

January 8th – 10th



Cheddar Cauliflower

Broccoli

Florida Oranges

Organic Bok Choy

Organic Fresh Cut Dill

Organic Purple Daikon
Radishes

Organic Murasaki Sweet
Potatoes

The French Pantry's
8 Grain

Did You Know?

- Orange cauliflower is also called “cheddar” cauliflower (solely because of its color, not because it tastes like cheese). The orange color comes from the natural pigment beta-carotene. The orange cauliflower has more beta-carotene than the white, which results in 25% more Vitamin A than the white kind.
- Murasaki, a purple-skinned Japanese sweet potato, is a summer standout with distinctive nutty flavor. The purple beauty's soft white flesh is loaded with vitamin C and dietary fiber. Typically, even sweeter than the normal sweet potato.
- The origin of the “Breakfast Radish” name most likely lies in the fact that the Victorians liked to eat them with their breakfast- or afternoon tea. The Victorians considered these radishes as French simply because the French adored them especially in Victorian times while they were becoming popular in England for teatime. Breakfast radishes are known for their crisp texture and mild to delicate sweet flavor.
- There are many kinds of bok choy that vary in color, taste, and size, including tah tsai and joi choy. You might also find bok choy spelled pak choy, bok choy, or pak choy. In addition to many other beneficial vitamins and minerals, bok choy is very high in vitamin A, C and K, and it is particularly useful in decreasing the likelihood of inflammation and cancer.



Storage Tips

Refrigerate - Store in Pantry

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Salmon with Oranges + Dill

4 6 oz. salmon filets
1 tablespoon olive oil
1 or 2 large Valencia oranges
Fresh dill
2 sprigs fresh rosemary
3 teaspoons orange zest
1/4 teaspoon salt
1/4 teaspoon black pepper

Preheat oven to 375 degrees F.

Lay foil on a cookie or baking sheet and spray with nonstick spray. Rub both sides of salmon with a little olive oil and then sprinkle with dill to taste, salt and pepper.

Lay on baking sheet skin side down. Cut the orange in half and drizzle salmon pieces with juice and then the orange zest. (Save a little bit of juice.) Slice the other half of the orange into thin slices and lay on top of the salmon along with a few springs of fresh rosemary.

This goes great over mashed cauliflower for a low carb meal. Also great for prepping lunches!

Chicken Broccoli + Sweet Potato Sheet Pan Dinner

3 cups sweet potatoes peeled and diced into 3/4-inch cubes
4 Tbsp olive oil, divided
1 1/2 lbs. boneless skinless chicken breasts, diced into pieces (keep them close to the same size so they all cook even)
3 cups small broccoli florets
1/2 of a medium red onion, diced
3 cloves garlic, minced
3/4 tsp of each dried thyme, sage, parsley and rosemary
1/8 tsp nutmeg
Salt and pepper
1/2 cup pecans, whole or roughly chopped
1/3 cup dried cranberries

Preheat oven to 400. Place sweet potatoes in a mound on a rimmed 18 by 13-inch baking sheet, pour 1 Tbsp over top and toss to evenly coat. Spread into an even layer and roast in preheated oven for 15 minutes (meanwhile chop and prep remaining ingredients). Remove sweet potatoes from oven, add chicken pieces, broccoli florets, and red onion around sweet potatoes (just placing everything randomly). Sprinkle with garlic and drizzle everything with remaining 3 Tbsp olive oil (focusing mostly on the broccoli) and toss with a spatula to evenly coat. Sprinkle evenly with thyme, sage, parsley, rosemary and nutmeg and about 1 tsp salt and 1/2 tsp pepper. Toss again to evenly coat with seasonings and spread out evenly (try not to overlap chicken pieces).

Return to oven and roast about 16 - 20 minutes longer, tossing once halfway through, until chicken is done.

Toss in pecans and cranberries. Serve immediately.

Pan Fried Breakfast Radishes with Bacon

4 slices bacon, diced
1 1/2 pounds radishes, diced
1 teaspoon minced garlic
1/2 teaspoon salt
1/2 teaspoon pepper
2 teaspoons chopped parsley

Heat a large skillet over medium heat and add the bacon to the pan.

Cook, stirring often, until nearly crisp.

Add the radishes to the pan with the bacon and continue cooking, stirring often, until radishes are softened, about 15 minutes.

Add the garlic and cook for 1 more minute.

Sprinkle with salt, pepper, and parsley before serving.

Serve hot.