

November 24th 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

Red Pears

Room temp. until ripe

Green Beans

Refrigerate in crisper drawer

Russet Potatoes

Store in a cool-dark place

Sweet Bi-Color Corn

Refrigerate in crisper drawer

Spanish Yellow Onion

Store in a cool-dark place

Curly Green Kale

Refrigerate in plastic bag

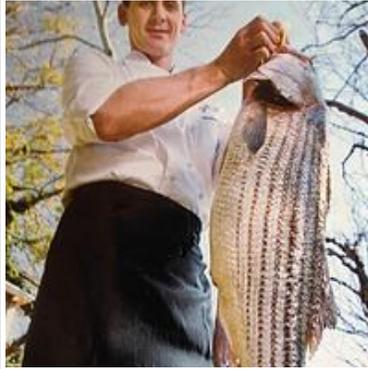
Sweet Potatoes

Store in a cool-dark place

FRENCH PANTRY'S

**"PESTO
CHEESE
ROLLS"**

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

“Roasted” Sweet Potato Puree

5-6 sweet potatoes, washed
extra virgin olive oil to taste
2 tablespoons light brown sugar
sea salt and cracked black pepper to taste
1/4 to 1/2 cup heavy cream
2-3 tablespoons unsalted butter
pinch ground cinnamon or to taste
vanilla extract to taste

Method: pre-heat oven to 400 degrees. Place potatoes on a baking sheet and drizzle with olive oil and season to taste. Cook until tender about 45 minutes. When potatoes are done remove from heat and let cool slightly. Cut potatoes and scoop out flesh into a food processor or a kitchen aid mixer. Add brown sugar, cream, butter, cinnamon, vanilla extract and mix well. Season to taste.

Green Bean Casserole

1 lb. green beans, trimmed, cut crosswise in half
4 oz. cream cheese, softened
1/4 cup whole milk
sea salt and cracked black pepper to taste
1-2 cloves garlic, minced, divided
1/4 to 1/2 cup sliced almonds
1/4 to 1/2 cup panko breadcrumbs
1-2 tbsp. unsalted butter, melted
cooking spray

Method: pre-heat oven to 350 degrees. Cook beans in boiling water 3 minutes. Meanwhile, whisk cream cheese, milk, salt and pepper, and half the garlic in a large mixing bowl until well blended. Drain beans. Add to cream cheese mixture; mix lightly. Spoon into a big enough casserole dish sprayed with cooking spray. Combine remaining garlic with all remaining ingredients; sprinkle over bean mixture. Bake 30 minutes or until beans are tender and crumb topping is golden brown.

Laura’s Southern Squash Casserole

4 cups yellow squash cooked, steamed or boiled and drained
2 grated carrots
1 can of cream of chicken soup
1 stick unsalted butter
Salt and cracked black pepper
1 large onion, diced
1/2 pint sour cream
1 small jar pimentos (drained)
1/2 lb. grated mild cheddar cheese
2 cups club crackers

Method: mix all ingredients (EXCEPT CLUB CRACKERS) with 1/3 melted butter and season well with salt and pepper. Bake at 350 for 45 minutes. Once casserole starts to bubble remove from oven. Crush up crackers and mix with remaining butter. Put casserole back in oven until crackers are golden brown.

Russet Potato Mash

with Rosemary-Garlic Cream

2 1/2 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
fresh parsley chopped to taste
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, fresh chopped parsley and serve.