

May 14th 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

**Cantaloupe**

Room temp. until ripe

**White Creamer Potatoes**

Store in a cool-dark place

**Green Beans**

Refrigerate in crisper drawer

**Pea Shoots**

Refrigerate in crisper drawer

**Sweet White Corn**

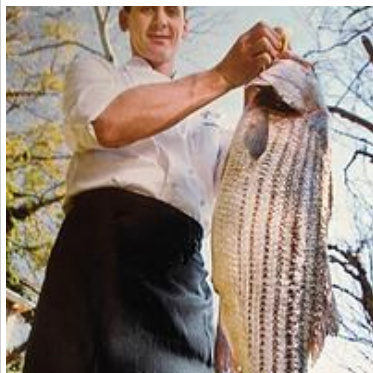
Refrigerate in crisper drawer

**Red Cabbage**

Refrigerate in crisper drawer

**Spanish Yellow Onions**

Store in a cool-dark place



### **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.



### FRENCH PANTRY'S

#### **"SOURDOUGH BREAD"**

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



**OLIVE MY PICKLE**  
*Fermented + Probiotic*

**KEEP REFRIGERATED**

## PLEASE RETURN YOUR BAGS AND LEAVE PLENTY OF ICE OR COLD PACKS IN YOUR COOLER

### Grilled Red Cabbage & Spanish Onion with Balsamic & Goat Cheese

1/2 to 1 head red cabbage  
2 large Spanish onions, cut into 1/2 inch slices  
2-3 tbsp. extra virgin olive oil  
sea salt and cracked black pepper

**Method:** pre-heat outdoor grill. cut red cabbage from top to bottom (bottom being root) into 1 inch thick slices. Coat cabbage and onion slices with olive oil and season to taste. Grill cabbage and onions on both sides for nice char marks. Keep grilling until cabbage and onions are tender without burning by cooking over indirect heat with grill lid closed.

#### Meanwhile for the balsamic:

1/2 cup extra virgin olive oil  
1/4 cup Spanish onion diced small  
1-2 cloves garlic, minced  
1/2 to 3/4 cup balsamic vinegar  
organic cane sugar to taste

**Method:** in a sauté pan over medium-high heat add oil, onion and garlic. Cook until onion and garlic are soft without browning. Remove from heat. Add balsamic, sugar and stir well to dissolve. Let cool 5 minutes and blend in a nutria-bullet or blender. Adjust to taste. To serve, place grilled cabbage steak on plate and top with grilled onion. Drizzle balsamic to taste and garnish with crumbled goat cheese.

### Cantaloupe with Prosciutto & Buffalo Mozzarella

1 cantaloupe  
12 slices prosciutto  
1 pk. mini buffalo mozzarella balls, drained and patted dry  
1/2 cup fresh mint leaves

#### Vinaigrette:

2 tbsp. good quality balsamic vinegar  
3 tbsp. extra virgin olive oil  
1/2 tsp each sea salt and freshly cracked black pepper

**Method:** Slice cantaloupe in half, scoop out and discard seeds and slice into thick wedges. Peel outer tough skin off each wedge. place cantaloupe wedges on a large flat serving platter or shallow bowl. Drape the prosciutto slices randomly over the cantaloupe wedges. Drain the container of buffalo mozzarella and pat balls dry on sheets of clean paper towel. Tear each mozzarella ball in half and scatter over cantaloupe and prosciutto. Scatter mint leaves over top. In a small bowl, whisk together balsamic vinegar, olive oil, sea salt and pepper. Drizzle over top of salad.

### Green Beans “Stewed” with Tomato & Garlic

2-3 tbsp. extra virgin olive oil  
1 Spanish onion, sliced thin  
4-6 garlic cloves, peeled and sliced thin  
red pepper flakes to taste  
sea salt and cracked black pepper  
2 cans stewed tomatoes  
1/2 cup red wine vinegar  
1/2 cup organic cane sugar  
1-2 cans chicken stock  
1 lb. green beans, trimmed  
parmesan cheese grated to taste  
fresh basil, chopped to taste

**Method:** in a large sauce pot over medium-high heat add oil and onions. Cook 3-5 minutes, stirring. Add garlic and red pepper flakes. Cook 2-3 minutes, stirring. Season to taste. Add tomatoes, vinegar, sugar and chicken stock. Mix well. Add beans and bring to a low simmer covered. Cook 45 minutes to 1 hour stirring from time to time. Serve garnished with parmesan cheese and fresh chopped basil.

### Smashed Creamer Potatoes with Rosemary Cream

2 lbs. creamer potatoes washed  
water enough to cover potatoes in pot  
salt to taste  
pepper to taste  
1 cup heavy cream  
2 tbsp. unsalted butter or to taste  
1-2 fresh rosemary sprig, leaves and stem

**For the potatoes:** place whole creamer potatoes in large pot and cover with water. Bring to a boil then reduce to a medium simmer. Cook 20 minutes or until tender. Strain water and smash potatoes with a fork or potato masher until desired consistency. Season to taste with salt and pepper.

**For the rosemary cream:** While potatoes are cooking add cream, butter and rosemary to sauce pan. Bring to a mild simmer and let the rosemary infuse with the cream for 10 minutes. Remove rosemary from cream and pour desired amount over potatoes and mix well.

#### **GARNISH WITH FRESH CHOPPED HERBS**