

February 20th 2020

THIS WEEK'S HARVEST

Strawberries

Refrigerate

Green Leaf Lettuce

Refrigerate in plastic bag

Broccoli

Refrigerate in plastic bag

Sweet Potatoes

Store in a cool-dark place

Florida Tangerines

Refrigerate in crisper drawer

Purple Mizuna

Refrigerate in plastic bag

Gold Beets with Tops

Remove tops, refrigerate in plastic bag. Roots in crisper

FRENCH PANTRY'S

SOURDOUGH

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

KEEP REFRIGERATED



Local Artisanal Cheese's

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Lake Meadow Naturals

Cage-Free Eggs, Beef, Pork and Poultry.
All-Natural Vegetarian Diet. Grass Fed Beef. All products are free of GMO's.

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**OLIVE MY
PICKLE**
Fermented + Probiotic

Grilled Sweet Potato Salad

4 to 6 sweet potatoes
8 green onions
3/4 cup extra virgin olive oil, divided
2 tablespoons Dijon mustard
1/2 cup cider vinegar
1/4 cup balsamic vinegar
2 teaspoons honey
Salt and freshly ground pepper
purple mizuna sliced to taste

Method: Preheat oven to 375. bake the potatoes until they can be just pierced with a knife, about 45 minutes. Cut into 1/2 inch rounds. Preheat grill to high. Brush potatoes and green onions with oil and arrange on grill. Grill potatoes for 3 to 4 minutes on each side, or until just tender. Grill green onions until softened and marked. Remove green onions from the grill and cut into thin slices and dice the potatoes. In a large bowl, whisk together 1/2 cup olive oil, the mustard, vinegars, and honey. Season with salt and pepper, to taste. Add potatoes, green onions, and mizuna and toss until potatoes are well coated. Transfer to a platter and serve.

Roasted Gold Beets & Onion Salad with Beet Greens

1 bunch beets, greens removed, skin on, extra virgin olive oil, salt and pepper.

Roasted Beets: pre-heat oven to 375 degrees. Lay a sheet of foil down and place beets and oregano on top. Drizzle with oil, season to taste with salt and pepper. Wrap foil around beets and seal. Place on a wire rack over a baking sheet. Cook until tender about 50-60 minutes. Let cool 5 minutes and rub off skin of the beets with a paper towel. Slice beets as desired.

2 medium sweet onions, skin removed and each onion cut into 8 wedges, extra virgin olive oil, salt and pepper.

Roasted Onions: Meanwhile, drizzle onions with oil, tossing to coat. Season with salt and pepper. Spread evenly in a single layer on a baking sheet. Roast, turning once, until golden brown and tender, about 45 minutes.

Beet greens washed and chopped, extra virgin olive oil, 2 garlic cloves sliced thinly, salt and pepper and cider vinegar to taste.

Wilted Beet greens: in a sauté pan over medium high heat add oil and garlic. Cook 1-2 minutes. Add beet greens and season to taste. Cook 1-2 minutes until wilted and bright green. Remove from heat and add vinegar to taste.

To Serve: spread onions on serving dish, top with beets and the greens. Garnish with crumbled goat cheese.

Strawberry & Tangerine Salad with Blue Cheese and Candied Walnuts

green leaf lettuce torn and purple mizuna to taste
1/2 pint strawberries, sliced
1 to 2 tangerines segmented and chopped
1/4 cup favorite blue cheese, crumbled
candied walnuts, chopped to taste
fresh mint chopped to taste

Strawberry Vinaigrette

2 teaspoons strawberry jam
1 tablespoon balsamic vinegar
3 tablespoons extra-virgin olive oil
Salt and pepper, to taste

Method: mix all ingredients in a mixing bowl.

Candied Walnuts

1 cup walnuts, toasted
1/2 to 3/4 cup sugar
salt and pepper to taste
pinch ground cayenne pepper

Method: heat sugar over medium heat in a non-stick skillet.

Once you get a caramel color add the hot toasted walnuts and stir to coat walnuts completely. Season with salt, pepper and a pinch of cayenne. Pour on a large plate or baking sheet to cool. Once cooled give them a rough chop. Plate salad as desired.

Broccoli "Roman Style"

2 to 3 crowns broccoli, cut into florets, stems peeled and sliced
2 teaspoons plus 1 tablespoon extra virgin olive oil
2 tablespoons panko breadcrumbs
5 garlic cloves, sliced
1/3 cup white wine
Pinch red pepper flakes
Kosher salt
Zest of 1/2 lemon
2 to 3 tbsp. unsalted butter
1/2 tsp fresh thyme leaves
1/2 tsp fresh rosemary, chopped fine

Method: Cook the broccoli in a large pot of salted boiling water until just bright green, about 3 minutes. Drain and cool under cold running water. Drain again and pat dry with paper towels. Heat 2 teaspoons of the oil over medium-high heat in a small saucepan. Add the panko, herbs and cook, stirring, until the panko is just lightly toasted, 2 to 3 minutes. Set aside. Heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Add the garlic and cook, stirring, until it just turns golden around the edges, about 3 minutes. Stir in the wine, pepper flakes and broccoli. Sprinkle with salt and cook, stirring frequently, until the broccoli is heated through and the wine has evaporated, about 5 minutes. Add butter, toss and transfer to a platter and sprinkle with the panko and lemon zest.