

LOCAL FARE

Eat Local. Eat Seasonal. Eat Healthy.

***Blackberries** are in season for a very short period of time but are so amazing. These berries never last long in our home and usually get devoured as a snack. **For best storage, keep in clamshell provided and store in the fridge.**

***Roma Beans** are long green beans that are thick in width, but narrow. They taste amazing and are best when cut in 1-2 inch strips and sauteed with bacon. Check out this weeks recipe if your not sure how to cook them. **For best storage, keep in bag provided and store in the crisper drawer of the fridge.**

***Seedless Watermelons** are here for the spring and summer and our farmers sure know how to grow them. Watermelon is a great snack during the hot months of summer to cool you down. Who doesn't like watermelon? **For best storage, keep in the fridge.**

***Yum Yum Peppers** couldn't have a better name. The baby bells are superb for salads, appetizers, kabobs, and even just for snacking. I can't say enough about these awesome peppers. **For best storage, keep in container provided and store in the crisper drawer of the fridge.**

***Garden Gem Tomatoes** have been deemed in a taste-test as the most flavorful tomato. Developed by researchers at the University of Florida, this tomato is top notch. Don't expect to find these in stores though because supermarkets will not stock them due to their cost. **For best storage, keep in the pantry or cool, dry place until ripe.**

***Fairy Tale Eggplant** look very whimsical due to their size, shape, and color. These eggplant are great on the grill or roasted in the oven to bring out their natural richness. Check out this weeks recipe if you are not sure how to create your own fairy tale ending. **For best storage, keep in crisper drawer of the fridge.**

***Organic Cucumbers** are another great vegetable to enjoy over the summer because of their refreshing nature. These cucumbers are organic and can be juiced, pickled or sliced and diced. I happen to love the flavors of cucumber, watermelon, and vodka especially served over ice at the beach or poolside. **For best storage, keep in the crisper drawer of the fridge.**

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Blackberries

Roma Beans

**Seedless
Watermelons**

**Yum Yum
Peppers**

**Garden Gem
Tomatoes**

**Fairy Tale
Eggplant**

**Organic
Cucumbers**

**The French
Pantry's Ciabatta**

Check out these recipes by Chef Brian Lewis for fun, easy fixin'

Italian Sausage & Goat Cheese stuffed Yum Yum Peppers

1 pound mild or hot ground Italian sausage
1 large shallot, diced
1-2 cloves garlic, finely diced
4-6 ounces goat cheese, softened
1 standard portion yum yum peppers, halved and seeded

In a saute pan on high heat cook the sausage until crispy and the fat is rendered. Scoop out the sausage with a slotted spoon onto a plate lined with paper towel. In the same pan, cook the garlic and shallot until caramelized and fragrant but not burnt. Remove from the pan and mix with the sausage in a large bowl. Let cool to room temperature before mixing in the goat cheese.

Mix the goat cheese with the sausage, shallot and garlic really well.

Preheat oven to 350 and stuff the pepper halves with the mixture. On a roasting pan, roast the stuffed peppers until soft and meat is hot.

Fairy Tale Eggplant Saute w/ Polenta

1 cup polenta / 2 cups whole milk / 1 cup water
2 Tbsp butter / 1/2 cup parmesan cheese
salt to taste
1 standard portion fairy tale eggplants, halved
1 Tbsp olive oil
1 onion, finely chopped
3 cloves garlic, minced
3-4 garden gem tomatoes, diced
1 Tbsp balsamic vinegar
fresh chopped basil for garnish
salt and pepper to taste

For the polenta; add the milk and water with a pinch of salt, to a deep pot and bring to a boil. Add the polenta and lower to a simmer, stirring regularly so it doesn't burn to your pan. Cook about 30 minutes. If you prefer stiff polenta, this should be perfect. If you like it looser, add a little more water. Finish off with butter and take off the heat. Stir in parmesan.

For the vegetables; add olive oil to a large pan over medium heat. Add onions and cook for about 5-7 minutes. Add garlic and cook for another 1-2 minutes until fragrant. Add eggplant and toss together with onion/garlic mixture, cook for 2-3 minutes. Add tomatoes and toss. Add balsamic vinegar and stir to coat. Add salt and pepper and cook until tomatoes just start to blister, but still maintain their shape. At the last second, toss in basil.

Scoop polenta onto a large plate and spoon the eggplant mixture on top. Top with parm and basil.

Roma Beans With Tomatoes

1-2 Tbsp olive oil
3 green onions, white portion only thinly sliced
1 can (14 oz) plum tomatoes, coarsely chopped with juices
1/2 tsp crushed red pepper flake
1 standard portion roma beans, ends trimmed
salt and pepper to taste
1 Tbsp freshly chopped flat leaf parsley

In a saucepan large enough to hold the beans, warm the olive oil over medium-low heat. Add the green onions and cook, stirring, until translucent, about 8 minutes. Add the tomatoes and red pepper flake, increase the heat to medium and simmer, stirring occasionally, until the tomatoes reduce slightly, about 10 minutes.

Stir in the beans and season with salt and a few grinds of pepper. Reduce the heat to low, cover and cook until the beans are very tender, about 30 minutes. Check frequently and add 2 Tbsp hot water if the sauce looks dry.

Transfer the beans to a warmed serving dish and sprinkle with the parsley. Serve immediately.

Watermelon- Cucumber Cooler

*If you have a juicer, disregard the blending directions below. Just juice it...

5 cups cubed seedless watermelon
2 organic cucumbers, peeled and cut in chunks
1/4 cup fresh lime juice
2 Tbsp local honey
2/3 cup vodka
ice
cucumber slices, for garnish

Set a large fine-mesh sieve over a large bowl or pitcher. In a food processor or blender, puree watermelon. Pour watermelon puree through sieve, pressing on solids with a rubber spatula. Puree cucumbers and pour through sieve into watermelon juice.

In a small bowl or measuring cup, stir together lime juice and honey. Add to watermelon and cucumber juices, along with vodka. Adjust sweetness with more honey if desired.

To serve, fill four glasses with ice and top each with the cocktail. Garnish with cucumber slices and enjoy responsibly.