

# NATURE'S FOOD PATCH Market & Café

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## Summer Paleo Picnic by Emily Drews 6/11

### BBQ Wet Rub

2 Tbsp sweet smoked paprika  
2 Tbsp mild chili powder  
1 Tbsp ground cumin  
2 tsp garlic powder  
2 tsp sea salt  
½ tsp white pepper  
1 Tbsp raw honey  
Zest and juice of one lime

Mix well and rub thoroughly over chicken pieces, pork roast or ribs. Allow to marinate up to 24 hours in the refrigerator before cooking. Allow meat to come to room temp for up to 2 hours before cooking for best results.

### Broccoli Bacon Slaw

1 large head broccoli  
3 green onion, thinly sliced on a bias  
½ cup green pumpkin seeds  
1/2 cup sliced grapes  
6 slices cooked bacon  
1/2 cup rendered bacon fat (drippings) or olive oil  
1/4 cup apple cider vinegar  
Sea salt and cracked pepper to taste

Set your oven to 350°F. Place the bacon slices on a lined baking sheet and bake until they're brown and crispy, about 25 minutes.

While the bacon is cooking, get out a large bowl. Pull off the leaves from the broccoli stem and use a peeler to remove the tough outer layer. Chop up the stem into tiny, bite-size pieces and do the same with the florets.

Add the broccoli to the bowl, along with the sliced scallions, vinegar, pumpkin seeds, grapes and salt & pepper.

Once the bacon is done, remove from the oven and let it cool. Once cooled, chop or use your hands to crumble up the bacon and add it to the bowl. Pour 1/2 cup of the rendered fat (drippings) from the bacon directly into the bowl.

Toss everything to combine. Serve immediately, or wait until its cold.

### **Salted Stone Fruit with Whipped Coconut Cream**

1# nectarines or other stone fruit, pitted and sliced

1 tsp vanilla extract, divided

½ tsp sea salt or to taste

1-14 oz. can Thai coconut milk

½ cup coconut flakes, lightly toasted

**The day before:** Place the coconut milk in the refrigerator overnight. It must be chilled very firm for this work properly.

In a large bowl toss nectarines with sea salt and vanilla extract. Taste to adjust for preference. Add more salt or vanilla as desired.

Just before you make your whipped cream, place a mixing bowl in the freezer for 5 minutes or so. You can also put the beaters in the freezer too, but it's not necessary.

Remove the chilled can from fridge and flip it upside down. When you open the can you will have about 1 cup of liquid at the top. Pour this off into another container and save it for later use.

Scoop the remaining cream into your chilled bowl and add ½ tsp. vanilla. Whip with a hand mixer until light and fluffy.

Divide fruit into bowls for serving and finish with a generous dollop of coconut cream and garnish with toasted coconut flakes.

### **Minted Ginger Watermelon Limeade**

6 cups chopped seedless watermelon

1 cup freshly squeezed lime juice (about 8 limes)

1-2" piece fresh ginger, chopped

Fresh mint leaves

Sea salt, to taste

¼ cup raw honey (optional)

Puree the watermelon with the ginger pieces in the blender or food processor until smooth. Add several mint leaves and (and honey if using) pulse quickly to chop mint leaves.

Chill until ready to serve. Serve over ice.

Suggestion:

Make popsicles

Add ½ cup vodka or tequila

Substitute basil for mint