



Week 1 CSA Contents:

- 1 whole pasture raised chicken
- 2 spaghetti squash
- 1 half gallon apple cider
- 1 quarter peck Winesap apples
- 1 handful sweet peppers
- 1 bunch turnip greens
- 1 bunch kale
- 1 head cauliflower
- 1 dozen eggs
- 1 bunch beets with tops
- 1 stalk Brussels sprouts
- 1/2 lb bag stir fry mix

Fresh Fork On Air

We are so very flattered to be featured in multiple media presentations over the next few days.

First, you can hear our story from Vivian Goodman on her show "Quick Bites" which airs Friday in the lunch hour and repeats again that evening. It will be on WKSU 89.7. Vivian was inducted into the Journalism Hall of Fame and is excellent at what she does. You can like the Quick Bites Facebook page at <https://www.facebook.com/quickbites> where you can see a couple of photos of turkeys from Vivian's trip with Trevor to some Amish Farms.

Next, on Saturday morning, you can hear Trevor on 1590 AM WKAR. He will be on the show, My Beautiful Home. He will be talking turkeys and other good stuff. Tune in and listen!

Lastly, Monday morning, Trevor will appear on Fox 8 at 8:20 and 8:40 in the morning. He will be showing off our fresh turkeys on air and talking about different ways to prepare them and how to make a holiday feast fresh and local.

Basic Brussels Sprouts

From Robert Stockham

I have never been a fan of Brussels sprouts. As a kid, my mom bought frozen ones and it was one of the few foods that I had to really choke down. As an adult, I tried them again. This time they were farm fresh, and I was in LOVE! Now I can't wait to get them. Here is how I make them:

Chop several slices of bacon and cook over medium heat until the fat is rendered and the bacon just starts to

crisp. Remove the bacon from the pan. Cut your sprouts off the stalk, wash them and cut them in half. Dry them and toss them into the bacon fat. Sautee over medium heat until tender, stirring them occasionally so they don't get too dark on one side. Remove from the pan and mix with the bacon. Sprinkle them with salt and pepper.

Roasting is great for Brussels sprouts also. Toss them with olive oil and roast in a 400 degree oven until tender, stirring occasionally. Sprinkle with salt and pepper and serve immediately.

Spaghetti Squash Casserole

Ingredients

- 1 small spaghetti squash (2 pounds)
- 1/2 cup water
- 1 pound ground beef
- 1/2 cup chopped onion
- 1/2 cup chopped sweet red pepper
- 1 garlic clove, minced

Gina's Turnip Greens

This true southern style recipe comes from Food Network.com. I love the crunchy pecans.

Ingredients

- 1 tablespoon olive oil
- 1 shallot, chopped
- 1 clove garlic, chopped
- 1 teaspoon red pepper flakes
- 1 1/2 pounds turnip greens, washed, stemmed, and chopped
- Freshly ground black pepper
- 2 tablespoons Dijon mustard
- 1 cup chicken stock
- 1/2 cup chopped pecans, toasted

Directions

Heat olive oil in Dutch oven over medium heat. Add shallot, garlic and red pepper flakes and saute until tender and fragrant. Add the washed and cleaned turnip greens. Mix together. Cook until they have wilted down, about 3 minutes. Add pepper to taste. In a small bowl, whisk the Dijon mustard with the chicken stock. Add to the wilted greens and cook until the liquid has all but evaporated. Add the toasted pecans and serve immediately.

- 1 cup canned diced tomatoes

- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup (4 ounces) shredded mozzarella or cheddar cheese
- 1 tablespoon chopped fresh parsley

Directions

Cut squash in half lengthwise; scoop out seeds. Place with cut side down in a baking dish; add water. Cover and bake at 375° for 20-30 minutes or until it is easily pierced with a fork. When cool enough to handle, scoop out squash, separating the strands with a fork. In a skillet, cook beef, onion, red pepper and garlic until meat is browned and the vegetables are tender. Drain; add tomatoes, oregano, salt, pepper and squash. Cook and stir for 1-2 minutes or until liquid is absorbed. Transfer to an ungreased 1-1/2-qt. baking dish. Bake, uncovered, at 350° for 25 minutes. Sprinkle with the cheese and parsley; let stand a few minutes.

Chicken and Kale Casserole

From Martha Stewart

Ingredients

- Coarse salt and ground pepper
- 3/4 pound large pasta shells
- 2 tablespoons unsalted butter
- 1 large yellow onion, diced medium
- 3 garlic cloves, minced
- 2 bunches kale (1 1/2 pounds), stems and ribs removed, leaves chopped
- 2 cups chopped cooked chicken
- 48 ounces part-skim ricotta
- 3 tablespoons finely grated lemon zest
- 3/4 cup Parmesan, grated

Directions

Preheat oven to 350 degrees. In a large pot of boiling salted water, cook pasta according to package instructions. Drain; return to pot. In a large skillet, melt butter over medium-high. Add onion and garlic; cook until onion is beginning to soften, 4 minutes. Add kale, cover, and cook until almost tender, about 5 minutes. Transfer to pot with pasta. Stir in chicken, ricotta, lemon zest, and 1/2 cup Parmesan; season with salt and pepper. Transfer mixture to a 9-by-13-inch baking dish; top with 1/4 cup Parmesan. Bake until top is golden, 30 minutes.