

March 5th 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

Baby Gold Potatoes  
Store in a cool-dark place

Broccoli  
Refrigerate in plastic bag

Rainbow Swiss Chard  
Refrigerate in plastic bag

Sweet Onions  
with Tops  
Refrigerate in crisper drawer

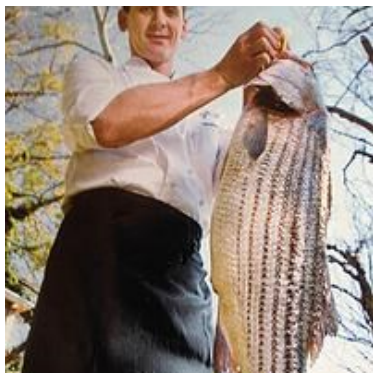
Gold Beets with Tops  
Remove tops/refrigerate in plastic bag, roots in crisper

Butternut Squash  
Store in a cool-dark place

FRENCH PANTRY'S  
"ROSEMARY  
CIABATTA"

BREAD FLOUR, YEAST, SALT,  
OLIVE OIL, ROSEMARY,  
SUGAR, ASIAGO, GARLIC,  
PARSLEY

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*

### **“Simply” Sautéed Rainbow Swiss Chard**

2-3 tbsp. extra virgin olive oil  
1/2 cup sweet onion, diced  
1 bunch Swiss chard stems, sliced thin  
2-3 cloves garlic, minced  
pinch red pepper flakes  
1 bunch Swiss chard leaves, large chop  
sea salt and cracked black pepper  
1-2 tbsp. unsalted butter  
1 lemon, squeezed  
grated parmesan cheese to taste  
fresh dill, chopped

**Method:** in a large sauté pan over medium high heat add oil, onion, stems and garlic. Cook 3-4 minutes to soften. Add pepper flakes and cook 1-2 minutes. Add Swiss chard leaves and season to taste. Cook 2-3 minutes and remove from heat. Stir in butter and squeeze over lemon juice. Serve garnished with parmesan cheese and fresh dill.

### **Roasted Butternut Squash & Sweet Onion with Toasted Pecans and Maple Syrup**

1 med to large butternut squash, cut into bite size pieces  
1 large sweet onion cut into 8 wedges  
1-2 tbsp. extra-virgin olive oil  
ground cinnamon to taste  
sea salt and cracked black pepper to taste  
1 cup pecans or to taste, toasted and chopped  
maple syrup to taste

**Method:** pre-heat oven to 425 degrees. Place squash and onion in a large mixing bowl. Add olive oil, cinnamon, salt and pepper. Mix well. Spread out evenly on a baking sheet lined with foil and coated with cooking spray. Cook until nicely caramelized and tender flipping once or twice about 35-45 minutes (turn down oven if looks like it might burn). Remove from oven and place on a serving dish. Sprinkle with toasted pecans and drizzle with maple syrup to taste.

**Cutting Butternut Squash into Cubes:** Cut off the stem and bottom ends of the squash so both ends are flat. Slice the squash in half (crosswise), just where the thinner end begins to widen. Use a heavy-duty peeler to peel away the skin. If you notice green streaks remaining on the squash as you peel, peel those away as well until only orange flesh remains. Cut the larger end in half and spoon out the seeds. Cut each piece into 1-inch-thick sticks then slice into 1-inch cubes. **\*Try to keep butternut squash pieces similar size to ensure even cooking.**

### **Broccoli and Mushroom Casserole**

4 cups broccoli cut into large bite size pieces  
2 cup mushrooms (your favorite), sliced  
1/2 to 1 sweet onion, diced  
2 tbsp. extra virgin olive oil  
2-4 cloves garlic, minced  
heavy cream to taste  
parmesan cheese to taste  
Italian bread crumbs to taste

**Method:** Cut broccoli off of stem and blanch in heavily salted boiling water until just tender but still bright green. Cool broccoli down by placing in ice water, then drain well. It's ok at this step if broccoli still has a little bite to it. In a medium pot, heat olive oil over medium low heat. Add onion and mushroom and sweat for 5-7 minutes or until tender. Add minced garlic and continue to sweat for another minute being sure not to brown garlic. Add your broccoli to the pot and enough heavy cream to just cover 3/4 of the broccoli. Raise temperature to medium and allow cream to start to thicken, then add salt, pepper and parmesan cheese to taste. Transfer mixture to a baking dish and cover with Italian bread crumbs and grated parmesan cheese. Preheat oven to 375 and bake until cheese and bread crumbs are golden brown.

### **“Spice-Roasted” Gold Potatoes with Tomato-Onion Relish**

2 lbs. gold potatoes cut into large bite size pieces  
1-2 tbsp. extra virgin olive oil  
paprika to taste  
chili powder to taste  
ground cumin to taste

**Method:** pre-heat oven to 375 degrees. In a large mixing bowl toss potatoes with oil, paprika, chili powder, cumin and season to taste. Spread potatoes out evenly on a baking sheet lined with foil. Roast in the oven 35-45 minutes or until nicely caramelized and tender (flipping once).

### **Tomato-Onion Relish**

1 cup tomato, diced small  
1/2 cup spring onion (green and white parts) diced small  
1-2 garlic cloves minced  
1/4 cup red wine vinegar  
1/4 cup extra virgin olive oil  
sea salt and cracked black pepper  
fresh chives sliced to taste

**Method:** combine all ingredients in a mixing. Let rest 10-15 minutes to infuse flavors. Serve over spice-roasted potatoes.