



FARMERS & FISHERMEN PURVEYORS' OCTOBER 22, 2020 EDITION

Proudly taking care of you and your family in your Greater Atlanta neighborhood

BREAKFAST, LUNCH & DINNER WITH F&F, VEAL OSSO BUCCO & ATL CHEFS' RECIPE FROM NINO'S ITALIAN RESTAURANT

BREAKFAST, LUNCH & DINNER - OR ANYTIME DEAL OF THE WEEK: BUY 1, GET 1 PKG OF YOUR CHOICE OF ANOTHER FISH BIT

Buy any package of fish bits listed on next page & enjoy another package of a different type free!

Valid offer thru Thursday, October 29th!

STONE CRAB CLAWS FRESH OUT OF WATER STONE CRAB CLAWS: WEDNESDAY FOR FRIDAY!

Jumbo: 39/lb; Large: 34/lb Medium: 24/lb | Stones for Friday are fresh out of water on Wednesday!

STARTING OFF STRONG WITH BREAKFAST

BISCUITS WHEN YOU A GOT A FEW MINUTES OR QUICK BOWL OF OUR GLUTEN-FREE GRANOLA!

Buy any box of our Breakfast Biscuits and get our Granola 50% OFF! Buy 2 boxes of biscuits, and get one pkg of Granola Free! The offers are valid through Saturday, 10/24 deliveries.

CHOOSE YOUR BOX OF BISCUITS

Biscuit with: Egg, Bacon & Cheddar; Tennessee Sausage & Cheddar Cheese; Green Onion, Egg & Cheese; Whole Wheat with Spinach & Egg White | 6 per pack | 1 pack per box | 17.95/box



ORGANIC GLUTEN FREE SMALL BATCH GRANOLA

6oz resealable bag | 9.95/pkg OR free with your single purchase of 2 boxes of our protein-packed biscuits!

LET'S MUNCH ON SOME LUNCH WHITE FISH BITS FOR TACOS

1lb per pack | 8.95/pkg (May be fresh or frozen Halibut, Grouper, Snapper)

TUNA BITS FOR POKE

1lb per pack | 9.95/pkg (May be fresh or frozen)

SALMON BITS FOR SALMON BURGER OR SALAD

1lb per pack | 8.95/pkg (May be fresh or frozen);
For added protein, try topping with our Georgia-Grown Cage-Free Eggs!



A WINNER'S DINNER (DIY OR CHEF-INSPIRED)

DIY - STEAK NIGHT/DATE NIGHT

Our steaks and your wine, candles, and special someone or friend - 2 each of our Allen Brothers USDA Prime 14-16oz Frenched Bone-In Rib Cowgirl Steaks, 1lb box of our local Ellijay, GA-Grown Shiitake & Oyster Mushrooms and 1lb of our European Style Unsalted Plugra Butter | 49.95/box



FOLLOW ATLANTA CHEF'S LEAD - MEAT FEATURE: PASTURE-RAISED VEAL OSSO BUCCO

2 (approx. 2" high) & 2.25lbs thick cuts per box | 29.95/box



LEARN FROM AN OLD-LINE ITALIAN

FAMILY RECIPE OVER AT NINO'S

Located in the historic heart of Buckhead off of Cheshire Bridge Road, Nino's Italian Restaurant does wonders with veal. Our veal is pasture-raised and will braise great in any conventional oven. Enjoy cooking their recipe, and warm up in this colder weather!



HOMEDELIVERY@FARMERSANDFISHERMEN.COM | 770.441.1100 | WWW.FARMERSANDFISHERMEN.COM

NINO'S ATLANTA CHEF RECIPE FOR BRAISED VEAL OSSO BUCCO

Chef Micah Hayes' family recipe calls for:

(2) VEAL OSSO BUCCO PIECES FROM F&F

1/4 BOTTLE OF HEARTY RED WINE

1 CUP OF BEEF OR VEAL STOCK

1/4 LARGE WHITE ONION, DICED

1 LARGE CARROTS, DICED

1 STALK OF CELERY, DICED

FLOUR

1 BAY LEAF & FRESH THYME AND ROSEMARY, TO TASTE

To prepare this home-warming Veal Osso Bucco dish like his family does at Nino's

1. Season both sides of the veal with salt and pepper (be mindful that you can always add salt but you can't take it away)
2. Lightly flour both sides (this is going to help develop a great crust and thicken your braising liquid)
3. Quickly sear your veal shank on both sides in a hot pan or cast iron on stove top (do this in small batches so that you maintain the heat and ensure a quality sear)
4. Remove your veal shanks and place them on the side
5. At this point you will want to turn down the heat and add your minced garlic (sauté until it is golden brown)
6. Next, add your diced celery, carrots, and onions and bring the heat back up to medium high (cook until your onions become translucent)
7. Add your meat back to your softened vegetables
8. Deglaze with veal stock about 1 to 2 cups (beef stock will work as well - preferably homemade but store-bought gets the job done too)
9. Add your red wine you want enough to cover the meat (not an expensive but make sure it is something that you would drink and will bring a robust flavor; think Barolo)



10. Make an herb bouquet of thyme, rosemary, and bay leaf and drop this in the pot (tied this in a cheese cloth so it is easy to remove)

11. Cover your pot and put in the oven for 2.5 to 3 hours at 325

12. When you remove the meat it should be fork tender and should remove from the bone easily.

"We suggest you enjoy this beautiful braised Osso Bucco with a side of saffron risotto or a hearty parmesan and scallion mashed potato. Enjoy" - Alessandra Novielo Hayes



THE LEGACY OF NINO'S ITALIAN RESTAURANT - THE OLDEST, FAMILY-OWNED ITALIAN RESTAURANT IN ATLANTA

Nino's, opened in 1968, has been owned and operated by Antonio Noviello since 1982.

Originally from the Amalfi Coast of southern Italy, Antonio worked in Monte Carlo, then Bermuda where he met his wife Helen, an Atlanta resident. After moving to Atlanta in 1981, Antonio's life-long dream of owning his own restaurant became a reality when he purchased Nino's.

For more than 39 years, Antonio has taken pride in serving authentic Italian Cuisine made with fresh, imported ingredients and cooked to order for each guest. His reputation for serving exceptional Italian cuisine has attracted devoted locals who return time and again, along with a long list of celebrities, including Paul Newman, Chuck Norris & Sheryl Crowe, who had heard of Nino's reputation and stopped in to sample the fare. Many of the dishes on Nino's menu are original recipes brought from Italy by Antonio and his brother Giuseppe. Antonio's favorite dishes are those named after his daughters, Gabriella, Alessandra, and Michela; his wife Elena (Helen).

Antonio has transferred all management to his daughter, Alessandra and her husband, Micah. Antonio can now be found enjoying a nice cocktail at Nino's famous bar or on the beach in the Amalfi Coast.

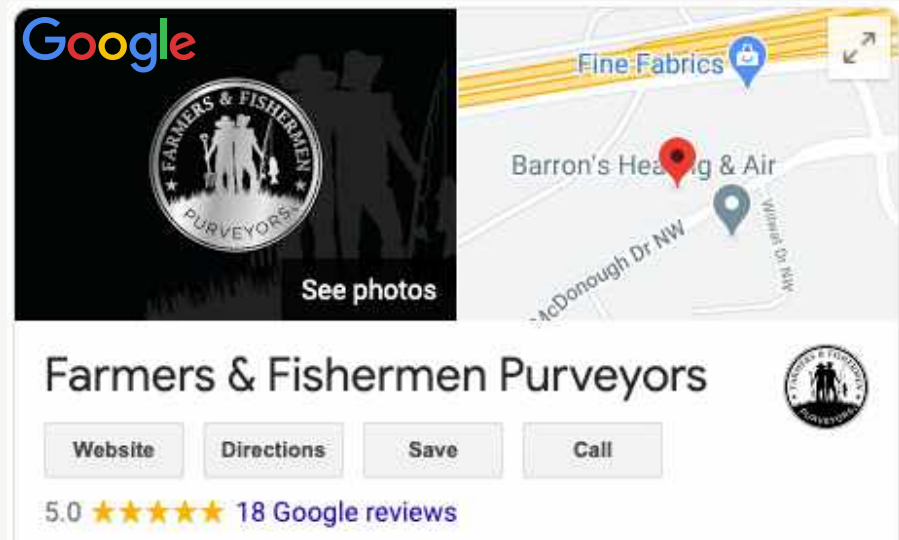


ALONG WITH OUR OTHER FEATURED RESTAURANT PARTNERS, WE HIGHLY RECOMMEND DINING IN OR ORDERING FROM NINO'S ITALIAN RESTAURANT (BUCKHEAD, GA)


Antonio, Alessandra & Micah invite you to relax and savor some of the great culinary treasures of Italy in a memorable dining experience, at Atlanta's Oldest Italian Ristorante!




PLEASE SHARE WITH YOUR COMMUNITY YOUR ORDERING, DELIVERY & EATING EXPERIENCE OF FARMERS & FISHERMEN PURVEYORS - THANKS!



Google search results for Farmers & Fishermen Purveyors. The top result shows a map of the location at Barron's Heating & Air, 1100 McDonough Dr NW, Atlanta, GA. The map includes a red pin and a blue location pin. Below the map, the business name "Farmers & Fishermen Purveyors" is displayed with a 5.0 star rating and 18 Google reviews. Buttons for Website, Directions, Save, and Call are visible.



Yelp search results for Farmers & Fishermen Purveyors. The top result shows a photo of a white delivery van with the business logo. Below the photo, the business name "Farmers & Fishermen Purveyors" is displayed with a 5.0 star rating and 7 reviews. Buttons for Write a Review, Add Photo, Share, and Save are visible.

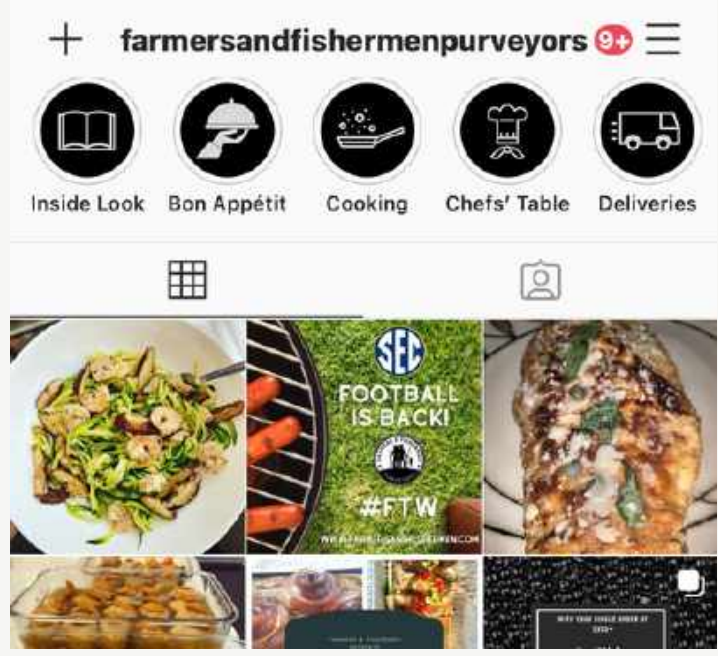


Facebook page for Farmers & Fishermen Purveyors. The page shows the business name, location, and a "Shop Now" button. A yellow sticky note with "THANK YOU! 😊" is pinned to the page. The "Recommendations & Reviews" section shows a 5 out of 5 rating based on 52 reviews. A blue arrow points to the "52" in the review count. The "Posts" section shows a post from Deborah York, Morningside/Lenox Park, dated August 20th, 2018, praising the business for its delivery service. Below the post, there are five yellow stars.

ARE YOU FOLLOWING @FARMERSANDFISHERMENPURVEYORS

ON THE 'GRAM'?

If you are on Instagram, we are pleased to share with you great highlights of mouth-watering center-of-the-plate items, Instagramable dishes, deals, and inspiration. Follow us @farmersandfishermenpurveyors and drop us a like on Facebook! Tag us and use our hashtag #farmersandfishermenfaves



Instagram profile for farmersandfishermenpurveyors. The profile shows a grid of 12 photos, including a salad, a pizza, and a burger. The bio reads: "Farmers and Fishermen - Excellent Delivery Meat/Poultry/Fish...Interested in having high quality meats, fish, and poultry delivered to your home, I highly recommend Farmers and Fishermen. https://www.farmersandfishermen.com/ They are a small 30ish employee business...". The profile has 9+ followers and 15 posts.