

January 7th 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

Satsuma Tangerines
Refrigerate

Green Onions
Refrigerate in crisper drawer

Celery
Refrigerate in crisper drawer

Broccoli
Refrigerate in crisper drawer

White Cauliflower
Refrigerate

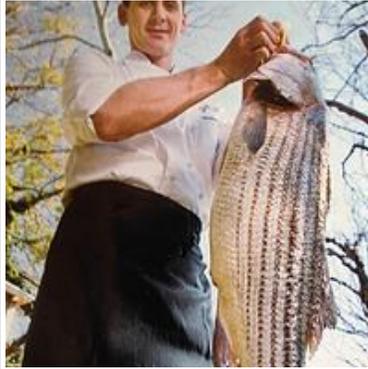
Bok Choy
Refrigerate in crisper drawer

Savoy Cabbage
Refrigerate in crisper drawer

FRENCH PANTRY'S
"WHOLE GRAIN"

YEAST, HIGH GLUTEN FLOUR, HONEY, WATER, FLOUR 8-GRAIN (WHEAT & HONEY BASE), OATS

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

Oven Roasted Broccoli with Garlic, Lemon & Parmesan Cheese

1-2 tbsp extra virgin olive oil
salt and pepper to taste
2-3 cups broccoli, lg bite size pieces
4 garlic cloves, sliced thin
1 lemon, juiced
1-2 tbsp extra virgin olive oil
1 tbsp grated parmesan cheese (or to taste)
1-2 scallions, sliced thin on an angle
1 tbsp basil, chopped

Method: pre-heat oven to 425 degrees. In a mixing bowl, toss together oil, broccoli, garlic and season to taste. Spread out on a baking sheet lined with foil. Cook 20-25 minutes stirring frequently (not to burn the garlic) until tender and golden brown around the edges. Remove from oven and squeeze lemon juice over. Place on serving dish and drizzle with olive oil. Add cheese, scallions and basil to taste.

Savoy Cabbage & Satsuma Tangerine “Winter Slaw”

1/4 to 1/2 savoy cabbage (depending on size), about 6-8 cups, thinly sliced
1/2 to 3/4 cup green onions, chopped or to taste
satsuma tangerine segments, chopped to taste
1/2 cup mayo
1/2 cup yogurt
2 tablespoons Dijon mustard
4 tablespoons rice vinegar or favorite
dried cranberries to taste
chopped roasted almonds to taste
sea salt and cracked black pepper to taste
fresh parsley, chopped to taste

Method: use a knife to thinly slice the cabbage and green onions. Mix cabbage, onions and tangerine in a bowl. In another bowl combine the mayonnaise, yogurt, mustard, and rice wine vinegar in a small dish. Season with salt and pepper to taste. Pour dressing over cabbage mixture and toss well. Cover and refrigerate for 1/2 an hour to meld flavors. To serve garnish with dried cranberries, chopped roasted almonds and parsley.

White Cauliflower Gratin

4 cups 1-inch cauliflower florets
1 1/2 cups milk, divided
1/4 teaspoon salt
1/2 cup dry breadcrumbs
3/4 cup shredded sharp Cheddar cheese, divided
1/2 teaspoon extra-virgin olive oil
2 tablespoons all-purpose flour
1 teaspoon Dijon mustard
1/4 teaspoon white pepper
fresh parsley, chopped to taste

Method: Position rack in upper third of oven; preheat broiler. Bring cauliflower, 1 1/4 cups milk and salt to a boil in a large ovenproof skillet over medium-high heat. Reduce heat, cover and simmer until the cauliflower is tender, about 5 minutes. Meanwhile, combine breadcrumbs, 1/4 cup cheese and oil in a small bowl. Whisk flour and the remaining 1/4 cup milk in another small bowl until smooth; stir the mixture into the pan and cook, stirring, until thickened, about 1 minute. Stir in the remaining 1/2 cup cheese, mustard and pepper. Sprinkle with the breadcrumb mixture. Broil until the top is crispy and beginning to brown, 1 to 2 minutes. Garnish with fresh parsley.

Sweet & Sour “Bok Choy” over Jasmine Rice

3 tbsp. extra virgin olive oil
1 sliced sweet onion
1/2 to 1 head bok choy depending on size, cut into 1 inch pieces
1/4 cup packed brown sugar
1/4 cup rice wine vinegar
1/2 tsp. minced fresh ginger or to taste
1 tbsp. soy sauce or to taste
1/2 cup water
1 tbsp. cornstarch
4-6 cups cooked jasmine rice

Method: heat oil in a large skillet, add bok choy and onion. Stir fry over high heat for 1 minute. Blend sugar, vinegar and ginger and add that to the skillet. Mix well, cover and steam for 1 minute. Combine soy sauce and cornstarch with 1/2 cup water. Add to skillet. Cook and stir until thickened. Serve over jasmine rice.