



SMARTER BY NATURE

MONTHLY NEWSLETTER | OCTOBER 2021



FALL FARM TOUR

2021

Save the date & Visit our Farm!

Date: October 10th

Time: 10am-4pm
Location: Quincy, FL
Email us for more information.
smarterbynaturedesign@gmail.com



RECIPE OF THE MONTH!



Instructions

Preheat oven to 425 degrees
Cut up mushrooms
Place mushrooms in a large bowl
Add oil and seasonings and mix to coat all mushrooms evenly.
Place mushrooms evenly on an oven safe pan
Roast in oven for 10-15 minutes until lightly brown and crispy on the edges.
Remove from oven and enjoy with pasta or topped on a sandwich!

ROASTED MUSHROOM

Roasting mushrooms is a great way to easily add more variety to your meals. Roasted mushrooms pair well with pasta and potatoes. Use any of your favorite mushrooms for this recipe.

Ingredients

Baby Bella, or Oyster Mushrooms, or Shiitake
Sunflower oil or olive oil
Black pepper
Cayenne pepper
Salt
Cumin



Made a dish using a recipe from our newsletter? Let us know!
Tag us on social media or email us a picture of your delicious creation! @smarterbynature #smarterbynature

WE LOVE GROWING!

Check out our video where I talk about why we grow!



MEET US AT THE FARMERS MARKET!

**Frenchtown Farmers
Market**

Available Now



NEW Plant-Based Meals!

Oyster Mushrooms

Seasonal Greens

Every Saturday

10am-2pm

Location

524 N MLK Jr. Blvd Tallahassee, FL 32301

Follow Us on Social Media!



Tallahassee, FL, USA

850.296.7755

Website



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