

April 1st – 3rd



Blueberries

Sweet Onions with
Tops

Red Potatoes

Red Kale

Red + Green
Romaine Lettuce Mix

Broccoli

Organic Fennel

The French Pantry's
Squaw

Storage Tips

Refrigerate - Store in Pantry

Hi LFJ Fam!

On behalf of our local farmers and ourselves we want to take a minute to let you know how thankful we are for you. Because of your ongoing support we have been able to help hundreds and hundreds of people get access to fresh, sustainable food. Your support has also allowed farmers to keep their farms standing. A lot of restaurants have stopped their orders and you all have created an outlet for our farms to keep running! THIS is why we do what we do. We want you to have access to farms and we want our local farms stable. When we buy local and shop small, we have options when huge corporations shut down.

In compliance with local regulations & abundance of caution, we have temporarily switched to recyclable paper bags for delivery. We feel this is the best way for us to support social distancing between you & your delivery team.

Thank you so much for all you do! YOU are making a difference!



LOCALFAREJax.com

Kale Salad with Blueberries, Almonds & Lemon-Ginger Vinaigrette

1 bunch curly kale
Juice of 1 lemon
1 Teaspoon grated ginger
1 Teaspoon honey or maple syrup
6 Tbsp Olive Oil
1/2 fennel bulb grated
1/2 cup fresh blueberries
1/2 cup slivered almonds toasted
salt and pepper to taste

Wash kale. Remove stems and chop leaves into bite-sized pieces.

Whisk together lemon juice, honey, ginger, and olive oil in a large bowl. Season to taste with salt and black pepper.

Add kale to bowl with vinaigrette. Massage kale with clean hands until the leaves begin to soften, 2 to 3 minutes. Set aside for 15 minutes.

Grate fennel using the rough side of a cheese grater. Add to bowl with kale and toss gently to combine. Taste and adjust seasoning with salt and pepper, if needed.

Garnish with blueberries and almonds before serving.

Smashed Baby Red Potatoes

2 lb. Red potatoes
4 Rosemary sprigs
3 Garlic cloves, smashed
1/4 cup plus 1/2 tsp. kosher salt, divided
1/4 cup extra-virgin olive oil, divided
2 tbsp. unsalted butter, melted
1 tbsp. chopped fresh flat-leaf parsley
2 tsp chopped fresh thyme
1 tsp. chopped fresh rosemary
1 garlic clove, minced

Preheat oven to 425°F. Place potatoes, rosemary sprigs, smashed garlic, 1/4 cup of the salt, and water to cover in a 3-quart saucepan. Bring to a boil over high; reduce to medium, and simmer until potatoes are tender when pierced with a fork, 10 to 15 minutes. Drain, discard rosemary sprigs and smashed garlic. Brush a rimmed baking sheet with 2 tablespoons of the oil. Arrange potatoes on prepared baking sheet. Using the heel of your hand, lightly crush potatoes until they are about 1/2 inch thick. Brush with 1 tablespoon of the oil. Bake in preheated oven until golden brown and crisp, 25 minutes.

Stir together butter, chopped parsley, thyme, rosemary, minced garlic, pepper, and remaining 1 tablespoon oil and 1/2 teaspoon salt. Brush mixture over potatoes and serve immediately.

Broccoli-Cheddar Quiche

All-purpose flour, for rolling
1 homemade or store-bought single-crust pie dough
1 tablespoon unsalted Butter
2 cups medium diced Sweet onion
Coarse salt and ground pepper
6 large eggs
3/4 cup heavy cream
3/4-pound broccoli florets, steamed until crisp-tender
1 cup grated sharp cheddar (4 oz)

Preheat oven to 375 degrees. Lightly flour a rolling pin and work surface and roll out dough to a 12-inch round. Place in a 9-inch pie plate, fold overhang under, and crimp edge. Place a sheet of parchment paper over dough and fill with pie weights or dried beans. Bake until edge is dry and light golden, about 20 minutes. Remove parchment and weights.

Meanwhile, in a large skillet, melt butter over medium-high. Add onion, season with salt and pepper, and cook until light golden, 8 to 10 minutes. In a medium bowl, whisk together eggs and cream. Add onion, broccoli florets, and cheese and season with 1/2 teaspoon salt and 1/4 teaspoon pepper.

Whisk to combine, pour into crust, and bake until center of quiche is just set, 40 to 45 minutes. Serve warm or at room temperature.