

April 30th 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

Honeydew Melon

Room temp. until ripe

Red Potatoes

Store in a cool-dark place

Poblano Peppers

Refrigerate in crisper drawer

Rainbow Carrots

no tops

Refrigerate in crisper drawer

Roma Tomatoes

Store at room temperature

White Cauliflower

Refrigerate in crisper drawer

Green Beans

Refrigerate in plastic bag



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.



FRENCH PANTRY'S

"HONEY WHEAT"

HONEY, WHEAT FLOUR,
BUTER, WATER, YEAST.

KEEP REFRIGERATED



**OLIVE MY
PICKLE**
Fermented + Probiotic

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

Grilled Carrots

with Green Onion-Parsley Vinaigrette & Parmesan

1 portion carrots, peeled
1 to 2 tbsp. extra virgin olive oil
sea salt and cracked black pepper to taste

For the Vinaigrette:

1/4 cup fresh lemon juice
1 to 2 garlic cloves, minced
1/4 cup honey or to taste
pinch ground cayenne pepper or to taste
1 to 2 tbsp. green onion, finely chopped
1 to 2 tbsp. Italian parsley, finely chopped
2 to 3 tbsp. extra virgin olive oil
parmesan cheese, grated to taste

Method: pre-heat outdoor grill or grill pan. Toss carrots with olive oil and season to taste. Grill carrots on all sides to achieve nice grill marks. Turn heat down and cook covered until tender (move carrots around every few minutes to keep from burning).

For the Vinaigrette: combine lemon juice, garlic, honey, cayenne pepper, green onion and parsley in a mixing bowl. Whisk together well. Slowly pour in olive oil while whisking to combine. Season to taste. Serve carrots garnished with parmesan cheese and green onion-parsley vinaigrette on the side.

Roasted White Cauliflower with Olives & Roma Tomatoes

1 head cauliflower or 2 small
1/3 cup extra virgin olive oil or to taste
Zest of 1 lemon or to taste
1/2 cup pitted kalamata olives, roughly chopped or to taste
2-3 roma tomatoes, cut into 6-8 wedges each
Sea salt and cracked black pepper, to taste
parmesan cheese, grated to taste
flat leaf parsley, chopped to taste

Method: Trim the cauliflower and cut it into 2-inch florets. Position a rack in the middle of an oven and preheat to 400°F. In a shallow roasting pan large enough to hold the cauliflower pieces in a single layer, combine the cauliflower, olive oil, lemon zest, tomatoes and olives. Season with salt and pepper and toss to mix well. Spread the ingredients in a single layer. Bake, stirring occasionally, until the cauliflower is browned and tender when pierced with a fork, about 15 minutes. Transfer to a warmed serving dish and serve immediately garnished with parsley.

Green Beans “Sweet and Sour”

1 lb. green beans, trimmed, rinsed and patted dry
2tbsp extra virgin olive oil
1 sweet onion, sliced thin
1/4 cup golden raisins
2-3 cloves garlic, minced
3 tbsp cider vinegar or to taste
1 1/2 tsp sugar or to taste
salt and pepper to taste
favorite fresh herbs chopped to taste

Method: In a medium-sized skillet heat the oil over medium heat. Add onion and cook, covered, for 5 minutes or until softened. Add the green beans, raisins, garlic, vinegar, sugar, salt and pepper to taste and cook, covered, for 8 minutes. Remove from the heat and stir. Adjust seasonings (vinegar, sugar, salt and pepper to taste). Garnish with chopped fresh herbs to your taste (mint or basil, even both together).

Red Potatoes with Rosemary and Garlic

2 pounds red potatoes
1/8 cup extra virgin olive oil
sea salt to taste
fresh ground pepper to taste
3-4 garlic cloves, minced
2 tablespoons minced fresh rosemary leaves
parmesan cheese, grated to taste

Method: Preheat the oven to 400 degrees F. Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, garlic and rosemary; toss until the potatoes are well coated. Dump the potatoes on a baking sheet and spread out into 1 layer; roast in the oven for 30 to 40 minutes, or until browned and crisp. Flip twice with a spatula during cooking to ensure even browning. Remove the potatoes from the oven, season to taste, sprinkle with parmesan cheese and serve.