

December 12th 2019



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

FL Honey Tangerines
Refrigerate

Green Onions
Refrigerate in plastic bag

Mixed Winter Greens
Refrigerate in plastic bag

Zucchini
Refrigerate

Bok Choy
Refrigerate in plastic bag

Spaghetti Squash
Store in a cool-dark place

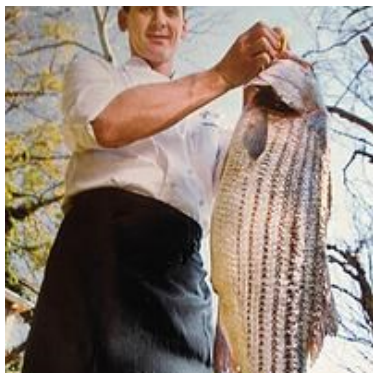
Red Salad Radishes
Remove tops, Refrigerate in
crisper drawer

FRENCH PANTRY'S

"SOURDOUGH
BREAD"

NATURAL SOUR CUL-
TURE, YEAST, SALT,
BREAD FLOUR, SUGAR

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

Sweet & Sour “Bok Choy” over Jasmine Rice

3 tbsp. extra virgin olive oil
1 sliced sweet onion
1/2 to 1 head bok choy depending on size, cut into 1 inch pieces
1/4 cup packed brown sugar
1/4 cup rice wine vinegar
1/2 tsp. minced fresh ginger or to taste
1 tbsp. soy sauce or to taste
1/2 cup water
1 tbsp. cornstarch
4-6 cups cooked jasmine rice

Method: heat oil in a large skillet, add bok choy and onion. Stir fry over high heat for 1 minute. Blend sugar, vinegar and ginger and add that to the skillet. Mix well, cover and steam for 1 minute. Combine soy sauce and cornstarch with 1/2 cup water. Add to skillet. Cook and stir until thickened. Serve over jasmine rice.

Roasted Spaghetti Squash with Local Shrimp

1 medium spaghetti squash, or 2 small, halved lengthwise
1-2 tbsp. extra virgin olive oil
1/2 sweet onion, sliced thin
2-3 cloves garlic, sliced thin or minced
1-2 tbsp. unsalted butter
sea salt and cracked black pepper
1/2 cup panko
enough extra virgin olive oil to coat panko
1 pound large shrimp, peeled and deveined
1 tbsp. extra virgin olive oil
paprika to taste
1 tablespoon fresh lemon juice, plus lemon wedges for serving
2 tablespoons fresh parsley, roughly chopped
parmesan cheese, grated

Method: Preheat oven to 375 degrees. Season squash with salt and pepper. Place cut side down in a 9-by-13-inch baking dish. Add 3/4 cup water and roast until tender when pierced with a knife, about 45 minutes. Let cool. Sauté onions and garlic with 1-2 tbsp. extra virgin olive oil over medium heat until tender. Season to taste. Scoop out seeds from squash and discard. With a fork, scrape flesh into the onions and garlic. Add butter and set aside. Sauté panko over medium heat with enough oil to fully coat until golden brown. (Stirring constantly). Remove from heat. Season with salt and pepper to taste. Toss shrimp with oil, paprika and salt and pepper. Sear shrimp 45 seconds to 1 minute on each side and remove from heat and let rest. To serve, top squash with shrimp, panko, chopped parsley, parmesan cheese and serve with lemon wedges.

Honey Tangerine & Red Radish with Honey-Lemon Vinaigrette and Mixed Winter Greens

1 bag mixed winter greens, rinsed and dried
2-3 tangerines, segmented and cut into bite size pieces
1/2 to 1 bunch red salad radish to taste, scrubbed, rinsed, dried and thinly sliced
fresh Italian parsley, chopped

Honey-Lemon Vinaigrette:

1/4 fresh lemon juice
1/4 cup extra virgin olive oil
1 tbsp. honey or to taste
1-2 garlic cloves, minced to a paste
sea salt and cracked black pepper

Method: Whisk together the lemon juice, olive oil, honey and garlic in a large bowl. Sprinkle with salt and pepper. Whisk well again.

To serve: place winter greens in a bowl and lightly coat with dressing. Divide dressed greens onto salad plates. Scatter tangerine and radish over greens. Drizzle with a little more dressing to taste. Garnish with chopped parsley.

Zucchini with Fresh Stewed Tomatoes, Goat Cheese & Basil

2-4 zucchini, cut in half lengthwise or desired shape
1-2 tbsp. extra virgin olive oil
sea salt and cracked black pepper
2-3 tbsp. extra virgin olive oil
1/4 cup sweet onion, diced small
2-3 garlic cloves, minced
dried Italian herb mix to taste
2 cups tomatoes, chopped large
1/2—3/4 cup chicken stock
red wine vinegar to taste
4 oz. goat cheese or to taste

Method: pre-heat outdoor grill or grill pan. Toss zucchini with olive oil and season to taste. Grill zucchini on each side 4-6 minutes or until tender with good grill marks. Meanwhile add olive oil and onions to a small sauce pot over medium high heat. Cook 2-3 minutes. Add garlic and dried herbs. Cook 1-2 minutes. Add tomatoes, chicken stock and vinegar. Season to taste. Stir and cook on low for 15-20 minutes to allow flavors to infuse. **To serve:** place grilled zucchini on a serving platter and spoon over stewed tomatoes. Garnish with goat cheese and fresh basil.