

April 2nd 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

Clementine's
Refrigerate

Green Bell Peppers
Refrigerate in crisper drawer

Zucchini
Refrigerate in crisper drawer

Sweet Bi-Color Corn
Refrigerate in crisper drawer

Yellow Crookneck
Squash
Refrigerate in crisper drawer

Collard Greens
Refrigerate in plastic bag

Green Kohlrabi
Refrigerate

FRENCH PANTRY'S

"SQUAW BREAD"

WHOLE WHEAT FLOUR,
BROWN SUGAR, MOLASSES,
HONEY, YEAST, SALT, WA-
TER, MALT, OATS, 8 GRAIN
FLOUR INCLUDES SEEDS &
NUTS

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.



**OLIVE MY
PICKLE**
Fermented + Probiotic

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

Baked Zucchini Fries

with Greek Yogurt, Lemon & Basil

2-3 zucchini
2 egg whites
1/4 cup whole milk
1/2 cup shredded Parmesan cheese
1/2 cup seasoned breadcrumbs
Vegetable cooking spray
16 oz. plain Greek yogurt
1 1/2 - 2 tbsp. fresh lemon juice or to taste
1/2 tbsp. minced garlic or to taste
organic cane sugar or agave nectar to taste
sea salt and cracked black pepper
fresh basil, chopped to taste

Method: Preheat oven to 425°. Cut zucchini into 3-inch sticks. Whisk egg whites in a small bowl, and add milk. Combine Parmesan and seasoned breadcrumbs in a separate bowl. Dip zucchini sticks into egg mixture, and then roll in breadcrumb mixture. Coat a baking sheet with cooking spray, and place zucchini on sheet. Bake for 25–30 minutes or until golden brown. Meanwhile combine yogurt, lemon juice, garlic, sugar or agave nectar and mix well. Season to taste and mix in basil. Serve baked zucchini fries with Greek yogurt basil sauce on the side.

Roasted Kohlrabi & Wild Rice Bowl with Salsa Fresca

Wild rice, cooked according to package directions
2-3 cups kohlrabi leaves and stems, **blanched** then chopped
1 big or 2 small green kohlrabi bulbs, diced into 1/2 inch cubes
1 tbsp. extra virgin olive oil
sea salt & cracked black pepper

For the Salsa Fresca

1 cup diced tomato
1/4 cup red onion, diced fine
1/4 cup sliced green onion
1-2 garlic cloves minced
juice of 1-2 limes
parsley, chopped to taste
2-3 tbsp. extra virgin olive oil
sea salt & cracked black pepper

Method: Preheat oven to 400 degrees. Toss diced kohlrabi with oil and season to taste. Spread out on a baking sheet lined with foil. Roast until nicely browned and tender, flipping once or twice, about 30 minutes. Meanwhile in a large bowl, combine all salsa Fresca ingredients and mix well. To serve, combine cooked wild rice, blanched leaves and roasted kohlrabi in a large bowl. Taste for seasoning. Add salsa Fresca to taste. Mix well and garnish with fresh chopped parsley, a drizzle of extra virgin olive oil and a fresh squeeze of lime.

Caramelized Yellow Squash & Sweet Onions over Couscous

3-4 yellow squash, cut into 1/4 inch slices
1 lg sweet onion or 2 smaller ones cut into wedges, root intact
1 whole head garlic, cloves separated and peeled
1-2 tablespoon extra virgin olive oil
Sea Salt to taste
Cracked black pepper to taste
Fresh herbs (basil, parsley, chives or favorite) chopped to taste
1 10 oz. box couscous (Near East Brand) favorite flavor

Method: pre-heat oven to 350 degrees with rack at lowest position. Line a baking sheet with foil. Brush foil with extra virgin olive oil. Combine squash, onions and garlic in a large mixing bowl. Add extra virgin olive oil and season to taste. Toss to coat evenly. Spread squash and onions onto baking sheet (single layer, you want squash and onions to lay flat on baking sheet to ensure proper caramelization). Sprinkle garlic in between the cracks. Place in oven and cook 45 minutes to an hour. Remove from oven when squash and onions are well caramelized but not burned. (do not flip or stir squash and onions during cooking). Let rest 2-3 minutes. Meanwhile cook couscous according to box instructions. To serve place couscous in a large bowl. With a spatula flip squash and onions over onto couscous. Top with garlic and fresh chopped herbs to taste.

Wilted Collard Greens Pasta

with Smoked Kielbasa & Parmesan

1 lb. favorite pasta
2-3 tbsp. extra virgin olive oil
1 lb. smoked kielbasa, sliced
red pepper flakes to taste
sea salt and cracked black pepper
2-3 tbsp. extra virgin olive oil
1 sweet onion, sliced thin
3-4 garlic cloves, minced or to taste
10-12 cups collard greens, rinsed and chopped
2-3 tbsp. unsalted butter
grated parmesan cheese to taste

Method: cook pasta according to package directions. Once pasta is finished and drained add a little olive oil to keep from sticking together. Meanwhile in a large sauté pan over medium high heat. Add oil, kielbasa and red pepper flakes. Cook long enough to brown kielbasa and heat through. Remove kielbasa from pan and set aside. To pan add olive oil and onions. Cook 2-3 minutes. Add garlic and cook 1-2 minutes. Add collard greens and cook 3-5 minutes or until nicely wilted. Remove from heat and add kielbasa and butter. Mix well. **To serve:** place pasta in a bowl. Top with smoked kielbasa-collard mixture. Garnish with grated parmesan cheese to taste.