

March 11th 2021



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

Strawberries

Refrigerate

Arrowhead Spinach

Refrigerate in plastic bag

Sweet Potatoes

Store in a cool-dark place

Broccoli

Refrigerate in crisper drawer

Sweet Bi-Color Corn

Refrigerate in crisper drawer

Green Top Red

Onions

Refrigerate in crisper drawer

Candy Cane Beets

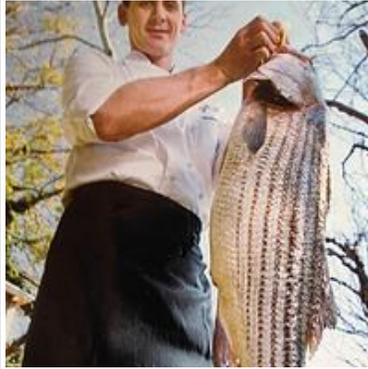
Remove tops refrigerate in plastic bag, roots in crisper

FRENCH PANTRY'S

"HONEY WHEAT BREAD"

HONEY, WHEAT FLOUR, BUTER, WATER, 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.



OLIVE MY PICKLE
Fermented + Probiotic

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

Macerated Strawberries over Homemade Hotcakes

1 container strawberries, tops removed
organic cane sugar to taste
agave nectar to taste
fresh lemon squeezed to taste

Method: slice strawberries and place in a large bowl. Add sugar, agave nectar and lemon juice to taste. Mix and let sit 30 minutes.

Hotcakes

1 1/2 cups all-purpose flour
3 1/2 tsp. baking powder
1 tsp. salt
1 tbsp. cane sugar or white
1 1/4 cups whole milk
1 egg
3 tbsp. unsalted butter, melted

Method: In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk, egg and melted butter; mix until smooth. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot with macerated strawberries and syrup.

Broccoli and Mushroom Casserole

4 cups broccoli cut into large bite size pieces
2 cup mushrooms (your favorite), sliced
1/2 to 1 red sweet onion, diced
2 tbsp. extra virgin olive oil
2-4 cloves garlic, minced
heavy cream to taste
parmesan cheese to taste
Italian bread crumbs to taste

Method: Cut broccoli off of stem and blanch in heavily salted boiling water until just tender but still bright green. Cool broccoli down by placing in ice water, then drain well. It's ok at this step if broccoli still has a little bite to it. In a medium pot, heat olive oil over medium low heat. Add onion and mushroom and sweat for 5-7 minutes or until tender. Add minced garlic and continue to sweat for another minute being sure not to brown garlic. Add your broccoli to the pot and enough heavy cream to just cover 3/4 of the broccoli. Raise temperature to medium and allow cream to start to thicken, then add salt, pepper and parmesan cheese to taste. Transfer mixture to a baking dish and cover with Italian bread crumbs and grated parmesan cheese. Preheat oven to 375 and bake until cheese and bread-crumbs are golden brown.

Candy Cane Beets with Maple-Mustard Vinaigrette & Goat Cheese

1 bunch beets, greens removed, skin on, extra virgin olive oil, sea salt and cracked black pepper

Roasted Beets: pre-heat oven to 375 degrees. Lay a sheet of foil down and place beets 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, toss in maple-mustard vinaigrette until well coated. Garnish with sautéed beet greens or lettuce and crumbled goat cheese.

Maple-Mustard Vinaigrette

1/2 cup extra virgin olive oil
1/4 cup maple syrup
1/4 cup cider vinegar
2 tbsp. coarse-grained mustard or to taste
2 tbsp. soy sauce or to taste
sea salt and cracked black pepper to taste
fresh chopped parsley to taste

Method: Whisk together oil, maple syrup, vinegar, mustard, soy sauce, salt, pepper and parsley in a small bowl.

Sweet Potato Hash with Farm Fresh Egg & Basil

2-4 sweet potatoes, peeled, and cubed
1/2 red sweet onion, chopped
1-2 tablespoon extra virgin olive oil
Pinch cayenne pepper or to taste
Sea salt & cracked black pepper
1/2 cup arrowhead spinach or to taste, chopped
1 tablespoon basil, chopped or to taste
1-2 eggs

Method: In a small pan over medium heat, cook the potatoes & onions with the olive oil, cayenne pepper and salt & pepper, covered for about 5 minutes, until softened. Remove lid and cook for another 2-3 minutes until browned. Add spinach and cook for another 2-3 minutes, tossing everything together. Make an impression with a spoon in the middle of the hash mixture and crack the egg into the hole. Season egg to taste. Cover and cook for 3 more minutes until whites are set. Remove lid, garnish with basil and serve immediately.