

May 21st 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

SC Peaches

Room temp. until ripe

Sweet Potatoes

Store in a cool-dark place

Zucchini

Refrigerate in crisper drawer

Broccoli

Refrigerate in plastic bag

Sweet Bi-Color Corn

Refrigerate in crisper drawer

Yellow Squash

Refrigerate in crisper drawer

White Onions

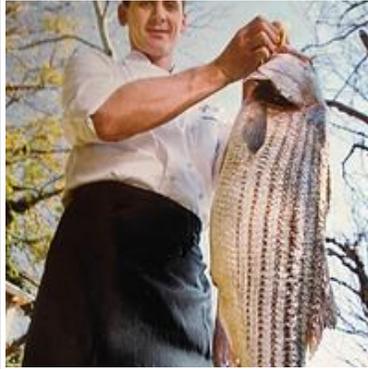
Store in a cool-dark place

FRENCH PANTRY'S

"8 GRAIN BREAD"

YEAST, HIGH GLUTEN FLOUR, HONEY, WATER, FLOUR 8-GRAIN (WHEAT & HONEY BASE), OATS

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

Grilled Zucchini & Yellow Squash

with Tomato-Corn Salsa

2-4 zucchini quartered lengthwise
2-4 yellow squash quartered lengthwise
1-2 sweet onion, cut into 1/2 inch rounds
2-4 tbsp. extra virgin olive oil
sea salt and cracked black pepper

Method: toss zucchini, squash and onions with oil and season to taste. Grill vegetables 3-5 minutes on 2 sides for nice grill marks. Turn off gas and close lid to finish cooking to desired tenderness.

Tomato-Corn Salsa

1/2 cup tomatoes, diced
1/2 cup fresh corn kernels
1/4 cup bell peppers, diced
1/4 cup sweet onion, diced
2-3 tbsp. red wine vinegar
2-3 tbsp. extra virgin olive oil
Sea salt and cracked black pepper to taste
fresh basil, chopped to taste

Method: mix all ingredients well and let stand for 10 minutes.

Spoon over grilled vegetables.

Roasted Broccoli "Penne" with Garlic & Parmesan

1 lb. penne pasta or favorite
2-3 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.

Sweet Bi-Color Corn

with Smoked Paprika & Parmesan

4 ears corn
1/2 cup mayonnaise
1 1/2 cups sour cream
1/4 cup freshly chopped cilantro or basil leaves
1 cup freshly grated parmesan or favorite cheese
1 lime, juiced
smoked paprika, to taste
2 limes cut into wedges, for garnish

Method: Remove the husks of the corn but leave the core attached at the end so you have something to hold on to. Grill the corn on a hot grill or cast iron griddle pan until slightly charred. Turn it so it gets cooked evenly all over. Mix the mayonnaise, sour cream and cilantro or basil together. Grate the parmesan or favorite cheese in another bowl. While the corn is still warm slather with mayonnaise mix. Squeeze lime juice over the corn and shower with parmesan or favorite cheese. Season with sea salt, pepper, smoked paprika and serve with extra lime wedges.

Rosemary Sweet Potato Fries

with Homemade Honey Mustard

2-3 sweet potatoes, peeled and cut into equal size wedges
1-2 tbsp. extra virgin olive oil
fresh rosemary chopped to taste
sea salt and cracked black pepper

For the dressing:

4 tbsp. extra virgin olive oil
2 tbsp. whole grain mustard
2 tbsp. Dijon mustard
2-3 tbsp. honey or to taste
2 tbsp. red wine vinegar or to taste
fresh lemon juice to taste

Method: pre-heat oven to 375 degrees. In a mixing bowl toss sweet potatoes and rosemary with olive oil and season to taste. Spread potatoes evenly on a baking sheet lined with parchment paper. Cook until tender and nicely caramelized about 30-40 minutes. Meanwhile

For the Dressing: combine all ingredients in a mixing bowl and whisk well. Serve sweet potato fries with homemade honey mustard.