

January 9th 2020



**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**

**Florida Grapefruit**  
Refrigerate

**Romaine Lettuce**  
Refrigerate in plastic bag

**Broccoli**  
Refrigerate in plastic bag

**Romanesco Cauliflower**  
Refrigerate in plastic bag

**Red Beets with Tops**  
Remove tops, refrigerate in plastic bag, roots in crisper

**Green Curly Kale**  
Refrigerate in plastic bag

**White Turnips**  
Remove tops, refrigerate in plastic bag, roots in crisper



**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.

**FRENCH PANTRY'S**

**"ROSEMARY  
CIABATTA"**

BREAD FLOUR, YEAST,  
SALT, OLIVE OIL, ROSE-  
MARY, SUGAR, ASIAGO,  
GARLIC, PARSLEY

**KEEP REFRIGERATED**



**OLIVE MY  
PICKLE**  
*Fermented + Probiotic*

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

### Citrus Marinated Kale Salad

1/2 to 1 bunch kale, thick stems removed, rinsed, chopped  
1/4 cup orange juice  
1/4 cup fresh grapefruit juice  
1/4 cup cider vinegar or to taste  
2 to 4 tbsps. Honey  
pinch of sea salt  
1-2 garlic cloves, minced  
2-3 tbsp. extra virgin olive oil or to taste  
dried cranberries to taste  
goat cheese crumbled to taste  
shelled, roasted and salted sunflower seeds to taste

**Method:** place chopped kale in a large mixing bowl. In another mixing bowl combine orange, grapefruit juice, vinegar, honey, salt, garlic and olive oil. Whisk well to emulsify. Check for taste ( more honey or more vinegar etc...). Pour over chopped kale and mix well. Place in the fridge for 1 hour to chill. To serve mix well and divide into salad bowls and garnish with dried cranberries, goat cheese and sunflower seeds.

### Roasted Red Beets

#### with Beet Greens Salad And Goat Cheese

1 bunch red beets, greens removed  
1-2 tbsp. extra virgin olive oil  
sea salt and cracked black pepper

#### For the Beet Green Salad

2 cups chopped beets greens, stems removed and washed  
2 cup romaine lettuce, chopped  
sliced green onion to taste  
1-2 grapefruit segmented and chopped, reserve juice  
lemon juice to taste  
1 clove garlic, minced  
1/4 cup extra virgin olive oil  
sea salt and cracked black pepper  
crumbled goat cheese to taste  
fresh dill chopped to taste

**Method:** Preheat oven to 375 degrees. Place beet roots on a sheet of foil, drizzle with olive oil and season to taste. Fold edges of foil around the beets to make a sealed package and place on oven rack with a sheet pan below the rack to catch any drippings and cook for 50-60 minutes, or until beets are tender when pierced with a knife. Remove beets from oven, open pouch and let cool. Using a paper towel, remove skins from beets and cut into bite size pieces. Drizzle with olive oil, season to taste and set aside. In a large bowl combine beet greens and romaine lettuce, add chopped segmented grapefruit and juice, lemon juice, garlic, olive oil, season to taste and mix well. To serve, divide beets green salad among salad bowls, top with roasted beets and garnish with goat cheese and dill to taste.

### White Turnip Soup with Greens & Fresh Ham

2-3 tbsp. extra virgin olive oil  
1-2 cups fresh or cooked ham, diced  
1 small sweet onion, sliced thin  
2-3 garlic cloves, minced  
1/2 to 1 bunch turnip roots, peeled and diced  
sea salt and cracked black pepper  
1 can cooked kidney beans  
1-2 containers chicken stock  
turnip greens to taste, washed and chopped  
grated parmesan cheese to taste  
favorite fresh herb, chopped to taste

**Method:** in a Dutch oven or sauce pot over medium-high heat add oil and ham. Cook 2-3 minutes to slightly brown ham. Add onions and garlic. Cook 2-3 minutes to soften. Add turnips and season to taste. Cook 2-3 minutes and add kidney beans and chicken stock. Bring to a low simmer and cook until turnips are tender about 10-12 minutes. Add turnip greens and remove from heat. Portion into soup bowls and garnish with grated or shredded parmesan cheese and chopped herb. Great served with this weeks bread toasted. ROSEMARY CIABATTA!

### Romanesco Cauliflower

#### with Mixed Olives, Lemon & Breadcrumbs

1 to 2 head Romanesco cauliflower, depending on size  
2 to 3 tbsp. extra virgin olive oil or to taste  
Zest of 1 lemon  
1/2 cup pitted green olives, such as Cerignola, roughly chopped  
1/2 cup pitted Kalamata olives, roughly chopped  
Sea salt and freshly ground pepper, to taste  
fresh basil, chopped to taste

**Method:** Trim the cauliflower and cut it into 2-inch florets. Position a rack in the middle of the oven and preheat to 400°F. In a shallow roasting pan large enough to hold the cauliflower pieces in a single layer, combine the cauliflower, olive oil, lemon zest and olives. Season with salt and pepper and toss to mix well. Spread the ingredients in a single layer. Bake, stirring occasionally, until the cauliflower is browned and tender when pierced with a fork, about 15-25 minutes. Garnish with breadcrumbs and fresh basil.

#### Breadcrumbs:

1 cup panko breadcrumbs  
extra virgin olive oil  
sea salt and cracked black pepper

**Method:** in a non-stick sauté pan over medium heat add panko and enough oil to coat. Cook stirring until nicely browned. Remove from heat and season to taste.