stir in the parsley and pepper.
- 5. TASTE AND ADJUST FOR SALT & PEPPER AS NEEDED.**  
The anchovy paste and capers are pretty salty, so it's unlikely you'll need more.

**DID YOU KNOW?** Chickens and hogs don't eat only grass. Although Grass Roots raise all their animals on fresh pasture [or roaming through forests in the case of the hogs], chickens and pigs can't live on grass alone. Chickens and pigs can't break down the nutrients from grass and need a diverse diet from plants, seeds and bugs to acorns and nuts. They are also supplemented with nutrient dense non-GMO grains.





# WHAT'S SOIL GOT TO DO WITH IT? WE'RE GLAD YOU ASKED.

Soil loss is not widely known about, but it's actually one of the greatest threats facing the environment today. Globally 25-40bn tons of topsoil are lost annually to erosion—mainly as a result of ploughing and intensive cropping. The good news is that regenerative agriculture or rotational grazing actually builds soil, sequesters carbon, and has been shown to slow global warming. In fact, the impact of regenerative agriculture is so effective that many governments—including those in the U.K., France, Australia, and California—are incentivising carbon farming in an effort to meet their goals for emission reductions.

Soil samples pulled from Grass Roots pastures in 2014 and again in 2018 show an increase in organic matter—which proves that carbon is being sequestered on our farms. Increased organic matter is a measure of the fitness of the soil, which is critical to the vitality of pasture-based farming systems. When you raise livestock outdoors, you rely on the forage that land produces to nourish your animals. Keeping the proper mineral balance necessary to promote a fertile biome requires that your soil be in tip-top shape.

**HOW DO WE KEEP OUR SOIL HEALTHY? BY STICKING TO FARMING PRACTICES PROVEN TO BE REGENERATIVE.**

**WE NEVER USE PESTICIDES**—which strip the land of microorganisms.

**WE USE NO-TILL PLANTING TECHNIQUES**—which keep root systems in tact.

**WE PLANT A VARIETY OF GRASSES**—including sorghum—which has deep roots systems that help build organic matter. This biodiversity benefits the ecosystem and ensures that our animals have a well-balanced diet.

**WE ROTATIONALLY GRAZE OUR ANIMALS.** The cattle and chickens forage and fertilize in a symbiotic relationship that contributes to the productivity of the soil. They are moved over the land in strategic patterns—which include periods of intense multi-species grazing followed by long periods of rest. This process enhances fertility and ensures the land is not overworked.

So, what's the impact of increased organic matter in the soil? Here are just a few of the positive effects.

**THE LAND CAN HOLD MORE WATER**—16,000 to 20,000 more gallons per acre with a 1% increase in organic matter—making rainfall more effective and leading to less runoff.

**FEWER MINERALS ARE LEACHED**—resulting in mineral-dense soil. And when the soil that an animals grazes on is full of minerals, that animal's meat is, too.

**A CARBON SINK IS CREATED**—carbon dioxide is actually pulled from the atmosphere and stored in the ground. Instead of contributing to climate change, the carbon is now a productive part of the farm ecosystem, contributing to the health of the grass and the animals who feed on it.

***How you source your food really does matter - for your health and the health of the planet.***

  
SERVING SIZE  
LARGE BATCH

  
DIFFICULTY  
EASY

# CHICKEN STOCK



# CHICKEN STOCK

I make this magic stock a few times a month. When I'm done feeding my family the meat from a whole chicken, I place the carcass in a freezer bag and save it until I'm ready. I also save the organs and other parts, like the feet, which give the stock extra richness and gelatin.



## INGREDIENTS

4 Quarts Cold Filtered Water  
1 Leftover Roasted Chicken Carcass,  
Plus A Few Chicken Feet (if available)  
¼ C Apple Cider Vinegar  
1 Large Onion  
3 Carrots, Peeled  
2 Celery Stalks  
1 Tbsp Black Peppercorns  
2 Bay Leaves

**TIP:** The longer you cook the stock, the more water will evaporate and the smaller the yield will be.

You can also make stock with a whole raw chicken using this same process.

To make in an Instant Pot, simply fill your pot with all of the ingredients before filling  $\frac{3}{4}$  full with water. Set on "manual" for 90 to 120 min, the longer, the better! Strain when done.

## DIRECTIONS

- 1. FILL A LARGE STOCKPOT WITH THE COLD WATER.**  
Add the chicken carcass and vinegar. Allow to sit for 30 min, then bring to a boil and skim off any scum that comes to the surface.
- 2. ADD THE WHOLE ONION, CARROTS, CELERY, PEPPERCORNS, AND BAY LEAVES.**  
Reduce the heat to a very low simmer, and cover. The longer you cook the stock, the richer it will be. I usually start mine early in the morning and turn off the heat at the end of the day, just before I go to bed.
- 3. AFTER YOU'VE TURNED OFF THE HEAT, ALLOW IT TO COOL ON THE COUNTER FOR ABOUT 1 HR.**

- 4. STRAIN THE STOCK (THROUGH A CHEESECLOTH-LINED STRAINER FOR A CLEARER PRODUCT) INTO A LARGE BOWL OR SEPARATE, SMALLER POTS.**

Place in the refrigerator to cool (I usually do this overnight).

- 5. WHEN THE STOCK IS FULLY COOLED, SKIM OFF AND DISCARD THE FAT THAT HAS RISEN TO THE TOP.**

Ladle the stock into freezer-safe containers. Label, date, and store in the freezer until you're ready to use it.



## WHAT IS CHLORINE BATHING AND WHY SHOULD I AVOID IT?

Most chicken meat sold in the United States has been “cleaned” in a chlorine bath before it gets to your plate. At Grass Roots, we never process your meat this way. Side note - chlorine is a known carcinogen that is banned for use in this way in the EU. So why do they do it? Well, largely because raising too many chickens inside causes overcrowding, faeces and dirt to get all over the chickens. Those chickens are then treated with antibiotics and bathed in chlorine. Sounds gross? You're right. Chlorine baths serve two purposes in factory slaughterhouses: to “clean” the meat, and to chill the meat. Problem is, it doesn't actually work.

At Grass Roots the we take a different approach, in fact we are one of only a handful of processors nationwide who does not use chlorine bathing. All our chickens are raised on fresh pasture and moved daily. We raise micro-broods so there is never overcrowding and we air chill our chicken so the weight of it is actually real meat—not chlorine or water. When we say “real meat, raised right,” this is what we mean.

  
SERVING SIZE  
2-3

  
DIFFICULTY  
EASY

# NY STRIP STEAKS WITH RED WINE AND MUSHROOMS





# NY STRIP STEAKS WITH RED WINE AND MUSHROOMS

Next to meat, mushrooms are my favorite food, so this dish is an obvious crowd pleaser in my house. It's simple enough for a weeknight dinner but the rich flavors make it seem like you fussed for hours!



## INGREDIENTS

2 6-8 oz Strip Steaks  
2 Tbsp Butter or Ghee, Softened  
Salt and Pepper  
8 oz Cremini Mushrooms, Sliced  
¼ Red Onion, Thinly Sliced  
2 Cloves Garlic, Smashed  
¾ Cup Red Wine  
2 Tbsp Broth  
2 Sprigs of Fresh Thyme  
Fresh Parsley, for Garnish

## DIRECTIONS

- 1. PLACE A SEASONED CAST IRON SKILLET IN A 375°F OVEN FOR 15 MIN.**

While it is heating, season the steaks liberally with salt and freshly cracked pepper.

- 2. REMOVE THE SKILLET FROM THE OVEN AND HEAT OVER MEDIUM HIGH HEAT.**

Place a tablespoon of butter in the skillet and once it is bubbling, add the smashed garlic cloves. Give the cloves a stir in the pan and once they are fragrant, add the steaks to the pan. Allow them to sear undisturbed for 2 min on each side. Transfer the pan to the oven until the steaks reach your desired doneness. Set the steaks aside.

- 3. ADD THE SLICED ONIONS TO THE PAN AND SAUTE FOR 2-3 MIN, OR UNTIL SOFT.**

Add the sliced mushrooms and sprinkle them with salt as they are cooking. Remove the mushrooms and onions from the pan when they are just tender.

- 4. HEAT THE PAN OVER MEDIUM HEAT AND ADD THE RED WINE, BROTH AND THYME.**

Allow the wine mixture to boil and reduce. Continue reducing until the sauce thickens. Remove the pan from the heat and slowly stir in the remaining butter. Remove the thyme sprigs and season with salt and pepper to taste. Pour the sauce over the steaks prior to serving and garnish with fresh parsley.

**DID YOU KNOW?** Protein fills you up better than carbohydrates or fat. Our bodies absorb and utilize animal-based proteins better than plant proteins. Red meat contains the best source of heme-iron and B12 and are the most common nutrient deficiencies worldwide according to the CDC. Both of these nutrients are required for healthy brain development.



  
SERVING SIZE  
4-6

  
DIFFICULTY  
EASY

# NO BEAN CHILI



# NO BEAN CHILI

This is a great chili recipe for all seasons. It's a perfect vehicle for your garden fresh tomatoes, zucchini and spinach in the summer and it's a warm and comforting bowl of savory goodness in the winter. Feel free to swap in whatever veggies the season provides and you can use any variety of ground meat that you prefer.



## INGREDIENTS

3 Tbsp Olive Oil  
1 Medium Onion, Diced  
1 Jalapeno Pepper, Diced  
2 Garlic Cloves  
1 Small Zucchini, Chopped  
1 Tbsp Chili Powder  
1 Tsp Cumin  
½ Tsp Paprika  
1 ½ Lb Grass-Fed Ground Beef, Turkey,  
Or Any Other Ground Meat  
2 Tsp Salt  
½ Teaspoon Black Pepper  
4 C Baby Spinach Leaves  
3 Medium Tomatoes, Chopped  
1 Medium Tomato, Crushed

## DIRECTIONS

- 1. IN A HEAVY BOTTOMED LARGE SAUCEPAN, HEAT THE OIL OVER MEDIUM HEAT.**  
Do not let it get so hot that it starts to smoke.
- 2. ADD THE ONION AND JALAPENO AND SAUTE FOR ABOUT 3 MIN UNTIL SOFT.**
- 3. STIR IN THE GARLIC AND ZUCCHINI.**  
Cook for one min and add the chili powder, cumin and paprika.
- 4. STIR AND ADD THE MEAT, SALT & PEPPER.**  
Cook until no longer pink in the center.
- 5. ADD THE SPINACH AND TOMATOES AND SEASON WITH SALT AND PEPPER.**
- 6. SIMMER UNTIL VEGETABLES ARE SOFT AND CHILI IS THICKENED, 30-40 MIN OR LONGER TO DEEPEN THE FLAVORS.**  
If the chili gets too thick, add a few tablespoons of water or broth to the pot.
- 7. TASTE AND ADJUST SEASONINGS IF NECESSARY.**

# WHY OWNING EVERY LINK IN THE CHAIN MAKES A DIFFERENCE.

Grass Roots Farmers' Cooperative owns every link in our value chain. Why is that important? Put simply, standards. We adhere to the highest quality standards when raising our animals, and owning the processing plant means this carries over to processing, packing and delivery to you.

It matters because we are not forced to allow our chicken to be bathed in chlorine due to a lack of alternatives, it matters because we know we are adhering the ethical standards of animal management and it matters because we know we pay everyone a living wage.

The result? A markedly better product for you, higher animal welfare, and a real impact on the land and rural communities.





# FIVE REASONS TO CHOOSE PASTURE RAISED MEATS.

- 1. ANIMAL WELFARE**—Our animals live outdoors where they get lots of exercise, fresh air, sunshine, and clean food.
- 2. SUSTAINABILITY**—Our farmers use regenerative agriculture, which means they replenish the nutrients in the soil rather than deplete them. Our rotational grazing practices sequester carbon—we're improving our environment and slowing climate change.
- 3. FARMER TO YOU**—We are committed to making farming a viable way for rural Americans to earn a living wage. We pay our farmers fairly for their animals, and all profits from the business is returned to the farmer-owners.
- 4. BUTCHERED BY HAND**—We own and operate our own processing business, which means we have total control over every cut. And, because we operate a small, hands-on facility, we can ensure the highest standards of animal welfare and fair wages for all our employees.
- 5. TRANSPARENCY**—Grass Roots makes its easy to trace every step of the product from where it was raised to when it was processed. We have an open-farm policy and welcome guests to come and see for themselves.

# GRASS ROOTS

**FARMERS' COOPERATIVE**

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For more tips from Diana Rodgers and to source the pasture-raised meats to make each of these recipes please visit [grassrootscoop.com](https://grassrootscoop.com) and [sustainabledish.com](https://sustainabledish.com).

**Take advantage of this special offer valid now through February 14th!**

Visit <https://grassrootscoop.com/shop/new-you-box/> and get **\$25 off**

your order by using code: **START2019RIGHT**

