

February 13th 2020

THIS WEEK'S HARVEST

Strawberries

Refrigerate

Baby Tatsoi & Chard Mix

Refrigerate in plastic bag

Spaghetti Squash

Store in a cool-dark place

Chef Potatoes

Store in a cool-dark place

Florida Grapefruit

Refrigerate

Red Salad Radishes

Refrigerate in plastic bag

Savoy Cabbage

Refrigerate in plastic bag

FRENCH PANTRY'S

FRENCH BATARD

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.

Shop Our Web Store for fresh, healthy products to add to your delivery. Thank you for supporting your local community.

Fresh Local Seafood

Fresh off the dock's to your door!
Fresh shrimp, seasonal fish and sea scallops. Available the first two weeks each month



**OLIVE MY
PICKLE**
Fermented + Probiotic

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

Crispy Chef Potatoes

with Roasted Garlic-Cajun Butter

2-3 tbsp. extra virgin olive oil
2-3 tbsp. unsalted butter
2 lbs. chef potatoes, peeled and cut into equal bite size pieces
sea salt and cracked black pepper
2 whole heads roasted garlic (**see below**)
1 1/2 sticks unsalted butter (**room temp**)
favorite Cajun seasoning to taste
fresh lemon juice to taste
fresh cilantro, chopped to taste

Method: For the roasted garlic-Cajun butter: pre-heat oven to 400 degrees. Slice off the tops of the whole head garlic (just enough to expose the tips). Drizzle with a little olive oil and season. Wrap in foil by making a pouch and seal completely. Cook 45– 60 minutes or until tender. Remove from heat and set aside. When cool enough to handle squeeze into a small bowl. Add butter, Cajun seasoning, lemon juice, cilantro and mix well. Check for seasoning. **For the potatoes:** Place olive oil and butter in large roasting pan and place in oven. Preheat oven to 400 degrees. (Preheating pan will create a golden brown crust on the potatoes.) Add potatoes in single layer, season to taste and stir to coat. Roast about 8-12 minutes then use tongs to turn potatoes over. Continue to roast another 8-12 minutes, or until potatoes are tender and crispy. Serve roasted garlic– Cajun butter with crispy potatoes.

Savoy Cabbage

with Bacon-Green Onion Dressing

1 head savoy cabbage cut into wedges, core intact
1-2 tbsp. extra virgin olive oil
sea salt and cracked black pepper

Method: pre-heat oven to 400 degrees. Toss cabbage wedges in oil and season to taste. Lay on a baking sheet lined with foil. Roast until nicely caramelized and tender (flipping once).

For the dressing:

6 strips thick cut bacon, diced
1-2 green onion (white part) sliced thin
1-2 garlic cloves, minced
1/2 cup extra virgin olive oil
1/4 cup maple syrup
1/4 cup cider vinegar
1 tbsp. Dijon mustard or to taste
1/2 cup green onion (green part) sliced thin

Method: in a large sauté pan over medium-high heat brown bacon. Add white part onion and garlic. Cook 2-3 minutes to soften. Remove from heat and let cool 3-5 minutes. Add mixture to a mixing bowl. Whisk in remaining ingredients. Serve caramelized cabbage drizzled with bacon-onion dressing.

Roasted Spaghetti Squash “Penne”

with Parmesan & Crispy Bacon

Penne pasta or favorite, cooked according to package directions (**keep pasta warm**)
3-4 slices crispy bacon chopped
1 spaghetti squash
1-2 tablespoons extra virgin olive oil
2-3 tablespoons butter
sea salt to taste
black pepper or to taste
grated parmesan cheese to taste
chopped fresh basil, chives or parsley 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 10 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 warm pasta. Add the butter, olive oil and season to taste. Toss thoroughly but gently to combine. Sprinkle with parmesan cheese and crispy bacon. Garnish with fresh chopped herbs.

Grapefruit & Red Radishes

with Honey-Lemon Vinaigrette and Baby Greens

baby tatsoi and chard mix
1-2 grapefruit, segmented and cut into bite size pieces
1/2 bunch red radish, scrubbed, rinsed, dried and thinly sliced
goat cheese crumbled to taste
fresh Italian parsley, chopped

Honey-Lemon Vinaigrette:

1/4 fresh lemon juice
1/4 cup extra virgin olive oil
1 tbsp. honey or to taste
1-2 garlic cloves, minced to a paste
sea salt and cracked black pepper

Method: Whisk together the lemon juice, olive oil, honey and garlic in a large bowl. Sprinkle with salt and pepper. Whisk well again.

To serve: place baby mix in a bowl and lightly coat with dressing. Divide dressed baby mix onto salad plates. Scatter grapefruit and radish over baby mix. Drizzle with a little more dressing to taste. Garnish with goat cheese and chopped parsley.