

April 8th 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

Carrots with Tops

Place tops in plastic bag, store in crisper drawer with carrots

Kirby Cucumbers

Refrigerate in crisper drawer

Red Potatoes

Store in a cool-dark place

Arrowhead Spinach

Refrigerate in plastic bag

Green Beans

Refrigerate in crisper drawer

Bok Choy

Refrigerate in plastic bag

Globe Tomatoes

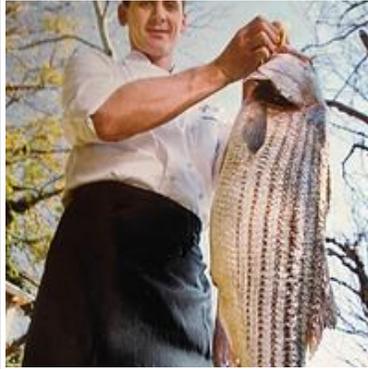
Store at room temperature

FRENCH PANTRY'S

"FARM BOULE"

UNBLEACHED FLOUR,
SALT, WATER AND 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

Steamed Carrots with Pecan-Raisin Glaze

1 bunch carrots, trimmed and peeled
sea salt
2 cups apple cider
1/2 cup honey
1/4 cup cider vinegar or to taste
1/2 cup gold raisins, chopped fine
1/2 cup dark raisins, chopped fine
1/2 cup toasted pecans, chopped

Method: In a large skillet, arrange carrots in a single layer and cover with water. Season generously with salt. Bring to a boil, then reduce heat and simmer, covered, until tender, about 10 minutes. Remove carrots with a slotted spoon and set aside. Drain water and wipe out pan. Heat to medium high. Add apple cider, honey, vinegar, raisins and pecans. Cook until it becomes like a syrup. Add carrots and cook, stirring, until coated and carrots are heated through, about 2-3 minutes. Garnish with herbs and serve.

**Roasted Red Potatoes
with Carrot & Celery Dressing**

2 lbs. red potatoes, quartered or cut into even bite size pieces
1 large sweet onion, cut into 8-10 wedges with core intact
2-3 tbsp. extra virgin olive oil
sea salt and cracked black pepper

Carrot & Celery Dressing:

1 cup carrot, small dice
1 cup celery, small dice
1-2 garlic cloves, minced
2-3 tbsp. extra virgin olive oil
1-2 tbsp. honey
1/2 tbsp. Dijon mustard
1 tbsp. cider vinegar

Method: pre-heat oven to 375 degrees. In a large mixing bowl toss together potatoes, onion, olive oil and season to taste. Spread out mixture on a baking sheet lined with foil. Roast potatoes until nicely caramelized and tender (about 30-40 min). Meanwhile combine carrots, celery, garlic, olive oil, honey, Dijon and cider vinegar. Check for seasoning. Serve roasted potatoes garnished with celery leaves and carrot-celery dressing on the side.

Sweet & Sour Baby Bok Choy over Rice

3 tbsp. olive oil
1 sliced sweet onion
1-2 bok choy, cut into 1inch pieces
1/4 cup packed brown sugar
1/4 cup red 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.

Green Beans with Olive-Shallot-Lemon Butter

1 lb. green beans, rinsed and trimmed
1 cup chicken stock or water
2-3 garlic cloves, minced
1 large shallot, finely diced
1/2 cup Kalamata olives or to taste, pitted and chopped
2-3 tbsp. unsalted butter, room temp
fresh lemon juice to taste
1-2 tbsp. extra virgin olive oil
sweet basil, chopped to taste

Method: in a large sauté pan add green beans, chicken stock or water, garlic, shallot and olives. Cover and bring to a simmer and cook until beans are just tender. Remove from heat. Add butter, lemon juice and olive oil to taste. Mix well. Season to taste. Serve garnished with sweet basil.