

July 30th 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

Nectarines

Room temp. until ripe

Kirby Cucumbers

Refrigerate in crisper drawer

Russet Potatoes

Store in a cool-dark place

Sweet Bi-Color Corn

Refrigerate in crisper drawer

Cubanelle Peppers

Refrigerate in crisper drawer

Cherry Tomatoes

Store room temperature

Cantaloupe

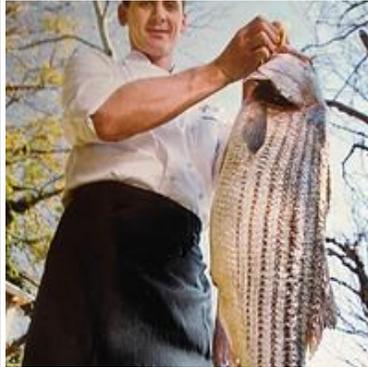
Room temp. until ripe

FRENCH PANTRY'S

ONION BOULE

YEAST, DRIED ONIONS,
EGGS, FLOUR, SALT,
SUGAR, YELLOW SPICE
SEASONING

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

Chilled Cantaloupe Soup

6 cups chopped **"RIPE"** cantaloupe
1 1/2 cup orange juice
1/4 cup fresh lemon juice
1/4 cup fresh lime juice
2 tablespoons honey
1/4 teaspoon ground cinnamon
1/4 teaspoon salt
mint for garnish

Method: Place all ingredients, except the mint in a large bowl and stir. Place half the mixture in a blender and puree until smooth. Pour soup into a pitcher, and repeat with remaining mixture. Taste and whisk in more cinnamon, honey or even lemon juice if desired. It should taste sweet and tart, with only a hint of cinnamon. Chill the soup until ready to serve. Remove the mint leaves from the stem (discard) and stack the leaves on top of each other. Roll lengthwise into a tight "cigar." Slice crosswise into thin strips. Pour the chilled soup into six soup bowls. Garnish each with a sprinkle of shredded mint and serve.

Sweet Corn-Tomato Sauté with Fresh Basil & Mozzarella

2 to 3 tbsp. extra virgin olive oil
1 small sweet onion, diced small
2 to 4 cloves garlic, minced
2 cups sweet corn kernels
2 cups cherry tomato, diced small
1 cup cubanelle pepper, diced
sea salt and cracked black pepper to taste
red wine vinegar to taste
2 to 3 tbsp. unsalted butter
4 to 6 oz. fresh buffalo mozzarella
fresh basil chopped to taste

Method: in a large sauté pan over medium-high heat add oil and onions. Cook 2 to 4 minutes stirring. Add garlic and cook 2 to 3 minutes stirring. Add corn, tomato, bell pepper and season to taste. Cook 3 to 5 minutes or until vegetables are just tender. Remove from heat and add vinegar and butter. Gently mix and garnish with fresh buffalo mozzarella and basil to taste.

Mashed Russet Potato Gratin

2 lbs. russet potatoes, peeled and cut into 2-inch chunks
1/2 cup fontina cheese, shredded and divided
3 oz. Gruyère cheese, shredded and divided
1 tbsp. unsalted butter to taste
salt and pepper to taste
garlic powder to taste
1/2 - 1 cup warm whole milk
panko (Japanese breadcrumbs)
Cooking spray
fresh herbs, chopped

Method: Preheat oven to 400°. Place potatoes in a large pot. Cover with water; bring to a boil. Reduce heat, and simmer 15 minutes or until tender; drain. Return potatoes to pan. Add half of the fontina cheese, half of the Gruyère cheese, butter, garlic powder, salt, and freshly ground black pepper to pan; mash with a fork or potato masher until well combined. Add warm milk to pan; continue mashing potato mixture until desired consistency. Spoon into a baking dish coated with cooking spray; mix the remaining cheese with some panko and sprinkle evenly. Cover with aluminum foil lightly sprayed with cooking spray. Bake at 400° for 20 minutes. Remove from oven; remove and discard foil. Preheat broiler. Broil gratin 5 minutes or until cheese is brown and bubbly. Serve drizzled with extra virgin olive oil and chopped herbs.

Nectarine Salsa "Sweet & Spicy"

4 firm but ripe nectarines, cut into rough chop
1-2 Kirby cucumber, coarsely chopped
1/2 red onion, diced small
1/2 large jalapeno or to taste (seeded if desired), minced
1 teaspoon minced garlic or to taste
1 teaspoon finely grated peeled fresh ginger or to taste
1 tablespoon organic cane sugar or to taste
1 tablespoon fresh lime juice or to taste
2 tablespoons finely chopped fresh cilantro or to taste
sea salt and cracked black pepper to taste

Method: Stir together nectarines, cucumber, onion, cilantro, lime juice, sugar, garlic, ginger, jalapeno, 1 teaspoon salt, and 1/4 teaspoon pepper in a bowl. Adjust flavor with lime juice and sugar if needed. Refrigerate for 1 hour before serving.