

May 7th 2020

THIS WEEK'S HARVEST

**Cantaloupe**

Room temp. until ripe

**Gold Potatoes**

Store in a cool-dark place

**Zucchini**

Refrigerate in crisper drawer

**Pea Shoots**

Refrigerate in crisper drawer

**Sweet Bi-Color Corn**

Refrigerate in crisper drawer

**Roma Tomatoes**

Store at room temperature

**Poblano Peppers**

Refrigerate in crisper drawer

FRENCH PANTRY'S

**"FRENCH BATARD"**

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.

**Shop Our Web Store for  
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



**OLIVE MY  
PICKLE**  
*Fermented + Probiotic*

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

### Gold Potato Salad

#### with Homemade Honey Mustard

2 lbs. gold potatoes, rinsed and cut into bite size pieces  
4 tbsp. extra virgin olive oil  
2 tbsp. whole grain mustard  
2 tbsp. Dijon mustard  
2-3 tbsp. honey or to taste  
2 tbsp. red wine vinegar or to taste  
fresh lemon juice to taste  
1/4 to 1/2 cup mayo & 1/4 to 1/2 cup sour cream  
1/2 cup red onion, diced  
1 1/2 cups fresh corn kernels, 1 1/2 cups poblano pepper diced  
sea salt and cracked black pepper  
fresh parsley chopped for garnish

**Method:** place potatoes in a medium pot and cover with cold water. Bring to a boil and turn down to a medium simmer. Cook until just tender about 10-15 minutes. Drain potatoes and keep in warm pot. In a mixing bowl whisk together olive oil, both mustards, honey, vinegar and lemon juice. Fold in mayo and sour cream to taste and set aside. Season potatoes with sea salt and cracked black pepper. Add red onion, corn and pepper. Mix well. Fold in homemade honey mustard to taste. Mix well, check for seasoning and garnish with fresh chopped parsley.

### Cantaloupe with Prosciutto & Buffalo Mozzarella

1 cantaloupe  
12 slices prosciutto  
1 pk. mini buffalo mozzarella balls, drained and patted dry  
1/2 cup fresh mint leaves

#### Vinaigrette:

2 tbsp. good quality balsamic vinegar  
3 tbsp. extra virgin olive oil  
1/2 tsp each sea salt and freshly cracked black pepper

**Method:** Slice cantaloupe in half, scoop out and discard seeds and slice into thick wedges. Peel outer tough skin off each wedge. place cantaloupe wedges on a large flat serving platter or shallow bowl. Drape the prosciutto slices randomly over the cantaloupe wedges. Drain the container of buffalo mozzarella and pat balls dry on sheets of clean paper towel. Tear each mozzarella ball in half and scatter over cantaloupe and prosciutto. Scatter mint leaves over top. In a small bowl, whisk together balsamic vinegar, olive oil, sea salt and pepper. Drizzle over top of salad.

### "Fire Roasted" Sweet Bi-Color Corn

#### with Chile-Lime Butter

1/2 cup unsalted butter (room temp)  
1-2 clove garlic, minced  
3/4 tsp mild Chile powder or to taste  
1-2 pinch paprika or to taste  
1-2 pinch ground cumin or to taste  
1 lime, juiced or to taste  
sea salt and cracked black pepper to taste  
1-2 tbsp. olive oil  
4 ears corn, husk and silk removed

**Method:** in a mixing bowl combine the butter, garlic, Chile powder, paprika, cumin, lime juice and season to taste. Cover and refrigerate for at least 30 minutes, then let sit at room temp for about 30 minutes before serving. If lime juice separates out upon standing, stir to reblend. Lightly coat corn with olive oil, salt and pepper. Grill the ears of corn, turning as needed, until lightly charred in places and golden in others about 5-6 minutes. Turn heat to low-medium, close lid and continue cooking about 10 minutes. Serve with the Chile-lime butter, sea salt, fresh cracked pepper and favorite fresh herb chopped.

### Zucchini-Red Tomato Tart with Feta

1 sheet ready-rolled puff pastry  
2-4 tbsp. ricotta or to taste  
1-2 tsp whole grain mustard or to taste  
Salt and pepper to taste  
1-2 zucchini (depending on size)  
1 tbsp. extra virgin olive oil or to taste  
2-3 oz. feta cheese or to taste  
Small handful basil  
1-2 cups roma tomatoes, diced  
1/2 cup Pitted kalamata olives cut in half

**Method:** Preheat oven to 350 degrees. Cut as large as you can circle from the pastry and place the circle on a greased oven tray. Use a fork to prick the pastry, leaving a 2cm rim free. Mix together ricotta, mustard and season. Spread onto pastry round. Cut zucchini into thin rounds. Place the zucchini, olive oil, crumbled feta, basil, and salt and pepper in a bowl and mix. Pour onto pastry. Dice the roma tomatoes. Place tomatoes and olives on top of your pastry. Place in oven and bake for 15-20 minutes, or until pastry is golden brown. Serve hot or cold with an extra drizzle of olive oil and fresh basil leaves.