

December 19th 2019

### THIS WEEK'S HARVEST

**Navel Oranges**

Refrigerate

**Leaf Lettuce**

Refrigerate in plastic bag

**Broccoli**

Refrigerate in plastic bag

**White Cauliflower**

Refrigerate in plastic bag

**Globe Tomatoes**

Store on Counter

**Dino Kale**

Refrigerate in plastic bag

**Sweet Potatoes**

Store in a cool dark place

### FRENCH PANTRY'S

**"SQUAW BREAD"**

ROLLED OATS, WHEAT  
FLOUR, 8 GRAIN FLOUR,  
WATER, MOLASSES,  
SALT, 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

### Rosemary Roasted Sweet Potatoes with Parmesan

2 lbs. sweet potatoes, washed, dried and cut into even sized wedges  
2-3 tbsp. extra virgin olive oil  
sea salt and cracked black pepper  
fresh rosemary to taste, chopped fine  
parmesan to taste, grated

**Method:** Preheat oven to 450 degrees. In a large bowl, combine sweet potatoes, oil, salt, pepper and rosemary to taste. Toss well to coat. Arrange potatoes in a single layer on a baking sheet. Bake potatoes for 30 minutes or until soft and lightly browned, turning wedges after the first 15 minutes. Serve immediately, garnished with grated parmesan cheese.

### White Cauliflower Gratin

4 cups 1-inch cauliflower florets  
1 1/2 cups milk, divided  
1/4 teaspoon salt or to taste  
1/2 cup dry breadcrumbs  
3/4 cup shredded sharp cheddar cheese, divided  
1/2 teaspoon extra-virgin olive oil  
2 tablespoons all-purpose flour  
1 teaspoon Dijon mustard or to taste  
1/4 teaspoon white pepper or to taste  
fresh parsley, chopped to taste

**Method:** Position rack in upper third of oven; preheat broiler. Bring cauliflower, 1 1/4 cups milk and salt to a boil in a large ovenproof skillet over medium-high heat. Reduce heat, cover and simmer until the cauliflower is tender, about 5 minutes. Meanwhile, combine breadcrumbs, 1/4 cup cheese and oil in a small bowl. In another bowl whisk flour and the remaining 1/4 cup milk until smooth; stir the mixture into the cauliflower and cook, stirring, until thickened, about 1 minute. Stir in the remaining 1/2 cup cheese, mustard and pepper. Sprinkle with the breadcrumb mixture. Broil until the top is crispy and beginning to brown, 1 to 2 minutes. Garnish with fresh parsley.

### Roasted Broccoli "Penne" with Garlic & Parmesan

1 lb. penne pasta or favorite  
3 broccoli crowns, cut into florets  
5-6 tbsp. extra virgin olive oil  
5-6 cloves garlic, sliced  
red pepper flakes to taste  
fresh lemon juice to taste  
sea salt and cracked black pepper to taste  
grated parmesan cheese to taste  
favorite fresh herb, chopped to taste

**Method:** pre-heat oven to 400 degrees. Toss broccoli with oil and season to taste. Spread broccoli evenly over a baking sheet lined with foil. Roast broccoli until nicely caramelized and tender. Meanwhile cook pasta according to package directions. Set aside. In a large sauté pan over medium high heat add oil and garlic. Cook 3-4 minutes or until garlic starts to turn golden brown. Add pepper flakes and stir 1 minute. Add roasted broccoli and lemon juice. Toss together and season to taste. Add pasta and cook 1-3 minutes to heat pasta all the way through. Serve with parmesan cheese and favorite fresh herb.

### Garlic-Wilted Dino Kale with Roasted Sweet Potato

4-5 sweet potatoes, peeled and cut into bite size pieces  
1-2 tbsps. extra virgin olive oil  
sea salt and cracked black pepper  
2-3 tbsps. extra virgin olive oil  
1 sweet onion, sliced thin  
3-4 cloves garlic, minced  
red pepper flakes to taste  
sea salt and cracked black pepper  
1/2 bunch dino kale, leaves chopped  
fresh squeezed lemon juice to taste  
2-3 tbsp. unsalted Irish butter

**Method:** pre-heat oven to 400 degrees. Toss potatoes with oil and season to taste. Spread out potatoes on a baking sheet lined with foil. Cook 30-40 minutes or until tender turning once. (cook greens when potatoes are almost done). In a large sauté pan over medium-high heat add oil and onion. Cook 2-3 minutes. Add garlic and red pepper flakes. Season to taste and cook 1-2 minutes. Add dino kale and cook 2-4 minutes stirring. Remove from heat and add lemon and butter. Stir butter into greens and taste for seasoning. Serve roasted sweet potatoes over garlic wilted greens.