

July 2nd 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

Sweet Potatoes

Store in a cool-dark place

Italian Eggplant

Refrigerate in crisper drawer

Globe Zucchini

Refrigerate in plastic bag

Slicing Cucumbers

Refrigerate in crisper drawer

Red Cubanelle

Peppers

Refrigerate in crisper drawer

Spaghetti Squash

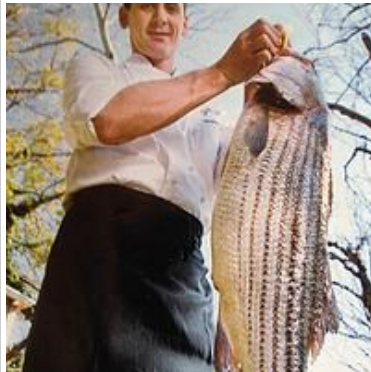
Store in cool-dark place

FRENCH PANTRY'S

SOURDOUGH

NATURAL SOUR CULTURE, YEAST, SALT, BREAD FLOUR, SUGAR

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

Tuscan Bread Salad

3 tablespoons extra virgin olive oil
sourdough , cut into 1-inch cubes (6 cups)
1 teaspoon sea salt or to taste
1-2 tomatoes, cut into 1-inch cubes
1-2 red cubanelle pepper, chopped
1/2 to 1 cucumber, sliced
1/2 sweet onion, thinly sliced or to taste
parsley leaves, coarsely chopped to taste
feta cheese, crumbled to taste

For the vinaigrette:

2 teaspoon finely minced garlic or to taste
1 teaspoon Dijon mustard
6 tablespoons red wine vinegar
3/4 to 1 cup extra virgin olive oil
sea salt and cracked black pepper

Method: Heat the oil in a large sauté pan. Add the bread and salt; cook over low to medium heat, tossing frequently, for 10 minutes, or until nicely browned. Add more oil as needed.

For the vinaigrette: whisk the garlic, Dijon mustard, red wine vinegar and olive oil together. Season to taste. In a large bowl, mix the tomatoes, pepper, sweet onion, and parsley. Add the bread cubes and toss with the vinaigrette. Taste for seasoning. Serve, garnished with crumbled feta cheese to taste.

Italian Eggplant “Dirty Rice”

¼ cup extra virgin olive oil
3 celery rib, finely chopped
2 medium red cubanelle peppers, seeded and finely chopped
1 medium onion, finely chopped
sea salt and cracked black pepper to taste
1 medium eggplant (about 1 pound), cut into 3/4-inch cubes
1 Tbsp. dried thyme
¼ tsp cayenne pepper
3 garlic clove, finely chopped
1 Tbsp. tomato paste
¼ cup soy sauce
1 ½ cup medium-grain white rice
2 ½ cup vegetable broth
hot sauce, chopped parsley to taste for serving

Method: Preheat the oven to 350°. In a large, deep casserole, heat the oil until shimmering. Add the celery, cubanelle peppers and onion and season with salt and pepper. Cover and cook over low heat until the onion is translucent, about 5 minutes. Uncover and cook over moderate heat until the vegetables are lightly browned, about 10 minutes. Add the eggplant, thyme, cayenne and season with salt and pepper. Cook over moderate heat until the eggplant is softened, about 8 minutes. Stir in the garlic and tomato paste and cook for 1 minute. Add the soy sauce and scrape up any bits stuck to the bottom of the casserole. Stir in the rice and broth and bring to a boil. Cover and bake for 17 minutes, until the rice is just tender. Remove from the oven and let stand, covered, for 10 minutes. Fluff the rice and serve with hot sauce.

Sweet Potato Gratin

with Sweet Onions & Rosemary Spiced Pecans

2 tbsp. butter
2 lbs. sweet potato, peeled and cut into ¼ inch thick slices
¾ cup parmesan cheese
1 cup heavy whipping cream
½ tsp salt
¼ tsp ground black pepper
1/8 tsp cayenne
2-3 tbsp. unsalted butter
1/2 cup pecan halves
1 tbsp. organic cane sugar
chopped rosemary to taste

2 cups roasted sweet onions (cut onions into small wedges, toss with a little olive oil, salt and pepper. Cook at 400 degrees in the oven until tender and have a little color to them.)

Method: pre-heat oven to 400 degrees. Butter a small baking dish with 1 tbsp. butter. Arrange a third of the sweet potatoes, overlapping slightly, in the dish. Sprinkle with parmesan cheese and roasted onions. Repeat with 2 more layers of sweet potatoes, cheese and onions. In a small bowl, combine cream, salt, pepper and cayenne. Pour over potatoes. Dot with remaining 1tbsp butter. Cover dish with foil and bake 30-35 minutes. Remove foil and continue baking until sweet potatoes are tender and top is browned, about 20-25 minutes. **For the spiced pecans:** toast pecans for 2-3 minutes in the oven. In a medium non-stick skillet over medium-high heat add butter and pecans. Toss to coat. Sprinkle in sugar, rosemary and cayenne pepper to taste. When sugar is melted remove from heat. Season to taste with salt and pepper. Garnish sweet potato gratin with spiced rosemary pecans.

Spaghetti Squash “Roasted”

1 spaghetti squash
1-2 tablespoons extra virgin olive oil
2 1/2 tablespoons butter
chopped favorite fresh herb to taste
Sea salt and cracked black pepper
grated parmesan cheese to taste

Method: Preheat the oven to 375 degrees F. Using a sharp knife, cut the squash in half lengthwise and place, cut side down, in a baking dish. Add enough water to come 1/2-inch up the sides of the baking dish and cover with aluminum foil. Bake for 45 minutes, until the squash is easily pierced with a paring knife. Turn squash over and cover with foil again and continue to cook another 15 minutes, until the squash is very tender. Remove from the oven, uncover, and allow to cool slightly. Using a spoon, remove the seeds and discard. Using a fork, gently pull the strands of squash away from peel and place the squash strands into a mixing bowl. Heat a skillet. Add the butter, olive oil, spaghetti squash, salt and pepper and toss thoroughly but gently to heat and combine. Sprinkle with parmesan cheese. Garnish with fresh chopped herbs and serve immediately.