

October 1st 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

NC Granny Smith Apples

Refrigerate

Delicata Squash

Store in a cool-dark place

Russet Potatoes

Store in a cool-dark place

Florida Avocados

Store room temp. until ripe

Orange Carrots

Refrigerate in crisper drawer

Savoy Cabbage

Refrigerate in crisper drawer

Florida Limes

Refrigerate

FRENCH PANTRY'S

**"ONION BOULE"**

YEAST, DRIED ONIONS, EGGS,  
HIGH GLUTEN FLOUR, SALT,  
SUGAR, PROFORM-DOUGH  
COND., POMACE OIL, YELLOW  
SPICE SEASONING

**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

### Apple-Bacon "Braised" Savoy Cabbage

2-3 tbsp. extra virgin olive oil  
1 cup bacon, diced  
1 sweet onion, diced  
3-4 cloves garlic, minced  
red pepper flakes to taste  
1 to 1 1/2 cups apple, diced  
1/2 to 3/4 head savoy cabbage, cored, rinsed and chopped  
sea salt and cracked black pepper  
2-4 cups chicken stock  
2 cups apple cider  
1/2 to 3/4 cup cider vinegar or to taste  
1/4 cup honey or to taste

**Method:** in a large sauce pot over medium high heat add oil and bacon. Cook to brown bacon. Add onion and cook 2-3 minutes. Add garlic, pepper flakes and apple. Cook 2-3 minutes. Add savoy cabbage, season to taste and cook 3-5 minutes to wilt. Add chicken stock, apple cider, cider vinegar and honey. Bring to a medium-low simmer. Cook until savoy cabbage is tender and liquid has reduced about 1/4. Taste for seasoning and serve with toasted Onion Boule.

### Florida Avocado Veggie Wrap

2 extra large wraps (whole wheat or your choice)  
1/2 to 1 Florida avocado, peeled and sliced into thick strips  
1 medium red tomato, sliced  
1 small red onion, sliced  
4 tablespoons lemon juice  
1 tablespoon apple cider vinegar or to taste  
2 teaspoons maple syrup or to taste  
6 tablespoons spicy or regular hummus  
1 cup shredded carrot  
sea salt and fresh ground black pepper  
alfalfa sprouts  
fresh parsley, chopped to taste

**Method:** Slice avocado in half. Rub the extra half with lime juice, cover tightly with plastic wrap and place in the fridge for later use. Remove the pit and slice into long thick strips. Set aside in a bowl and coat in lime juice and a pinch of salt and pepper. Slice the onion and tomato into thin slices. Place in separate bowl and toss with the extra virgin olive oil, maple syrup, splash of lemon juice and apple cider vinegar. Warm your tortillas in the oven until they are soft and pliable. Spread a nice amount of the hummus onto the wrap. Add about 4 long slices of avocado, a few slices of tomato, onion, shredded carrots and a pinch of salt & pepper. Add alfalfa sprouts and fresh parsley to taste.

### Russet Potato Mash with Rosemary-Garlic Cream

2 lbs. russet potatoes, peeled and quartered  
3-4 garlic cloves, peeled  
water  
2-3 cups heavy cream  
1-2 rosemary sprigs  
1/2 to 3/4 stick unsalted butter or to taste  
sea salt  
cracked black pepper  
extra virgin olive oil

**Method:** place potatoes in a large sauce pot and cover with cold water. Add garlic cloves. Bring to a low boil and cook until tender (about 10-15 minutes). Meanwhile in a small sauce pot add cream and rosemary. Bring to a light simmer for 5-8 minutes. Drain water from potatoes leaving garlic cloves in. Add butter and rosemary cream. Season to taste and smash potatoes with a potato masher until desired consistency. Drizzle with extra virgin olive oil and serve.

### "Apple-Stuffed" Delicata Squash with Pecans & Maple Syrup

2 tbsp. unsalted butter, melted  
2 tbsp. maple syrup  
1/2 tsp lemon or to taste  
1/4 tsp ground cinnamon or to taste  
2 apples, peeled & chopped  
2 small delicata or 1 big delicata, halved, seeds removed  
1/4 cup chopped pecans, toasted

**Method:** Preheat oven to 375 degrees. Combine butter, syrup, lemon juice, cinnamon, and apple in a bowl. Season squash to taste with sea salt and cracked black pepper. Fill each half with the apple mixture. Set in a baking dish and roast for about 45 minutes or until squash is soft (test with a fork). Remove from oven and Sprinkle with chopped pecans and serve.