

March 19th 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

**Celery**

Refrigerate in plastic bag

**Sweet Potatoes**

Store in a cool-dark place

**Green Beans**

Refrigerate in plastic bag

**Arrowhead Spinach**

Refrigerate in plastic bag

**Sweet Bi-Color Corn**

Refrigerate in crisper drawer

**Purple Sprouting Broccoli**

Refrigerate in plastic bag

**Rainbow Swiss Chard**

Refrigerate in plastic bag

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

### “Steamed” Sweet Corn with Fresh Herb Tomato Butter

4 ears fresh sweet bi-color corn, shucked  
large pot, water  
sea salt to taste  
1-2 tbsp. extra virgin olive oil  
1/4 cup sweet onion, diced small  
2-3 garlic cloves, minced  
1-2 cups, chopped tomato  
red wine vinegar to taste  
organic cane sugar to taste  
1 stick unsalted butter or to taste  
sea salt and cracked black pepper  
fresh basil, chopped to taste

**Method:** Put 2 inches of water in the bottom of the pot, add salt to the water and cover with a steamer basket. Place corn over the basket and cover pot (or boil corn if no steamer basket). Bring the water to a boil and steam the corn about 7- 10 min depending on tenderness of corn. Check water periodically and add more if necessary. When tender, remove with tongs and cover with foil until served. Meanwhile in a small sauce pot over medium high heat add olive oil and onions. Cook 3-4 minutes. Add garlic and cook 2-3 minutes. Add tomato, sugar, vinegar and season to taste. Cook until tomatoes break down and reduce a little about 5-10 minutes. Mash tomatoes with a fork to break up as much as possible. Remove from heat and fold in cold butter. Stir until melted and add basil to taste. Spread fresh herb tomato butter over corn.

### Green Beans with Tomatoes & Caramelized Onions

1– 2 tablespoon extra virgin olive oil  
1 medium to large sweet onion, halved and thinly sliced  
2-3 garlic cloves, sliced very thinly  
pinch red pepper flakes  
1 tablespoon chopped fresh basil  
3-4 vine ripe tomatoes, chopped  
1 pound green beans, trimmed  
1 cup chicken stock or more as needed  
2-3 tbsp. unsalted butter  
Coarse salt and ground pepper

**Method:** In a large skillet heat oil over medium. Add onion and cook, stirring frequently, until browned, 8 to 10 minutes. To skillet, add garlic and pepper flakes. Cook 1-2 minutes. Add green beans and tomatoes. Cook 2-3 minutes. Add chicken stock and season to taste. Simmer, stirring occasionally, until green beans are soft, about 10 minutes. Stir in butter. Garnish with fresh chopped basil and serve.

### Pan “Braised” Garlic & Swiss Chard Pasta with Italian Sausage

1 lb. penne pasta or favorite  
1/4 to 1/2 cup extra virgin olive oil  
6-8 cloves garlic, sliced thin  
crushed red pepper flakes to taste  
1/2 bunch swiss chard, stems removed and sliced thin. Leaves rinsed and rough chopped  
sea salt and cracked black pepper  
1 lb. Italian rope or ground sausage, browned and cooked through and sliced  
lemon juice to taste  
2-3 tbsp. unsalted butter  
grated parmesan cheese to taste

**Method:** Cook pasta according to package directions and keep warm. Meanwhile in a large sauté pan over medium-low heat add oil and garlic. Cook slow until garlic starts turning golden. Add chard stems, pepper flakes and cook 1-2 minutes. Turn heat up to medium-high and add chard leaves. Stir, cook 2 minutes and season to taste. Add the sausage and cook 2 minutes to heat through. Remove from heat and add lemon juice and butter. Mix well. Fold in pasta and serve in bowls garnished with parmesan cheese.

### Purple Sprouting Broccoli with Toasted Pine Nuts, Parmesan & Lemon

1 bunch purple sprouting broccoli  
4 garlic cloves, peeled and thinly sliced  
extra virgin olive oil  
sea salt  
cracked black pepper  
2 teaspoons grated lemon zest or to taste  
2 tablespoons freshly squeezed lemon juice or to taste  
3 tablespoons pine nuts, toasted  
grated Parmesan cheese to taste

**Method:** Preheat the oven to 425 degrees F. separate broccoli florets (keeping stems intact). Place the separated broccoli florets with stems on a sheet pan large enough to hold them in a single layer. Toss the garlic on the broccoli and drizzle with 2-3 tablespoons extra virgin olive oil. Sprinkle with the salt and pepper. Roast for 15 to 25 minutes, until crisp-tender and the tips of some of the florets are browned. Remove the broccoli from the oven and immediately toss with 1 1/2 tablespoons olive oil, the lemon zest, lemon juice, pine nuts and parmesan. Serve hot.