

October 29th 2020



LOCALFARE

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THIS WEEK'S HARVEST

Champagne Mangos
Refrigerate

Carrots with Tops
Refrigerate in crisper drawer

Sweet Potatoes
Store in a cool-dark place

Green Beans
Refrigerate in crisper drawer

Nubia (Striped)
Eggplant
Refrigerate in crisper drawer

Spaghetti Squash
Store in a cool-dark place

Ruby Red Grapefruit
Refrigerate

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

“Simply” Roasted Spaghetti Squash

1 spaghetti squash
1-2 tablespoons extra virgin olive oil
2 1/2 tablespoons unsalted butter
chopped fresh cilantro (or favorite herb) to taste
sea salt or to taste
fresh cracked black pepper or to taste
grated parmesan cheese to taste

Method: Preheat the oven to 375 degrees F. Using a sharp knife, cut the squash in half lengthwise and place, cut side down, in a baking dish. Add enough water to come 1/2-inch up the sides of the baking dish and cover with aluminum foil. Bake for 45 minutes, until the squash is easily pierced with a paring knife. Turn squash over and cover with foil again and continue to cook another 15 minutes, until the squash is very tender. Remove from the oven, uncover, and allow to cool slightly. Using a spoon, remove the seeds and discard. Using a fork, gently pull the strands of squash away from peel and place the squash strands into a mixing bowl. Heat a skillet. Add the butter, olive oil, spaghetti squash, salt and pepper and toss thoroughly but gently to heat and combine. Sprinkle with parmesan cheese. Garnish with cilantro and serve immediately.

“Champagne” Mango Sticky Rice

3/4 cup short grain rice
1 1/4 cups water or more
3/4 cup coconut milk
1/2 cup organic cane sugar or to taste
1/2 tsp salt or to taste
2-3 mango, skin removed and diced
1-3 tbsp. agave nectar or to taste
fresh lime juice to taste
fresh chopped mint

Method: in a medium sauce pot bring water to a boil. Add rice and stir. Reduce heat to low and cover. Cook 20 minutes or until water is absorbed and rice is tender (add a little more water if rice is still a little crunchy after 20 min). Remove from heat. In a small sauce pan bring coconut milk, sugar and salt to a boil. Add to rice and stir well. Let cool 1 hour stirring every 10 minutes. Meanwhile in a mixing bowl combine mango, agave nectar and lime juice to taste. Mix well. Serve sticky rice topped with mango mixture and garnish with fresh mint.

“Thyme” Roasted Sweet Potatoes with Goat Cheese & Dried Cranberries

3-4 sweet potatoes, peeled and cut into large bite size pieces 1-2
tbsp. extra virgin olive oil
sea salt and cracked black pepper
fresh thyme leaves
crumbled goat cheese to taste
dried cranberries to taste

Method: pre-heat oven to 350 degrees. In a large bowl toss sweet potatoes with olive oil, salt, pepper and thyme leaves to taste. Mix well. Spread out potatoes on a baking sheet lined with foil. Cook sweet potatoes until tender and nicely browned a little turning once or twice (about 30-40 minutes). Remove sweet potatoes from the oven and place in a serving dish. Place goat cheese and cranberries into their own bowls and place next to sweet potatoes so everybody can serve themselves to taste.

Green Beans with Olive-Shallot-Lemon Butter & Breadcrumbs

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
fresh chives, 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 favorite fresh herb.

Breadcrumbs:

1/2 cup panko breadcrumbs
1-2 tbsp. extra virgin olive oil
sea salt and cracked black pepper

Method: in a small sauté pan over medium heat add all ingredients. Mix well and constantly stir breadcrumbs until nicely browned and crispy.