

January 2nd 2020

THIS WEEK'S HARVEST

Savoy Spinach

Refrigerate in plastic bag

Red Leaf Lettuce

Refrigerate in plastic bag

Broccoli

Refrigerate in plastic bag

White Cauliflower

Refrigerate in plastic bag

Yukon Gold Potatoes

Store in a cool-dark place

Napa Cabbage

Refrigerate in plastic bag

Green Onions

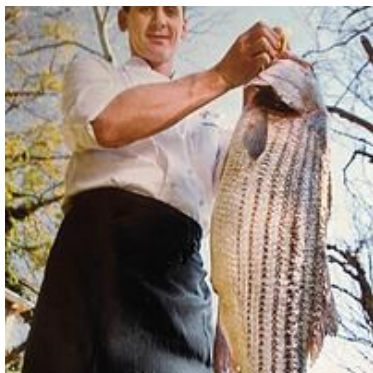
Refrigerate in plastic bag

FRENCH PANTRY'S

FRENCH BATARD

UNBLEACHED FLOUR,
SALT, WATER AND
YEAST

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.

**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



**OLIVE MY
PICKLE**
Fermented + Probiotic

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

Grilled Broccoli & Orzo Salad with Goat Cheese

Orzo pasta cooked according to package directions

1 bunch broccoli, cut into florets

extra virgin olive oil

sea salt and cracked black pepper

1/2 to 1 cup green onion, sliced

1 cup tomato, diced small

2-3 tbsp. extra virgin olive oil

2-3 tbsp. red wine vinegar

2-3 tbsp. fresh dill, chopped

goat cheese, crumbled

fresh lemon

Method: pre-heat outdoor grill or grill pan. Toss broccoli with oil and season to taste. Grill broccoli long enough to get char marks all around. Remove to a cutting board and roughly chop. In a large bowl add orzo and grilled broccoli, mix well. In another bowl combine onions, tomato, olive oil, vinegar and dill. Season to taste and mix well. Pour over orzo and broccoli. Fold ingredients together. Serve in salad bowls garnish with goat cheese, squeezed lemon and a drizzle of good extra virgin olive oil.

Napa Cabbage Roasted with Whole-Grain Mustard & Parsley

1/2 to 1 head Napa cabbage, sliced lengthwise into medium wedges with the 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)

parsley, chopped to taste

Method: Preheat oven to 425 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 20-30 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.

Roasted Yukon Gold Potatoes over Creamed Spinach

1-2 lbs. Yukon gold potatoes, rinsed, drained and quartered or cut into bite size pieces

2-3 tbsp. extra virgin olive oil

sea salt and cracked black pepper

For the spinach:

2-3 tbsp. extra virgin olive oil

3-4 garlic cloves, minced

1/2 cup sweet onion, sliced thinly

1 bunch spinach, rinsed and kept whole or chopped

sea salt and cracked black pepper

1/2 cup heavy cream or more to taste

1/4 to 1/2 cup grated parmesan cheese or to taste

1-2 tbsp. unsalted butter

Method: pre-heat oven to 400 degrees. In a large bowl toss potatoes with oil and season to taste. Spread out potatoes on a baking sheet lined with foil. Roast potatoes 30-40 minutes or until nicely browned and tender (turning a couple of times).

For the spinach: in a large sauté pan over medium high heat add oil, garlic and onions. Cook 3-5 minutes or until nicely softened. Add spinach and season to taste. Cook 1-2 minutes. Add heavy cream and parmesan. Cook 2-3 minutes to thicken. Remove from heat and add butter and stir. **To serve:** spoon creamed spinach into a shallow bowl and top with roasted Yukon gold potatoes. Garnish with fresh chopped parsley.

White Cauliflower "Fried Rice"

2-3 tbsp. olive oil

1 small to medium sweet onion, thinly sliced

1-2 carrots, peeled and sliced thinly

2-3 cloves garlic, minced

1 cup green onions, sliced thinly

2 eggs, lightly beaten

1/2 head cauliflower, cut into florets, grated or pulsed in a food processor to mimic rice

soy sauce to taste

2-3 tbsp. unsalted butter

sea salt and cracked black pepper

Method: in a large sauté pan over medium heat add oil, onion, carrots and garlic. Cook 5-6 minutes, stirring without burning. Add green onions and cook 2-3 minutes. Add eggs and cook, stirring 1-2 minutes. Add grated cauliflower, soy sauce and cook, stirring 5-8 minutes or until cauliflower is just tender. Remove from heat, add butter and mix well. Taste for seasoning.