

# November 13<sup>th</sup> - 15<sup>th</sup>



Florida Citrus

Cherry Tomatoes

Mixed Wax Beans

Bell Peppers

Sweet Corn

Zucchini

Green Cabbage

The French Pantry's  
Ciabatta

## Everyone has a history

Citrus has been farmed commercially in Florida groves since the mid-1800s. The first citrus was brought to the New World in 1493 by Christopher Columbus. In the mid-1500s one of the early Spanish explorers, most likely Ponce de Leon, planted the first orange trees around St. Augustine, Florida. Florida's unique sandy soil and subtropical climate proved to be ideal for growing the seeds that the early settlers planted and have flourished ever since. Today it is a \$9 billion industry, employing nearly 76,000 Floridians.

Who says food fads can't last? Thousands of years before the advent of Tex-Mex, ancient Americans were spicing up stew with red hot chili peppers. New fossil evidence shows prehistoric people from southern Peru up to the Bahamas were cultivating varieties of chilies millennia before Columbus' arrival brought the spice to world cuisine. The earliest traces so far are from southwestern Ecuador, where families fired up meals with homegrown peppers about 6,100 years ago.

Sweet corn occurs as a spontaneous mutation in field corn and was grown by several Native American tribes. The Iroquois gave the first recorded sweet corn (called 'Papoon') to European settlers in 1779. It soon became a popular food in the southern and central regions of the United States.

Yellow Wax beans' ancestors are native to Central and South America. Many Yellow Wax bean varieties, though, were first introduced to their respective culinary regions from Algeria. The Algerian Wax bean is responsible for the development of several varieties of Wax beans from the 18th to the 20th Century. It is considered the oldest known cultivar still in production.



## Storage Tips

Refrigerate - Store in Pantry

## Wax Beans + Chorizo Sauté

1 teaspoon extra-virgin olive oil  
4 ounces dried chorizo, halved lengthwise and thinly sliced  
1 large shallot, thinly sliced  
3/4-lb. wax beans, trimmed  
4 teaspoons sherry vinegar  
1/2 cup chopped fresh parsley leaves  
Salt & Pepper to taste

In a large skillet, heat oil over medium-high. Add chorizo and cook, stirring occasionally, until browned and crisp, 2 minutes. With a slotted spoon, transfer chorizo to a plate.

Add shallot to skillet and cook, stirring, until it begins to brown, 2 minutes. Add beans and 1/4 cup water. Reduce heat to medium, cover, and cook until water evaporates, and beans are crisp-tender, about 6 minutes. Return chorizo to skillet and stir in vinegar and parsley. Season with salt and pepper.

## Mustard Green Salad + Roasted Oranges + Pecans

1 head cabbage, sliced into 1/2-inch slices  
1-pint cherry tomatoes  
2 Tablespoons butter  
1 Tablespoon olive oil  
1 teaspoon ground cumin  
1 teaspoon chili powder  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon Italian seasoning  
salt & pepper, to taste

Preheat oven to 400 degrees.

In medium bowl melt butter in microwave. Add olive oil, cumin, chili powder, garlic powder, onion powder, and Italian seasoning to bowl. Stir to combine. Set aside.

Place sliced cabbage on baking sheet. Add tomatoes. Brush mixture of oil, butter, and spices onto cabbage. Salt/pepper, to taste.

Roast for 30-35 minute or until cabbage is tender yet crunchy, flipping with tongs halfway through. Serve

## Cod + Veggie Foil Packets

4 cod fillets (or other white fish)  
1 large zucchini  
2 carrots  
1 orange  
Fresh herbs of your choice (thyme, parsley ...)  
Salt, & pepper  
Olive oil

Start by slicing the zucchini into thin sticks. Cut carrots into ribbons with a vegetable peeler. Cut 4 thin slices in the widest part of the orange. Cut 4 large pieces of parchment paper (or aluminum foil).

Divide the vegetables into each foil. Add a few leaves of parsley and mint, a drizzle of olive oil, salt and pepper. Squeeze a little orange juice. Place the fish fillets on top. Season again with salt, and pepper. Drizzle with olive oil. Place the orange slices and herbs on top. Close the foil and set aside until serving time.

Turn your oven on 390°F. Cook the fish in foils for 20 minutes.

Serve the foils still closed on the plates and let everyone enjoy the fragrance when opening. Bon Appetit!