

May 9th 2019



LOCALFARE

THIS WEEK'S HARVEST

Blueberries

Refrigerate

Gold Potatoes

Store in a cool-dark place

Green Curly Kale

Refrigerate in plastic bag

Yellow Crookneck
Squash

Refrigerate in crisper drawer

Pickling Cucumbers

Refrigerate in crisper drawer

Green Cabbage

Refrigerate in crisper drawer

Red Spring Top
Onions

Refrigerate in crisper drawer

FRENCH PANTRY'S

"ROSEMARY
CIABATTA"

KEEP REFRIGERATED



Green Pantry Items

Organic NON-GMO Products.



Lake Meadow Naturals

Cage-Free Eggs, Beef, Pork and Poultry.
All-Natural Vegetarian Diet. Grass Fed
Beef. All products are free of GMO's.

**All Natural Manuka Honey
Skin Care Products**

made with only the best that nature
has to offer. Ingredients like Manuka
Honey, Aloe Vera, Coconut Oil, Shea
Butter, Olive Oil, Cocoa Butter, Ce-
hami, MSM, Hempseed Oil and Blue
Green Algae.



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

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
2-3 cups curly green kale chopped or to taste
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 and kale. Mix well. Fold in homemade honey mustard to taste. Mix well, check for seasoning and garnish with fresh chopped parsley.

Grilled Yellow Crookneck Squash

with Blue Cheese-Cucumber Vinaigrette

3-4 yellow crookneck squash, cut in half lengthwise
1 to 2 tbsp. extra virgin olive oil
sea salt and cracked black pepper

For the vinaigrette

1/2 cup pickling cucumber, diced small
1/4 cup Danish blue cheese or favorite blue, crumbled or to taste
1/2 tbsp. Dijon mustard
1/4 cup red wine vinegar
organic cane sugar to taste
1/4 to 1/2 cup extra virgin olive oil
fresh parsley, chopped to taste

Method: pre-heat outdoor grill or grill pan. Coat squash with oil and season to taste. Grill squash on each side 3 to 4 minutes or until tender. Arrange squash on a serving platter. Combine all ingredients for the vinaigrette except the parsley. Mix well. Spoon blue cheese-cucumber vinaigrette over grilled squash and garnish with fresh chopped parsley.

Grilled Green Cabbage

with Sweet & Sour Caramelized Onions

1/2 head green cabbage, cut into 4 wedges
1 to 2 tbsp. extra virgin olive oil
sea salt and cracked black pepper

For the onions:

2-3 red spring top onions (red part) cut in half and sliced thinly
1 to 2 tbsp. extra virgin olive oil
sea salt and cracked black pepper
cider vinegar to taste
honey to taste
unsalted butter to taste

Method: Pre-heat an outdoor grill or grill pan. Also pre-heat oven to 375 degrees. Toss cabbage wedges with olive oil and season to taste. Grill cabbage on both sides until you get nice char marks and cabbage is half way cooked. Remove cabbage to a baking sheet and place in the oven to finish cooking (about 5 to 10 minutes). **For the onions:** in a small heavy-bottomed sauce pot or sauté pan over medium to medium low heat add onions, olive oil and season to taste. Cook onions until nicely caramelized stirring every few minutes (if pan becomes dry and onions look like they will burn add a few drops of water). When onions are tender and caramelized and vinegar and honey to taste. Remove from heat and stir in butter to taste. **To serve:** spoon sweet and sour onions over grilled cabbage.

Green Curly Kale & Couscous

with Dried Cranberries and Goat Cheese

Chicken stock or water
1 1/4 cup Israeli or pearl couscous
6-8 cups curly 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 tablespoon 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, pecans, goat cheese, parsley and a good drizzle of quality extra virgin olive oil.