

July 9th 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

SC Peaches

Room temp. until ripe

Red Potatoes

Store in a cool-dark place

Yellow Squash

Refrigerate in crisper drawer

Kabocha or Acorn Squash

Store in a cool-dark place

Slicing Cucumbers

Refrigerate in crisper drawer

Green Beans

Refrigerate in crisper drawer

Savoy Cabbage

Refrigerate in crisper drawer

FRENCH PANTRY'S

WHOLE GRAIN

YEAST, HIGH GLUTEN  
FLOUR, HONEY, WATER,  
FLOUR 8-GRAIN (WHEAT &  
HONEY BASE), OATS

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

### Baked “Peach” Clafoutis

1 cup whole milk  
3/4 cup all-purpose flour  
1/2 cup honey  
3 eggs  
1 tablespoon melted unsalted butter  
1 teaspoon vanilla extract  
1 tablespoon organic cane sugar  
3 cups **RIPE** sliced peaches

**Method:** Lightly grease a 9-inch baking dish. Preheat oven to 350°. In a blender, place milk, flour, honey, eggs, butter, and vanilla. Blend until smooth. In a medium bowl, toss together peaches and sugar. Place evenly in bottom of prepared baking dish. Pour blended batter over peaches and bake until golden brown, 40 to 45 minutes. Remove from oven and cool 10 minutes before serving. Serve with vanilla ice cream!

**\*A Clafouti is a traditional French pastry that makes baking easy as pie. A simple blended batter is poured over freshly sliced fruit, and the entire pan is baked in the oven until golden and bubbly.**

### Roasted Savoy Cabbage with Mustard-Bacon Dressing

1/2 to 1 head cabbage (depending on size), sliced into wedges  
core still attached

2-3 tablespoons extra virgin olive oil  
sea salt and cracked black pepper to taste

#### Dressing:

1/4 cup extra virgin olive oil or to taste  
1 tablespoon whole grain mustard  
1 tablespoon Dijon mustard  
juice of 1/2 a lemon or to taste  
cider vinegar to taste  
honey to taste  
1-2 teaspoon capers or to taste, chopped (optional)  
1/4 to 1/2 cup cooked bacon, chopped

**For Garnish :** Italian parsley, chopped to taste

**Method:** Preheat oven to 375 to 400 degrees. Rub baking sheet with oil, place cabbage wedges on top, and drizzle with oil and sprinkle with salt and pepper. Roast the cabbage for 30-40 minutes, until the outer leaves are slightly blackened and the inner core is tender when poked with a knife. Use your judgment, it may take more or less time depending on the size of your cabbage. Meanwhile whisk together all the dressing ingredients except the oil until well blended. Then slowly whisk in oil. When ready to serve, place the cabbage wedges on a plate and spoon the dressing over top. Garnish with parsley.

### “Simply” Grilled Yellow Squash with Goat Cheese & Basil

2-3 yellow squash cut in half lengthwise  
1-2 tbsp. extra virgin olive oil  
sea salt and cracked black pepper  
goat cheese crumbled  
fresh sweet basil, chopped  
extra virgin olive oil

**Method:** pre-heat oven to 400 degrees. Pre-heat outdoor grill or grill pan. Toss squash with oil to coat evenly. Season to taste with salt and pepper. Grill squash cut side down for 3-4 minutes for nice char marks. Remove squash to a baking sheet lined with foil, cut side up. Place in oven and cook until nicely tender. Remove from oven and place squash side by side on a serving platter. Crumble goat cheese over squash to taste. Sprinkle basil over goat cheese to taste. Drizzle with extra virgin olive oil to finish!

### Roasted Kabocha or Acorn Squash with Toasted Pecans & Maple Syrup

1 personal/small share kabocha or acorn, medium/large share use 1/2 kabocha, cut into half, seeds removed, cut each half into 4-6 wedges  
1 large sweet onion cut into 8 wedges  
1-2 tbsp. extra-virgin olive oil  
ground cinnamon to taste  
sea salt and cracked black pepper to taste  
1 cup pecans or to taste, toasted and chopped  
maple syrup to taste

**Method:** pre-heat oven to 400 degrees. Place squash and onion in a large mixing bowl. Add olive oil, cinnamon, salt and pepper. Mix well. Spread out evenly on a baking sheet lined with foil and coated with cooking spray. Cook until nicely caramelized and tender flipping once or twice about 35-45 minutes (turn down oven if looks like it might burn). Remove from oven and place on a serving dish. Sprinkle with toasted pecans and drizzle with maple syrup to taste.