

# sara by the season

## letting nature dictate our habits

Item	Ingredients	Notes/ Recommended Uses	Size	Price
<b>Bourbon tomato jam</b>	Local organically-grown tomatoes , local organic onions, local organic peppers, Maker's Mark, organic sugar, organic spices	Delicious on grilled cheese, served with cheese and crackers, on BLTs, with brie en croute	Jelly jar (4 oz)	\$5
			Half pint (8 oz)	\$9
<b>Honey tomato jam</b>	Local organically-grown tomatoes , local organic onions, local organic peppers, local honey*, organic spices		Jelly jar (4 oz)	\$5
			Half pint (8 oz)	\$9
<b>Dilly green beans</b>	Local chemical-free green beans, vinegar, organic spices	Use in place of a pickle. Also delicious in Bloody Marys.	Pint	\$9
<b>Jalapeño Garlic Kraut</b>	Organically-grown green cabbage, jalapenos, carrots, and garlic, organic red onions, organic spices, Himalayan sea salt – fermented for 27+ days to maximize gut benefits.	We try to eat a tablespoon before each meal because of the <a href="#">detox and digestive health benefits</a> . Also great on burgers, brats, and eggs.	Pint	\$11
			Quart	\$18
<b>Curtido (El Salvadorian sauerkraut)</b>	Organically-grown green cabbage, organic red onions, organic carrots, organic spices, Himalayan sea salt – fermented for 27+ days to maximize gut benefits.	Mildly spicy and delicious. Traditionally served with pupusas, but we eat the curtido on just about everything.	Pint	\$12
			Quart	\$19
<b>Sauerkraut with kelp</b>	Organic green cabbage, organic carrots, organic kelp, Himalayan sea salt – fermented for 27+ days to maximize gut benefits.	Traditional sauerkraut. <a href="#">Kelp</a> is a seaweed rich in iodine and other minerals.	Pint	\$12
			Quart	\$19

<b>Fermented Carrots</b>	Organically-grown carrots lacto-fermented with organic garlic and Himalayan sea salt.	Great snack – the kids love these!	Pint	\$9
<b>Seasonal soups</b>	Currently available: local chicken tortilla*, local butternut squash, organic black bean, and organic chili*	Great for busy families, new babies, illnesses, etc.	Quart	Prices vary (Vegetarian soups = \$9.  *Non-vegetarian = \$11)
<p><b>Return your jars and receive \$1 off your next order.</b></p> <p><b>Refer a friend and get \$5 off your next order.</b></p>				

\*Honey is from [Mill Run Honey](#) in Fishers, Indiana.

## Spring Special:

Tomato jams: buy one jar, get one half off.

These would make great hostess gifts and Mother's Day gifts for those upcoming summer barbecues.

For recipes and much more, check out [sarabytheseason.com](http://sarabytheseason.com), where we discuss ways to eat, grow, and live...by the seasons.