

March 26th 2020



LOCALFARE

THIS WEEK'S HARVEST

Fresh FL Potatoes

Store in a cool-dark place

Carrots with Tops

Remove tops, refrigerate

Broccoli

Refrigerate in plastic bag

Green Curly Kale

Refrigerate in plastic bag

Savoy Cabbage

Refrigerate in crisper drawer

Gold Beets with Tops

Remove tops/refrigerate in plastic bag, roots in crisper

Brussels Sprouts

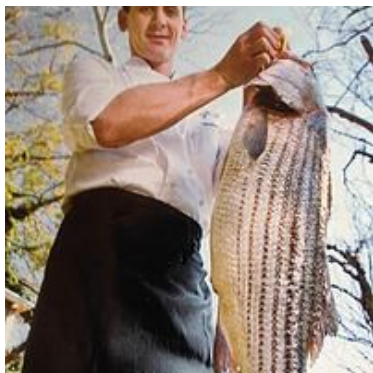
Refrigerate

FRENCH PANTRY'S

"FRENCH BATARD"

UNBLEACHED FLOUR,
SALT, WATER & YEAST

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

Roasted Gold Beet Salad
with Spiced Pecans, Lemon-Honey Vinaigrette
& Goat Cheese

1 bunch beets roasted
green curly kale, rinsed and dried
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
1/4 cup extra-virgin olive oil
sea salt and cracked black pepper

Method: In a small bowl, whisk the lemon juice with the lemon zest and honey. 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 kale with vinaigrette to taste and spread out on plate. Add roasted beets and garnish with chopped spiced pecans and crumbled goat cheese.

Roasted Savoy Cabbage
with Ginger Glazed Carrots

1/2 to 1 head savoy cabbage, cut into 4-8 wedges depending on size core intact

1-2 tbsp. extra virgin olive oil
sea salt and cracked black pepper to taste
2 tablespoons unsalted butter
1 tablespoon finely chopped fresh ginger or to taste
2 tablespoons honey or to taste
2-3 carrots depending on size, scrubbed and thinly sliced
1/4 to 1/2 cup water
sea salt and cracked black pepper
favorite fresh herb chopped to taste

Method: Preheat oven to 400 degrees F. Coat savoy cabbage wedges with olive oil and season with sea salt and cracked black pepper. Place on a baking sheet lined with foil. Cook until tender about 25-35 minutes. Meanwhile in a small saucepan, melt butter and stir in ginger. Add honey and stir to dissolve. Stir in carrots and toss to coat. Pour in water and cover to steam. Stir occasionally and cook 8 minutes or until tender and liquid thickens. Season to taste. To serve, spoon carrots over roasted savoy cabbage wedges and garnish with fresh herb.

Marinated Green Curly Kale
with Dried Cranberries, Pine Nuts & Parmesan
Salad:

1/2 to 1 bunch green curly kale
1 cup chopped dried cranberries
1/2 cup roasted pine nuts
1/2 cup freshly grated parmesan cheese or to taste
Sea salt and cracked black pepper

Method: Remove the hard stem off kale leaves and chop. Combine all the ingredients in a large salad bowl. Season with sea salt and black pepper.

Vinaigrette:

1 teaspoon Dijon mustard
2 teaspoons finely grated lemon zest
3 tablespoons fresh lemon juice
6 tablespoons extra virgin olive oil
1-2 tablespoons honey or agave nectar
Sea salt and black pepper

Method: whisk lemon zest, juice, honey and mustard to combine. Slowly whisk in olive oil. Season with sea salt and black pepper. Drizzle over kale salad to taste and mix well. Refrigerate. The longer it marinates the better!

Brussels Sprouts with Carrots and Golden Raisins

1-2 tablespoon extra virgin olive oil
1 container Brussels sprouts, stems trimmed, cut in half (smaller ones whole)
2-3 carrots depending on size, diced small
1/4 cup golden raisins or to taste
1 cup vegetable stock or more if needed
sea salt and cracked black pepper
1 tablespoon unsalted butter or to taste
cider vinegar to taste
honey or agave nectar to taste
favorite fresh herb, chopped to taste

Method: Heat oil in a large skillet over medium heat. Add Brussels sprouts and carrots; sauté until sprouts start to turn golden brown, about 3 minutes. Add raisins and vegetable stock; continue cooking, stirring occasionally, until sprouts are tender when pierced with a paring knife, (about 12 minutes). If the skillet becomes too dry before sprouts are tender, add up to 3 tablespoons stock, and continue cooking. Remove from heat, add butter and season with salt and pepper. Add vinegar and honey to taste and mix well. Garnish with fresh herb and serve hot.