

February 6th 2020

THIS WEEK'S HARVEST

Strawberries

Refrigerate

Arugula

Refrigerate in plastic bag

Broccoli

Refrigerate in plastic bag

Green Onions

Refrigerate in plastic bag

**Candy Cane Beets
with Tops**

Remove tops, refrigerate in
plastic bag, roots in crisper

Red Russian Kale

Refrigerate in plastic bag

Romaine Lettuce

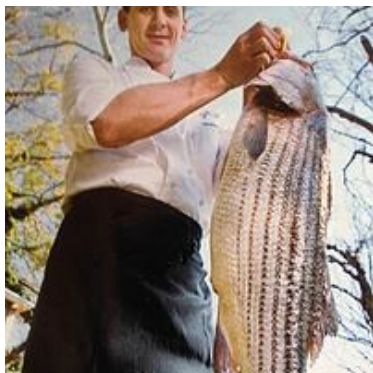
Refrigerate in plastic bag

FRENCH PANTRY'S

"SQUAW BREAD"

WHOLE WHEAT FLOUR,
BROWN SUGAR, MOLASSES,
HONEY, YEAST, SALT, WA-
TER, MALT, OATS, 8 GRAIN
FLOUR INCLUDES SEEDS &
NUTS

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.

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fresh, healthy products to
add to your delivery. Thank
you for supporting your
local community.**



**OLIVE MY
PICKLE**
Fermented + Probiotic

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

Red Kale & Couscous

with Dried Cranberries, Goat Cheese and Pecans

Chicken stock or water

1 1/4 cup Israeli or pearl couscous

6-8 cups red kale, large chop

sea salt and cracked black pepper

1 tsp grated lemon zest, plus 2 tbsp. lemon juice

dried cranberries to taste

2 tablespoons extra-virgin olive oil

toasted pecans, chopped to taste

goat cheese, crumbled to taste

fresh chopped parsley to taste.

Method: Cook couscous according to package directions.

Transfer to a large bowl. Meanwhile, heat 1-2 tablespoons oil in a medium high-sided skillet over high heat. Cook curly kale until tender and lightly browned, 2 to 3 minutes. Remove from heat. Stir in lemon zest and juice. Season with salt and pepper. Stir kale into couscous. Taste for seasoning and garnish with cranberries, goat cheese, pecans, parsley and a good drizzle of quality extra virgin olive oil.

Grilled Broccoli

with Roasted Garlic-Vine Ripe Tomato Salsa

1 whole head garlic (roasted)

1 bunch broccoli, cut into large florets

2-3 vine ripe tomatoes, diced

1/4 cup red onion, diced small

2-3 tablespoons extra virgin olive oil

1-2 tablespoons red wine vinegar

sea salt and cracked black pepper

parsley, chopped to taste

Method: pre-heat oven to 375 degrees. Slice off the top of the whole head garlic (just enough to expose the tips). Drizzle with a little olive oil and season. Wrap in foil by making a pouch and seal completely. Cook 45– 60 minutes or until tender. Remove from heat and set aside. When cool enough to handle squeeze into a small bowl. Toss broccoli with olive oil and season to taste. Grill broccoli on both sides to achieve nice smoky grill marks. Place on a baking sheet lined with foil. Cook in oven to desired tenderness. In a mixing bowl combine tomatoes, roasted garlic (to taste) red onion, extra virgin olive oil, red wine vinegar and parsley. Mix well and season to taste. To serve: spoon salsa over broccoli or serve salsa next to grilled broccoli.

Roasted Candy Cane Beets Over Pasta

with Goat Cheese and Beet Greens

1 lb. bowtie, penne or favorite pasta

sea salt and cracked black pepper to taste

1 tablespoon unsalted butter

2 - 4 oz goat cheese or to taste

1/4 cup shaved or grated Parmesan

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

2-3 cloves garlic, minced

1/4 cup sweet onion, diced small

Roasted Beets: pre-heat oven to 400 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.

Beet Greens: remove stems and rough chop beet greens. in a large sauté pan heat olive oil and sauté onion and garlic for 2-3 minutes. Add beet greens and cook 2-3 minutes until nicely wilted. Season to taste. Keep warm.

Method: Cook pasta according to box instructions. Season and toss with butter and goat cheese. Divide into serving bowls and garnish with the beet greens, roasted beets and parmesan cheese.

Strawberries-Arugula and Broccoli

with Balsamic, Dried Cranberries & Coconut

1-1/2 cups chopped small broccoli florets

1-1/2 cups chopped strawberries

2 cups arugula or to taste

2 tablespoons chopped dried cranberries

1/4 cup almonds, chopped

2 tablespoons dried coconut

green onions sliced to taste

DRESSING:

2 tablespoons plain Greek yogurt

1 tablespoon balsamic vinegar

1 tablespoon honey

Method: Combine the arugula, broccoli, strawberries and cranberries in a salad bowl. In a small skillet, heat the almonds and coconut over medium heat until toasted. Remove from the heat and set aside. Combine the dressing ingredients; add to salad and toss to coat. Just before serving, toss the almonds and coconut into salad. Garnish with sliced green onions.