

October 8th 2020

THIS WEEK'S HARVEST

Florida Tangerines
Refrigerate

Delicata Squash
Store in a cool-dark place

Russet Potatoes
Store in a cool-dark place

Green Onions
Refrigerate in crisper drawer

Kirby Cucumbers
Refrigerate in crisper drawer

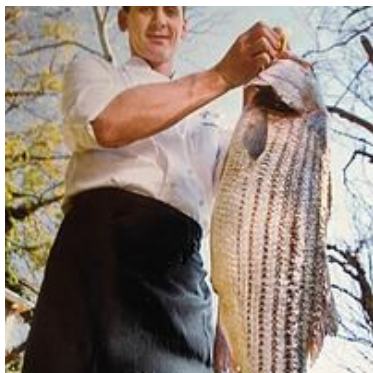
Savoy Cabbage
Refrigerate in crisper drawer

Florida Starfruit
Refrigerate

FRENCH PANTRY'S "SQUAW BREAD"

WHOLE WHEAT FLOUR,
BROWN SUGAR, MOLASSES,
HONEY, YEAST, SALT, WATER,
MALT, OATS, & GRAIN FLOUR
INCLUDES SEEDS & NUTS

KEEP REFRIGERATED



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availability.



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

Fresh Local Seafood

Fresh off the dock's to your door!
Fresh shrimp, seasonal fish and sea
scallops. Available the first two weeks
each month



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

Savoy Cabbage & Tangerine “Slaw”

1/4 cabbage (depending on size), about 6-8 cups, thinly sliced
1/2 to 3/4 cup green onions, chopped or to taste
tangerine segments, chopped to taste
1/2 cup mayo
1/2 cup yogurt
2 Tablespoons Dijon mustard
4 Tablespoons rice vinegar or favorite
dried cranberries to taste
Chopped roasted almonds to taste
sea salt and cracked black pepper to taste
fresh parsley, chopped to taste

Method: use a knife to thinly slice the cabbage and green onions. Mix cabbage, onions and tangerine in a bowl. In another bowl combine the mayonnaise, yogurt, mustard, and rice wine vinegar in a small dish. Season with salt and pepper to taste. Pour dressing over cabbage mixture and toss well. Cover and refrigerate for 1/2 an hour to meld flavors. To serve garnish with dried cranberries, chopped roasted almonds and parsley.

Mashed Russet Potato Gratin

2 lbs. russet potatoes, peeled and cut into 2-inch chunks
1/2 cup fontina cheese, shredded and divided
3 oz. Gruyère cheese, shredded and divided
1 tbsp. unsalted butter to taste
salt and pepper to taste
garlic powder to taste
1/2 - 1 cup warm whole milk
panko (Japanese breadcrumbs)
Cooking spray
fresh herbs, chopped

Method: Preheat oven to 400°. Place potatoes in a large pot. Cover with water; bring to a boil. Reduce heat, and simmer 15 minutes or until tender; drain. Return potatoes to pan. Add half of the fontina cheese, half of the Gruyère cheese, butter, garlic powder, salt, and freshly ground black pepper to pan; mash with a fork or potato masher until well combined. Add warm milk to pan; continue mashing potato mixture until desired consistency. Spoon into a baking dish coated with cooking spray; mix the remaining cheese with some panko and sprinkle evenly. Cover with aluminum foil lightly sprayed with cooking spray. Bake at 400° for 20 minutes. Remove from oven; remove and discard foil. Preheat broiler. Broil gratin 5 minutes or until cheese is brown and bubbly. Serve drizzled with extra virgin olive oil and chopped herbs.

Starfruit Pepper Jam

2 cups of finely chopped starfruit, seeds removed (plus a few whole slices, for fun)
1 Tbs. lemon juice
3/4 cup granulated sugar
2 Tbs. honey (I used a local orange blossom honey)
1 ripe (red) habanero pepper (seeds & pith removed and chopped super-fine)

If the starfruit has any brown on the “fins” (perfectly normal!), trim that part off with a sharp knife before chopping the fruit.

Method: In a medium saucepan over medium-high heat, put the starfruit, lemon juice, and sugar. Bring to a boil, stirring occasionally, and add the habanero pepper and honey. Continue to boil and stir periodically for about 15 minutes. Remove from the heat, let cool. Refrigerate.

Delicata Squash with Brown Sugar & Apple Cider

1 medium or 2 smaller delicata squash
2-3 teaspoon extra-virgin olive oil
sea salt and cracked black pepper to taste
2 cups apple cider
1 tablespoon packed brown sugar or to taste
1 cinnamon stick (1-3 inches)
3-5 whole cloves
2-3 teaspoons butter

Method: Preheat oven to 400°F. Coat a baking sheet with cooking spray. Cut squash in half lengthwise and scoop out seeds. Cut each half in half again lengthwise. Brush the cut sides of the squash with oil and season with salt and pepper. Place the squash, cut-side down, on the prepared baking sheet. Roast for 20 minutes, turn the squash over so the opposite cut side is down, and continue roasting until tender, 15 to 20 minutes more. Meanwhile, combine cider, brown sugar, cinnamon stick and cloves to taste in a small saucepan; bring to a boil over medium-high heat. Cook, stirring occasionally, until reduced to a thin, syrupy glaze, 20 to 25 minutes. (Watch carefully toward the end to prevent burning.) Remove from the heat and discard the cinnamon stick and cloves. Stir in butter until melted. Serve the roasted squash with the cider drizzle.