

Oct. 30th – Nov. 1st



Fresh Cut Italian Basil

Organic Purple Sweet
Potatoes

Organic Arugula

Green Bell Peppers

Zucchini

Sweet Bi-Color Corn

Pink Lady Apples

The French Pantry's
Sourdough

What are benefits are you raking in this week?

- Arugula derives a lot of nutritional value from its cruciferous family roots, such as antioxidant benefits from glucosinolates and detoxifying power from enzymes. It's an excellent source of fiber, vitamins A, C (to boost the immune system) and K (for bone strength), folate, calcium, iron, magnesium, phosphorus, potassium, and manganese. Arugula also provides high levels of protein, riboflavin, thiamin, zinc, vitamin B6, copper and pantothenic acid (vitamin B5).
- One purple potato (approximately 5.2 ounces in size) has 110 calories and is an excellent source of potassium (more than a banana) and vitamin C. Purples are also a good source of vitamin B6 and are fat, sodium and cholesterol free.
- Apples were ranked first in Medical News Today's featured article about the top 10 healthy foods. Apples are extremely rich in important antioxidants, flavanoids, and dietary fiber. Apples could also help lower your risk of diabetes. A study involving 187,382 people found that people who ate three servings per week of apples, grapes, raisins, blueberries or pears had a 7% lower risk of developing type 2 diabetes compared to those who did not.
- Zucchini is rich in antioxidants. Antioxidants are beneficial plant compounds that help protect your body from damage by free radicals. Carotenoids — such as lutein, zeaxanthin, and beta-carotene — are particularly plentiful in zucchini. These may benefit your eyes, skin, and heart, as well as offer some protection against certain types of cancer, such as prostate cancer. Research indicates that the skin of the plant harbors the highest levels of antioxidants.



Storage Tips

Refrigerate - Store in Pantry

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Basil Butter Corn

1/2 stick salted butter,
softened (4 tablespoons)
1/3 cup fresh basil leaves
2 cloves garlic, coarsely
minced
1/2 tablespoon honey
1 pinch cayenne pepper
4 ears corn
2 tablespoons shaved
Parmesan cheese

Preheat the oven to 400F.

Blend the butter, basil, garlic, honey and cayenne pepper in a food processor.

Place the corns on a baking sheet lined with parchment paper or aluminum foil. Brush the butter generously on the corns and bake for 20 minutes. Sprinkle the shaved Parmesan cheese on top of the corn and bake for another 5 minutes until the cheese melted and slightly browned. Remove from heat and serve immediately.

Arugula with Roasted Salmon & Purple Potatoes

1-pound purple potatoes,
quartered
3 tablespoons olive oil
Coarse salt and ground
pepper
1-pound skinless salmon
fillet
3 tablespoons white-wine
vinegar
2 teaspoons Dijon mustard
1/4 cup snipped chives
10 ounces baby arugula

Preheat oven to 450 degrees. On a large rimmed baking sheet, toss potatoes with 1 tablespoon oil; season with salt and pepper. Roast 10 minutes.

Toss potatoes, and push to sides of sheet; place salmon in center, and season with salt and pepper. Roast until potatoes are tender and salmon is opaque throughout, 10 to 15 minutes. Transfer salmon to a plate; break into large pieces with a fork.

While salmon is cooking, whisk together vinegar, mustard, chives, and remaining 2 tablespoons oil in a large bowl; season with salt and pepper. Add arugula and potatoes; toss to combine. Top salad with salmon pieces.

Smokey Sausage & Peppers with Apple

2 tablespoons olive oil
1 medium onion, cut into thin wedges (1 cup)
1 bell pepper, cut into thin strips (1 cup)
1 tablespoon Paprika,
1 package apple chicken sausage, cut diagonally in 3/4-inch pieces
1 pink lady apple, peeled and thinly sliced
1 cup apple cider
1/2 teaspoon Garlic Powder
1/2 teaspoon Thyme
1/8 teaspoon Cayenne Pepper

Heat oil in large skillet on medium heat. Add onions and bell pepper; cook and stir 5 minutes or until onions are softened. Add paprika; cook and stir 1 minute

Stir in remaining ingredients. Bring to boil. Reduce heat to low; simmer 10 minutes or until apples are tender. Serve over rice, if desired