

March 12th 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

Strawberries

Refrigerate

Baby Gold Potatoes

Store in a cool-dark place

Purple Sprouting Broccoli

Refrigerate in plastic bag

Zucchini

Refrigerate in crisper drawer

Sweet Bi-Color Corn

Refrigerate in crisper drawer

Mixed Kale Leaves

Refrigerate in plastic bag

Sweet Spring Top Onions

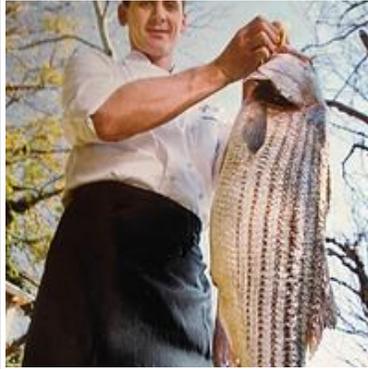
Refrigerate in crisper drawer

FRENCH PANTRY'S

"FARM BOULE"

UNBLEACHED FLOUR,
SALT, WATER AND
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

“Sweet Corn” Smoked Gouda Grits

with Tomato & Basil

2 tbsp. extra virgin olive oil
2-4 ears sweet corn kernels
sea salt and cracked black pepper
1 1/2 cups water
1 1/2 cups whole milk
1 cup stone ground grits
1 /2 cup smoked gouda or to taste
tobasco to taste
sea salt
unsalted butter to taste

Method: in a medium sauce pot over medium-high add oil and corn kernels. Season to taste and cook 2-3 minutes. Add water and milk and bring to a boil. Slowly stir in grits. Turn heat down to low and cook until tender. Remove from heat and add gouda and tobacco. Season and mix well. Stir in butter to taste.

Tomato & Basil

1-2 tomatoes, diced
fresh basil chopped to taste
2-3 tbsp. extra virgin olive oil
red wine vinegar to taste

Method: combine all ingredients well. Spoon mixture over grits to taste.

Zucchini “Stuffed” with Vine Ripe Tomato & Mozzarella

extra virgin olive oil, for brushing baking sheet
2 medium zucchini
sea salt and cracked black pepper
2-3 vine ripe tomatoes, diced small
1/4 teaspoon chopped fresh basil leaves
1/4 teaspoon chopped fresh parsley leaves
1/4 teaspoon red wine vinegar or to taste
5 ounces fresh mozzarella, torn into 1-inch pieces

Method: Preheat oven to 400 degrees. Brush a rimmed baking sheet with olive oil. Halve zucchini lengthwise and scrape out seeds. Place, cut side up, on sheet and season with salt and pepper. In a small bowl, combine tomatoes, herbs, and vinegar; season with salt and pepper. Top zucchini with tomato mixture. Bake until zucchini is tender, about 20 minutes. Heat broiler, with rack in top position. Top zucchini with mozzarella. Broil until cheese is brown and bubbling, 1 to 2 minutes; serve immediately.

Macerated Strawberries over Homemade Hotcakes

1 pint 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.

“Spice-Roasted” Gold Potatoes

with Tomato-Onion Relish

2 lbs. gold potatoes cut into large bite size pieces
1-2 tbsp. extra virgin olive oil
paprika to taste
chili powder to taste
ground cumin to taste

Method: pre-heat oven to 375 degrees. In a large mixing bowl toss potatoes with oil, paprika, chili powder, cumin and season to taste. Spread potatoes out evenly on a baking sheet lined with foil. Roast in the oven 35-45 minutes or until nicely caramelized and tender (flipping once).

Tomato-Onion Relish

1 cup tomato, diced small
1/2 cup spring onion (green and white parts) diced small
1-2 garlic cloves minced
1/4 cup red wine vinegar
1/4 cup extra virgin olive oil
sea salt and cracked black pepper
fresh chives sliced to taste

Method: combine all ingredients in a mixing. Let rest 10-15 minutes to infuse flavors. Serve over spice-roasted potatoes.