

January 23rd 2020

THIS WEEK'S HARVEST

Florida Tangerines
Refrigerate

Dino Kale
Refrigerate in plastic bag

Broccoli
Refrigerate in plastic bag

Sweet Potatoes
Store in a cool-dark place

White Turnips with Tops
Remove tops, refrigerate in plastic bag, roots in crisper

Green Cabbage
Refrigerate in crisper drawer

Purple Daikon Radish
Remove tops, refrigerate in plastic bag, roots in crisper

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.



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



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

“Thyme” Roasted Sweet Potatoes with Goat Cheese & Dried Cranberries

3-4 sweet potatoes, peeled and cut into large bite size pieces
1-2 tbsp. extra virgin olive oil
sea salt and cracked black pepper
fresh thyme leaves
crumbled goat cheese to taste
dried cranberries to taste

Method: pre-heat oven to 350 degrees. In a large bowl toss sweet potatoes with olive oil, salt, pepper and thyme leaves to taste. Mix well. Spread out potatoes on a baking sheet lined with foil. Cook sweet potatoes until tender and nicely browned a little turning once or twice (about 30-40 minutes). Remove sweet potatoes from the oven and place in a serving dish. Place goat cheese and cranberries into their own bowls and place next to sweet potatoes so everybody can serve themselves to taste.

Baked Broccoli “Mac & Cheese”

12 oz. elbows pasta
2 tbsp. butter
1/4 cup flour
1/4 cup minced onion
2 cups milk
1 cup chicken broth
2 cups shredded sharp cheddar cheese
salt and fresh pepper to taste
3-4 cups broccoli florets (roasted until tender 10-12 minutes)
1/8 cup grated parmesan or to taste
1/4 cup seasoned bread crumbs
cooking spray

Method: Cook pasta in a large pot of salted water, according to package directions for al dente (or slightly under cook 2 minutes). Spray a baking dish with cooking spray. Preheat oven to 375°. In a large, heavy skillet, melt butter. Add onion and cook over low heat about 2 minutes, add flour and cook another minute, or until the flour is golden and well combined. Add milk and chicken broth and whisk, raising heat to medium-high until it comes to a boil; cook about 5 minutes or until the sauce becomes smooth and thick. Season with salt and pepper. Once the sauce is thick, remove from heat, add cheese and mix well until cheese is melted. Adjust salt and pepper to taste, add cooked macaroni and broccoli and mix well. Pour into prepared baking dish. Top with grated cheese and breadcrumbs. Spray a little more cooking spray on top. Bake for 15-20 minutes, then broil for a few minutes to get the breadcrumbs golden. Garnish with chopped parsley and green onions.

“Simply Braised” Green Cabbage

1 Medium head green cabbage (about 2 pounds)
1 large sweet onion
1 large carrot, cut into 1/4 inch rounds
4-6 garlic cloves, peeled
1/4 cup chicken stock
1/4 cup extra-virgin olive oil
sea salt and cracked black pepper
red pepper flakes to taste
1-2 tbsp. unsalted butter
coarse sea salt

Method: Heat the oven to 325. Lightly oil a large gratin dish or a baking dish (9 by 13 inch works well). Then cut the cabbage into 8 wedges. Arrange the wedges in the baking dish, they may overlap some, but do your best to make a single layer. Scatter in the onion, carrot and garlic. Drizzle over the oil and stock. Season with salt, pepper, and the pepper flakes. Cover tightly with foil, and slide into the middle of the oven to braise until the vegetables are completely tender, about 2 hours. Turn the cabbage wedges with tongs after an hour. If the dish is drying out at all, add a few tablespoons chicken stock. Once the cabbage is completely tender, remove the foil, increase the oven heat to 400, and roast until the vegetables begin to brown, another 15 minutes or so. Remove from oven, add butter and serve warm or at room temperature, sprinkled with coarse salt.

Dino Kale Soup with Toasted Onion Boule

1/2 to 1 bunch kale, stems and leaves washed
2 tablespoons extra virgin olive oil
1 sweet onion, chopped
3-4 cloves garlic, minced
2 cans cannellini beans, (14.5 ounces each), drained and rinsed 4 cups water
2 cups chicken stock
sea salt and cracked black pepper
4 thick slices onion boule (included in your bag)
fresh lemon juice
grated parmesan cheese
cilantro for garnish

Method: Cut or tear the kale into 1/2-inch strips. In a medium saucepan, heat 1 tablespoon oil over medium-high heat. Add onion, garlic and cook until softened, about 5 minutes. Add half of the beans, and lightly mash with a fork. Add water and stock, and bring to a boil. Stir in kale, remaining beans and season to taste. Partially cover, reduce heat, and simmer until kale is tender, about 5-8 minutes. Toast bread with olive oil, sea salt and cracked pepper. Ladle soup into bowls, top with toast, and drizzle with remaining tablespoon olive oil. Sprinkle with lemon, parmesan cheese and fresh cilantro.