MLE Menu for Friday 1-4p - Saturday 11-4p, Jan 28-29 (Lucy's Blog Follows the Menu)

MENU

- Soups....7.
- Puree' of Carrot-Winter Squash, West Indies Spices, Coconut Milk
- New England Clam Chowder, Wild Clams, Fresh Herbs, Organic Dairy
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- Wintery Ceviche', Petrale Sole, Oregon Bay Shrimp, Fennel, Spring Onion, Celery, Jalapeno, Meyer Lemon, Fresh Herbs, House made Corn Tortillas 14.
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- Pakoras (Indian Vegetable Fritters) Chickpea flour-Fresh Curry leaf batter, Fennel, Blue Oyster Mushroom, Dino Kale, Carrot, Leeks, Beets, Green Herb Dipping Sauce 13.
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- Pizzetta, Roast Tomato Sauce, Caramelized Onion, Tokyo Bekana Mustard Greens, Feta Cheese, 12.
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- Lebanese Meatballs, Hummus-Tahini "Sauce", Mixed Grain Pilaf w/ Baby Spinach 17.
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- Baked Petrale Sole, Blue Oyster Mushroom-Herb Stuffing, Meyer Lemon-Caper Sauce, Potato Gratin 18.
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- Fresh Meyer Lemon Tart, Poached Dried Fruits, Creme 7.

Hey there!

We hope you are into a productive beautiful week! The healing sunshine is abundant!

I was looking at our website this week, hoping to get into a blog on the topic of "intentions" as a driving force behind this Spicebox business. After awhile the steam sorta dissipated as my mind can feel like an echo chamber with these thoughts and convictions reverberating around, not seeming to accomplish much. But then I think of all the friends who came by just last Friday to purchase a meal, the emails of "great soup. make it again" (thanks Mary Su!) and realize maybe what fuels my purpose in food is actually working? Folks are showing up, taking care of their bodies by paying attention to what goes in them? It's really that basic and "attention" is part of "intention". The attending too is an action. The intending too a profound belief. A conviction.

Trying to find REAL FOOD in this county is mind boggling difficult. What is real food? Nutritious, fresh, clean soil + water, sunlight, lovingly prepared with positive health driven intention. And every food item is that. Take a plate of beautiful organic salad greens, pour commodity olive oil over it, no longer clean food. That's my definition. We all need to strive for this. For the holistic health of not only our bodies but this beautiful planet. We are the same, she and us.

Our menu is sharing one of my favorite winter seafood...Petrale Sole. Uber fresh off our local coasts and prepared ever so simply. Underdog Acres farm is supplying more incredibly perfect Blue Oyster Mushrooms as part of the Pakoras box and paired with herbs as a filling in the Baked Sole. The organic potatoes for the gratin (comes with Baked Sole) are Full Belly Farms "Lasoda" variety and ever so sweet. The beef in the Lebanese Meatballs comes from Carman ranch in south east Oregon. It is still pretty hard to find the quantity/quality I need locally (regenerative farming) and costs are rising rapidly due to this. I love the challenge in sourcing and have some good leads for the months ahead, however. That's another awesome aspect of eating healthy fresh organic foods. You do get to know who raises it and how. It's a wonderful story to have and share. And a shared intention.

Have a wonderful week ahead! Sending lots of love + light!

Lucy

@lucys_spice_box @motherlodeexchange @thescreamingmeaning

Details

Pick-up 1-4 PM Friday - 11-4 PM Saturday. Pick-up is at Mother Lode Exchange Community Market, 1324 Jackson Gate Rd, Jackson, CA 95642.
https://www.motherlodeexchange.com/

Menu offerings available until we run out (there is no pre-ordering). Food Goal is that All ingredients are to be locally sourced, organically grown, non-GMO, pastured and prepared with love to give maximum nutrition and health.

Menus are posted at www.lucysspicebox.com and Lucy appreciates all feed back from the customer team. Email: lsgvolcano@aol.com.
Instagram: https://www.instagram.com/lucys_spice_box/

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