

November 6th - 8th



Yellow Crookneck Squash

Heirloom Tomatoes

Kentucky Wonder Pole
Beans

Cucumbers

Shishito Peppers

Mustard Greens

Florida Citrus

The French Pantry's
Ciabatta

Nutrition Facts

- Yellow varieties of squash provide numerous health benefits. The vegetable is high in vitamins A, B6, and C, folate, magnesium, fiber, riboflavin, phosphorus, and potassium. That's a serious nutritional power-packed veggie. Yellow squash is also rich in manganese. This mineral helps to boost bone strength and helps the body's ability to process fats and carbohydrates.
- Heirloom tomato seeds, like your grandmother's china, are viewed as precious family treasures that have been passed from generation to generation. For an heirloom tomato to qualify for heirloom status it has to have been around for at least 50 years. Newer genetic variations are classified as hybrids. Heirloom tomatoes are a rich source of vitamin C, which helps nourish the adrenal glands and reduces stress. One medium heirloom provides 40 percent of your daily requirement of this immune-building nutrient.
- The typical heat range of the shishito peppers runs from 50 – 200 Scoville Heat Units on the Scoville Scale, which isn't very hot at all. Compare it to a typical jalapeno pepper, which averages about 5,000 SHU, and it is roughly 100 times milder. Shishito peppers are also very high in Vitamin C, which is a crucial vitamin that humans need to live healthy lives. Vitamin C helps reduce heart disease by providing an abundance of antioxidants. These antioxidants are instrumental in preventing blood clots, heart attacks, and strokes.
- If the bean plant needs support to grow, they are classified as pole beans; if the beans can grow on their own without added support, they are classified as bush beans.

Storage Tips

Refrigerate - Store in Pantry



LOCALFAREJax.com

Shishito Peppers + Sausage + Creamy Sriracha Sauce

1 lb. sausage or bratwurst
6 oz shishito peppers
4 tsp canola oil (or similar cooking oil), divided
kosher salt
2 tsp sriracha hot sauce
1/4 cup mayonnaise
2 cups cooked rice

Cut the sausage into 1/2" rounds. Heat a 12" cast iron skillet over high heat until it is smoking.

In a medium bowl, combine the shishito peppers with 2 teaspoons of the canola oil until they are well coated. Cook the shishito peppers in the cast iron skillet for 3 to 5 minutes, stirring frequently until they blister in places. Place the peppers back in the bowl and season well with kosher salt. Reduce the heat to medium-high and add 2 more teaspoons of oil to the skillet, then add the sausage rounds. Cook the sausage for a few minutes on each side until cooked through. Add the peppers back to the skillet to warm through.

To make the sauce; combine the sriracha with the mayonnaise in a small bowl. Add more sriracha if you prefer it spicier. Serve the peppers and sausage over the rice and drizzle the sauce on top.

Mustard Green Salad + Roasted Oranges + Pecans

1 bunch Mustard greens
1/3 cup Olive oil
3/4 cups Roasted pecans
3 Oranges
1 sprig Thyme
1 tsp Fresh marjoram, optional
Salt and pepper, to taste

Turn your oven on to 400 and line a cookie sheet with parchment paper or foil. Prepare one of your oranges by cutting off a little cap from each end. Standing the orange on one of the now-flat ends, cut downwards to remove the peel and the pith (the white stuff). Once you've removed it all, cut wedges of orange out between each membrane. Congrats! You can successfully supreme an orange. Place these wedges on your cookie sheet with the sprig of thyme and roast the wedges just until the edges have browned. Set aside. Stem the greens by placing the leaves in your right hand and holding the stem in your left. Pull the stem downwards. Rinse the leaves and chop them. Grab a large bowl and squeeze the juice from your remaining orange. Add the olive oil, the thyme you used to roast the oranges and the salt and whisk. Place your greens into the dressing and rub them for a minute or so with it. Leave this to sit for 20-30 minutes.

Just before serving, toss the pecans and roasted orange wedges into the greens

Braised Green Beans with Tomatoes + Garlic

2 tablespoons vegetable oil, preferably canola
1 large onion, thinly sliced
12 garlic cloves, (6 minced)
1 1/2 teaspoons sweet paprika
1/4 teaspoon cayenne pepper
1 1/2 pounds green beans
2 C. Diced Heirloom Tomatoes
Salt and freshly ground black pepper

In a large, deep skillet, heat the vegetable oil. Add the sliced onion and cook over moderate heat until translucent and softened, about 8 minutes. Add the minced garlic, paprika and cayenne pepper and cook, stirring, until fragrant, about 2 minutes. Add the green beans and 6 whole garlic cloves and cook for about 2 minutes, tossing to coat the beans.

Pour the diced tomatoes and their juices into the skillet and bring to a boil. Reduce the heat to low, cover the skillet and simmer, stirring occasionally, until the green beans are very tender, about 40 minutes. Season the braised green beans with salt and pepper. Transfer them to a platter and serve warm or at room temperature.