

January 15th – 17th



Green Kohlrabi

Green Onions

Organic Sweet Potatoes

Florida Oranges

Organic Green Cabbage

Organic Turmeric

Organic Winter Salad Mix
(Tatsoi, Spinach, Baby Chard)

The French Pantry's
French Batard

Did You Know?

- Turmeric serves as a natural pain reliever. It also aids in digestion and gives our bodies liver support. It is a good source of Vitamin C, Magnesium, Iron and Potassium. Turmeric can be used for moderate skincare, especially for pimples, but be careful and keep in mind that it is widely used as a dye.
- The inside flesh of kohlrabi is slightly sweet, and crispy. The taste of kohlrabi is similar to broccoli stems or cabbage heart, but sweeter. The bulbous kohlrabi stem is frequently used raw in salad or slaws. There are only 47 calories in 3.5 ounces of kohlrabi. Kohlrabi is a good source of vitamin A, vitamin C and vitamin K, as well as B-vitamins.
- Both raw and cooked (sautéed) tatsoi greens are loaded with calcium. One cup or 5 ounces of fresh, chopped tatsoi greens, for example, provides almost a third of the daily value for calcium. Calcium, the most abundant mineral in the body, has a number of vital functions in the human body.
- The health benefits of Swiss chard are amazing and include an ability to regulate blood sugar levels, prevent various types of cancer, improve digestion, boost the immune system, reduce fever, and combat inflammation. It also helps lower blood pressure, prevent heart diseases, increase bone strength, detoxify the body, and strengthen the functioning of the brain.



Storage Tips

Refrigerate - Store in Pantry

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Winter Morning Quiche

1 sheet refrigerated pie crust
2 tablespoons olive oil
1 ½ cup chopped Winter Salad Mix
1 small onion, chopped
1 garlic clove, minced
1/4 teaspoon salt
1/4 teaspoon pepper
2 cups shredded Wainwright Colby-Jack cheese
3/4 cup cubed fully cooked ham
6 large eggs
1 cup Wainwright milk

Preheat oven to 375°. Unroll crust into a 9-in. pie plate; flute edge. Chill while preparing filling.

In a large skillet, heat oil over medium-high heat. Add the winter salad mix & onion. Cook & stir until onion is tender, 5-7 minutes. Add garlic; cook 1 minute longer. Stir in salt and pepper. Cool slightly; stir in cheese and ham. Spoon into crust.

In a large bowl, whisk eggs and milk until blended. Pour over top.

Bake on lower oven rack until a knife inserted in the center comes out clean, 35-40 minutes. Cover edge loosely with foil during the last 15 minutes if needed to prevent overbrowning. Remove foil. Let stand 10 minutes before cutting

Turkey Kielbasa with Cabbage + Sweet Potatoes

1lb. cooked, smoked turkey kielbasa or Polish sausage, cut into 6 pieces
2 medium dark-orange sweet potatoes, peeled, cut into 1-inch chunks
½ head green cabbage, cut into 6 wedges
½ red bell pepper, cut into thin bite-sized strips
1/2teaspoon dried marjoram leaves (opt)
½ cup ready-to-serve chicken broth with 1/3 less sodium, or water
Salt & Pepper to taste

Place sausage pieces in 12-inch nonstick skillet or Dutch oven. Arrange sweet potatoes, cabbage and bell pepper around sausage. Sprinkle vegetables with marjoram, salt and pepper

Add broth to skillet. Bring to a boil. Reduce heat to medium-low; cover and cook 15 to 20 minutes or until vegetables are tender, stirring occasionally. Serve this over rice or as a hearty soup if you're feeling under the weather.

Spicy Turmeric Scented Kohlrabi

1 Tbsp canola oil
2 large garlic cloves, minced
2 Tbsp peeled and minced fresh turmeric
1/4 tsp red pepper flakes
1 Lb kohlrabi, trimmed and peeled, cut in half crosswise, and sliced into half-moons 1/8 in thick
1 tsp sugar
Salt & Pepper to taste
3/4 c water

In a large sauté pan, heat the oil over medium heat and swirl to coat the pan bottom. Add the garlic, turmeric, and red pepper flakes and sauté until the garlic is soft but not brown, about 30 seconds. Add the kohlrabi, sugar, and salt and cook, stirring constantly, for 2 minutes. Add the water and bring to a boil. Reduce the heat to maintain a slow simmer, cover, and cook until the kohlrabi is tender, about 15 minutes.

Uncover the pan, raise the heat to medium-high, and cook, stirring frequently, until the sauce thickens to a glaze, about 5 minutes. Taste and adjust the seasoning. This is amazing topped with seared pork loin!