

September 3rd 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

NC Gala Apples
Refrigerate

Slicing Cucumbers
Refrigerate in crisper drawer

Roma Tomatoes
Store at room temperature

Sweet Bi-Color Corn
Refrigerate in crisper drawer

Cubanelle Peppers
Refrigerate in crisper drawer

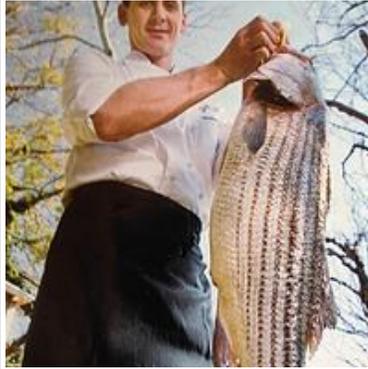
Cantaloupe
Room temp. until ripe

Yellow Squash
Refrigerate

FRENCH PANTRY'S
SOURDOUGH

NATURAL SOUR
CULTURE, YEAST, SALT,
BREAD FLOUR, SUGAR

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

Cantaloupe & Cucumber Salad with Greek Yogurt and Toasted Almonds

1/2 cup plain Greek yogurt
2 tbsp. lime juice or to taste
1 tbsp. honey or to taste
1/2 cantaloupe, cut into bite size pieces
1/2 to 1 large cucumber, peeled, seeded and thinly sliced
2 tsp chopped fresh basil or to taste
1/3 cup sliced almonds toasted

Method: in a large serving bowl, whisk together the yogurt, lime juice and honey. Add the cantaloupe, cucumbers and basil to the dressing; toss to combine. Sprinkle with toasted almonds to taste and serve.

Quinoa-Gala Apple Salad with Curry Dressing

1/4 cup raw whole almonds
1 cup white quinoa
1 teaspoon honey or to taste
1 tablespoon finely chopped sweet onion
1 teaspoon curry powder or to taste
Sea salt to taste
2 tablespoons fresh lemon juice or to taste
Freshly ground pepper to taste
2 tablespoons extra-virgin olive oil or to taste
2 tablespoons dried cranberries or to taste
1-2 gala apple, cut into 1/8-inch-thick wedges
Fresh parsley, chopped to taste

Method: Preheat oven to 375 degrees. Spread almonds on a rimmed baking sheet; toast in oven until lightly toasted and fragrant, about 5-7 minutes. Let cool; coarsely chop nuts. Rinse quinoa thoroughly in a fine sieve; drain. Bring 2 cups water to a boil in a medium saucepan. Add quinoa; return to a boil. Stir quinoa; cover, and reduce heat. Simmer until quinoa is tender but still chewy, about 15 minutes. Fluff quinoa with a fork; let cool. Whisk together honey, sweet onion, curry powder, salt, and lemon juice in a large bowl. Season with pepper. Whisking constantly, pour in oil in a slow, steady stream; whisk until dressing is emulsified. Add quinoa, cranberries, apple, parsley, and nuts; toss well.

Caramelized Yellow Squash, Sweet Onions and Garlic over Couscous

2-3 yellow squash depending on size, cut into 1/4 inch slices
1 large sweet onion or 2 smaller ones cut into wedges
1 whole head garlic, cloves separated and peeled
1-2 tablespoon extra-virgin olive oil
Sea Salt and Cracked black pepper to taste
Fresh basil, chopped to taste
1 10 oz. box couscous (Near East Brand) favorite flavor

Method: pre-heat oven to 350 degrees with rack at lowest position. Line a baking sheet with foil. Brush foil with extra virgin olive oil. Combine squash, onions and garlic in a large mixing bowl. Add extra virgin olive oil and season to taste. Toss to coat evenly. Spread squash and onions onto baking sheet (single layer, you want squash and onions to lay flat on baking sheet to ensure proper caramelization). Sprinkle garlic in between the cracks. Place in oven and cook 45 minutes to an hour. Remove from oven when squash and onions are well caramelized but not burned. (Do not flip or stir squash and onions during cooking). Let rest 2-3 minutes. Meanwhile cook couscous according to box instructions. To serve place couscous in a large bowl. With a spatula flip squash and onions over onto couscous. Top with garlic and fresh chopped basil to taste.

White-Cheddar Corn Chowder

2 tablespoons extra virgin olive oil
1 medium yellow onion, finely chopped (about 1 cup)
1 celery stalk, finely chopped (about 1/2 cup)
1/2 teaspoon ground coriander, 1/4 teaspoon ground cumin
1/8 teaspoon cayenne pepper
1/2 cup dry white wine
3-4 small white potatoes, cut into 1/2-inch pieces
2 cups chicken stock
1 cup milk
3 cups fresh corn kernels
sea salt and fresh cracked pepper to taste
2-4 ounces sharp white cheddar cheese, grated (about 3/4 cup)

Method: Heat oil in a saucepan over medium heat. Add onion, and cook until softened, about 4 minutes. Add celery, and cook until tender, about 4 minutes. Add coriander, cumin, and cayenne. Raise heat to medium-high, and add wine. Cook until most of the liquid has evaporated, 2 to 3 minutes. Add potatoes, stock, and milk, and bring to a boil (skim any foam from surface). Reduce heat, and simmer until potatoes are tender, about 15 minutes. Add corn, and cook until tender, 3 to 4 minutes. Remove from heat. Transfer 2 cups soup to a blender. Let cool slightly, then puree. Return puree to pan, and stir. Reheat if needed. Season with salt and pepper. Pour into bowls, top with cheese and garnish with fresh herbs.