

October 15th 2020

THIS WEEK'S HARVEST

Florida Tangerines
Refrigerate

Zucchini
Refrigerate in crisper drawer

Yukon Gold Potatoes
Store in a cool-dark place

Red Cabbage
Refrigerate in crisper drawer

Yellow Squash
Refrigerate in crisper drawer

Acorn Squash
Store in a cool-dark place

Florida Starfruit
Refrigerate

FRENCH PANTRY'S "FRENCH BATARD"

UNBLEACHED FLOUR,
SALT, WATER AND
YEAST

KEEP REFRIGERATED



Local Artisanal Cheese's
Check our web store for
availability.



**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



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

Zucchini “Stuffed” with Tomato & Mozzarella

extra virgin olive oil, for brushing baking sheet
2 medium zucchini
sea salt and cracked black pepper
2-3 cups tomatoes, diced small
1/4 teaspoon chopped fresh basil leaves
1/4 teaspoon chopped fresh parsley leaves
1/4 teaspoon red wine vinegar or to taste
5 ounces fresh mozzarella, torn into 1-inch pieces

Method: Preheat oven to 400 degrees. Brush a rimmed baking sheet with olive oil. Halve zucchini lengthwise and scrape out seeds. Place, cut side up, on sheet and season with salt and pepper. In a small bowl, combine tomatoes, herbs, and vinegar; season with salt and pepper. Top zucchini with tomato mixture. Bake until zucchini is tender, about 20 minutes. Heat broiler, with rack in top position. Top zucchini with mozzarella. Broil until cheese is brown and bubbling, 1 to 2 minutes; serve immediately.

“Smashed” Yukon Gold Potatoes with Spanish Onion-Bacon Vinaigrette

2 lbs. gold potatoes, peeled and quartered
3-4 garlic cloves, peeled
1/2 to 3/4 stick unsalted butter or to taste
whole milk
sea salt and cracked black pepper

Method: place potatoes in a large sauce pot and cover with cold water. Add garlic cloves. Bring to a low boil and cook until tender (about 10-15 minutes). Drain water and add butter, milk, salt and pepper. Smash potatoes with a potato masher until desired consistency.

Spanish Onion-Bacon Vinaigrette:

4-6 strips uncured-nitrate free bacon, small dice
1/4 cup Spanish onion, diced fine
1/2 tbsp. Dijon mustard or to taste
1/4 to 1/2 cup fresh lemon juice
1/4 cup honey or to taste
1/4 cup extra virgin olive oil
fresh chives, sliced thin to taste

Method: in a large sauté pan over medium-high heat add bacon and cook 3-5 minutes or until just crispy. Add onion and cook 2-3 minutes, stirring. Using a rubber spatula, transfer mixture into a small mixing bowl. Add mustard, lemon juice, honey and combine. Slowly whisk in olive oil. Adjust to taste and add fresh chives. Serve smashed gold potatoes drizzled with sweet onion-bacon vinaigrette.

Starfruit Pepper Jam

2 cups of finely chopped starfruit, seeds removed (plus a few whole slices, for fun)
1 Tbs. lemon juice
3/4 cup granulated sugar
2 Tbs. honey (I used a local orange blossom honey)
1 ripe (red) habanero pepper (seeds & pith removed and chopped super-fine)

If the starfruit has any brown on the “fins” (perfectly normal!), trim that part off with a sharp knife before chopping the fruit.

Method: In a medium saucepan over medium-high heat, put the starfruit, lemon juice, and sugar. Bring to a boil, stirring occasionally, and add the habanero pepper and honey. Continue to boil and stir periodically for about 15 minutes. Remove from the heat, let cool. Refrigerate.

Grilled Red Cabbage & Spanish Onion with Balsamic & Goat Cheese

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.