

March 18th 2021



LOCALFARE

Shop Our Web Store for fresh, healthy products to add to your delivery. Thank you for supporting your local community.

THIS WEEK'S HARVEST

Strawberries

Refrigerate

Green Beans

Refrigerate in plastic bag

Gold Potatoes

Store in a cool-dark place

Zucchini

Refrigerate in crisper drawer

Green Top Red Onions

Refrigerate in crisper drawer

Globe Tomatoes

Store at room temperature

Candy Cane Beets

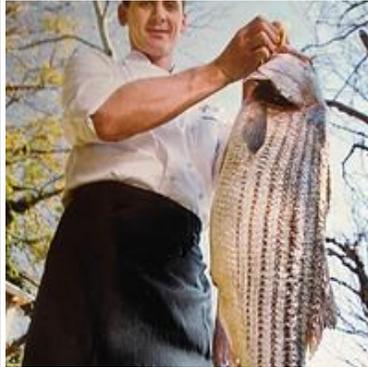
Remove tops refrigerate in plastic bag, roots in crisper

FRENCH PANTRY'S

“ONION BOULE”

YEAST, WHEAT FLOUR,
SUGAR, SALT, EGGS, DRIED
ONION, PALM OIL, POPPY
SEEDS

KEEP REFRIGERATED



Local Artisanal Cheese's

Check our web store for availability.



Lake Meadow Naturals

Cage-Free Eggs, Beef, Pork and Poultry.
All-Natural Vegetarian Diet. Grass Fed
Beef. All products are free of GMO's.



OLIVE MY
PICKLE
Fermented + Probiotic

PLEASE RETURN YOUR BAGS AND LEAVE PLENTY OF ICE OR COLD PACKS IN YOUR COOLER

Gold Potatoes with Rosemary and Garlic

2 pounds gold potatoes
1/8 cup extra virgin olive oil
sea salt to taste
fresh ground pepper to taste
3-4 garlic cloves, minced
2 tablespoons minced fresh rosemary leaves
parmesan cheese, grated to taste

Method: Preheat the oven to 400 degrees F. Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, garlic and rosemary; toss until the potatoes are well coated. Dump the potatoes on a baking sheet and spread out into 1 layer; roast in the oven for 30 to 40 minutes, or until browned and crisp. Flip twice with a spatula during cooking to ensure even browning. Remove the potatoes from the oven, season to taste, sprinkle with parmesan cheese and serve.

Roasted Candy Cane Beets with Spiced Pecans, Lemon-Honey Vinaigrette & Goat Cheese

1 bunch beets roasted
lemon-honey vinaigrette to taste
spiced pecans to taste
goat cheese crumbled to taste

Roasted Beets: 1 bunch beets, greens and stems removed
1-2 tbsp. extra virgin olive oil
sea salt & cracked black pepper

Method: pre-heat oven to 400 degrees. Lay a sheet of foil down and place beets on top. Drizzle with oil, season to taste. Wrap foil around beets and seal. Place on a wire rack over a baking sheet. Cook until tender about 60 minutes. Let cool 5 minutes and rub off skin of beets with a paper towel. Slice beets as desired or into cubes.

Lemon-Honey Vinaigrette:

1 tablespoon plus 2 teaspoons fresh lemon juice
1 teaspoon finely grated lemon zest
1 tablespoon honey
1/2 teaspoon chopped thyme (optional)
1/4 cup extra-virgin olive oil
sea salt and cracked black pepper

Method: In a small bowl, whisk the lemon juice with the lemon zest, honey and thyme. Whisk in the olive oil and season with salt and pepper.

Spiced Pecans: 1/2 cup pecans, 2-3 tbsp. unsalted butter, pinch ground cayenne pepper or to taste, honey to taste

Method: in a sauté pan over medium-high heat add pecans and cook until starting to toast. Add butter and honey, stir to coat. Remove from heat and season with sea salt and cayenne pepper to taste.

To serve: toss beets with vinaigrette to taste and spread out on plate. Garnish with chopped spiced pecans and crumbled goat cheese.

Green Beans with Tomatoes & Caramelized Onions

1– 2 tablespoon extra virgin olive oil
1 medium to large sweet onion, halved and thinly sliced
2-3 garlic cloves, sliced very thinly
pinch red pepper flakes
1 tablespoon chopped fresh basil
3-4 vine ripe tomatoes, chopped
1 pound green beans, trimmed
1 cup chicken stock or more as needed
2-3 tbsp. unsalted butter
Coarse salt and ground pepper

Method: In a large skillet heat oil over medium. Add onion and cook, stirring frequently, until browned, 8 to 10 minutes. To skillet, add garlic and pepper flakes. Cook 1-2 minutes. Add green beans and tomatoes. Cook 2-3 minutes. Add chicken stock and season to taste. Simmer, stirring occasionally, until green beans are soft, about 10 minutes. Stir in butter. Garnish with fresh chopped basil and serve.

Zucchini Bread with Dark Chocolate

1 1/2 cups whole-wheat flour
1 1/2 cups all-purpose
1 Tablespoon ground cinnamon
1/4 teaspoon freshly grated nutmeg
1 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt
2 eggs, room temperature
1/3 cup canola oil
3/4 cup plain yogurt
1/3 cup buttermilk (or regular milk with a splash of vinegar)
1 cup brown sugar, firmly packed
2 teaspoons pure vanilla extract
2 1/2 cups finely grated zucchini
4 oz dark chocolate, chunked

Method: Preheat oven to 350°F. Oil a 9×4 inch loaf pan and line with parchment paper. Line a 6-cup muffin tin with papers OR oil a mini loaf pan. In a bowl, sift together dry ingredients and set aside. In a large bowl, beat eggs until foamy; beat in yogurt, buttermilk, oil, sugar, and vanilla. Combine well. Stir in grated zucchini and chopped chocolate. Fold flour mixture into the wet ingredients and stir until combined. Spoon batter into 6 muffin cups (or mini loaf pan) and pour the rest into the 9×4 loaf pan. Bake for approximately 50 minutes. Remove from oven and cool 10 minutes in the pan. Loosen the sides and remove from pan. Cool loaf completely before cutting.