

July 23rd 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

Cantaloupe

Room temp. until ripe

Sweet Potatoes

Store in a cool-dark place

Green Bell Peppers

Refrigerate in crisper drawer

Sweet Yellow Corn

Refrigerate in crisper drawer

Roma Tomatoes

Store room temperature

Okra

Refrigerate in crisper drawer

Italian Eggplant

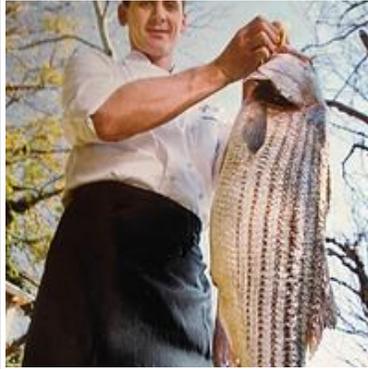
Refrigerate in crisper drawer

FRENCH PANTRY'S

HONEY WHEAT

WHEAT FLOUR, BREAD FLOUR, YEAST, HONEY, BUTTER, WATER.

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

### Chilled Cantaloupe Soup

6 cups chopped **"RIPE"** cantaloupe  
1 1/2 cup orange juice  
1/4 cup fresh lemon juice  
1/4 cup fresh lime juice  
2 tablespoons honey  
1/4 teaspoon ground cinnamon  
1/4 teaspoon salt  
mint for garnish

**Method:** Place all ingredients, except the mint in a large bowl and stir. Place half the mixture in a blender and puree until smooth. Pour soup into a pitcher, and repeat with remaining mixture. Taste and whisk in more cinnamon, honey or even lemon juice if desired. It should taste sweet and tart, with only a hint of cinnamon. Chill the soup until ready to serve. Remove the mint leaves from the stem (discard) and stack the leaves on top of each other. Roll lengthwise into a tight "cigar." Slice crosswise into thin strips. Pour the chilled soup into six soup bowls. Garnish each with a sprinkle of shredded mint and serve.

### Grilled Italian Eggplant with Balsamic, Tomato & Mozzarella

1 Italian eggplant or 2 small eggplant cut into 1/2 inch rounds  
3-4 tbsp. extra virgin olive oil  
sea salt and cracked black pepper  
balsamic vinegar to taste  
2-4 roma tomatoes, chopped  
4 oz. fresh buffalo mozzarella, cubed  
3-4 tbsp. extra virgin olive oil  
sea salt and cracked black pepper  
fresh basil, chopped to taste

**Method:** pre-heat outdoor grill, and pre-heat oven to 400 degrees. Toss eggplant with oil and season to taste. Grill each side 3-4 minutes for nice char-marks. Place on a baking sheet and drizzle with balsamic vinegar to taste. Cook in oven until tender all the way through. Meanwhile combine in a mixing bowl, tomatoes, mozzarella, oil, fresh basil and season to taste. Mix well. **To serve**, spoon tomato-mozzarella mixture over grilled eggplant.

### Sweet Potato Pancakes

1 1/4 cups all-purpose flour  
1/4 cup chopped pecans, toasted and divided  
2 1/4 teaspoons baking powder  
1 teaspoon pumpkin-pie spice  
1/4 teaspoon salt  
1 cup milk  
1/4 cup packed dark brown sugar  
1 tablespoon vegetable oil  
1 teaspoon vanilla extract  
2 large eggs, lightly beaten  
3/4 cup sweet potatoes, cooked, drained and mashed

**Method:** Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, 2 tablespoons pecans, baking powder, pumpkin-pie spice, and salt in a large bowl. Combine milk and next 4 ingredients (milk through eggs); add to flour mixture, stirring until smooth. Stir in sweet potatoes. Spoon about 1/4 cup batter onto a hot nonstick griddle or large nonstick skillet. Turn pancakes when tops are covered with bubbles and edges look cooked. Sprinkle pancakes with 2 tablespoons pecans. Use your favorite syrup.

### Sweet Corn-Tomato Sauté with Fresh Basil & Mozzarella

2 to 3 tbsp. extra virgin olive oil  
1 small sweet onion, diced small  
2 to 4 cloves garlic, minced  
2 cups sweet corn kernels  
2 cups roma tomato, diced small  
1 cup bell pepper, diced  
sea salt and cracked black pepper to taste  
red wine vinegar to taste  
2 to 3 tbsp. unsalted butter  
4 to 6 oz. fresh buffalo mozzarella  
fresh basil chopped to taste

**Method:** in a large sauté pan over medium-high heat add oil and onions. Cook 2 to 4 minutes stirring. Add garlic and cook 2 to 3 minutes stirring. Add corn, tomato, bell pepper and season to taste. Cook 3 to 5 minutes or until vegetables are just tender. Remove from heat and add vinegar and butter. Gently mix and garnish with fresh buffalo mozzarella and basil to taste.