



Week 1 CSA Contents:

- 1 bone in pork shoulder roast, approx 4 lbs
- 1 half lb bag hardneck garlic
- 1 bunch carrots with tops
- 3 lbs sweet potatoes
- 1 head cabbage
- 1 bag broccoli shoots
- 1 bunch collard greens
- 1 bunch mustard greens

Pork Shoulders and Butts

Here's the thing: pork butt and pork shoulder are both from the shoulder. They are, technically, different cuts, with the butt (a.k.a. Boston shoulder, and many other names with Boston in them) coming from a thicker section of the shoulder with intense marbling that makes it a darling for pulled pork and other barbecue styles and the shoulder (a.k.a. pork blade shoulder or picnic shoulder) usually being the triangular piece that would be attached to the butt. So many styles and regional variations exist in butchery, however, that it's difficult for the average consumer to know exactly where the cut is from. Luckily, both need long, slow cooking and are great barbecued, braised, or used as stew meat, so you can use them interchangeably.

BRAISED PORK SHOULDER WITH ROASTED WINTER VEGETABLES

You can find this recipe on our blog. It is from Parker Bosley.

- 3-4 lbs pork shoulder roast
 - 1 cup each chopped onion, carrot, celery
 - 1 tsp dried thyme, rosemary or herbs de Provence
 - 1 bay leaf
 - 1 cup water or chicken stock if available
- Cover the bottom of the pan with oil. Brown the pork on all sides over medium heat in a pan you can move to the oven. Make sure the pan has a tightly fitting lid. When the pork has been browned add the vegetables, thyme and bay leaf. Cover the pan and move to a 300 degree oven. Plan on roasting the pork for several hours. (You could do this part the day before.) When you can remove a bit of the meat with a fork, lower the heat to 250. Roast until the meat nearly falls from the bone. (You

could let the roast cool and refrigerate it until the next day.)

To finish on the second day:

- 3-4 TBS butter
- 2 large onions
- 4-5 turnips
- 1 stalk celery
- 3 large carrots
- 1 tsp dried thyme or herbs used with the pork
- salt and pepper

In another roasting pan prepare the vegetables. Peel and slice the onions, turnips, carrots, celery. Start with the pan on top of the stove. Brown carefully the onions and carrots. Add the turnips and toss for a minute. Season the vegetables with salt and pepper. Cover the pan and remove to a 350 degree oven.

Meanwhile strain the cooking liquid from the pork roast.

When the carrots are starting to soften but still firm add the cabbage and the apple. Add 1 cup of the cooking liquid from the pork roast.

When the vegetables are soft but still retaining some texture slice the pork (or just separate it by pulling it apart) and laying it on top of the vegetables. Return the pan with the vegetables and pork to the top of the stove. Raise the heat to medium high. Check the seasoning and add salt and pepper to taste. Arrange the vegetables on a large warm platter. Place the pork on top of the vegetables and bring the cooking juices to a boil.

Pour the cooking liquid over the pork and serve immediately.

Velvety Carrot Soup with Carrot Top Pesto

We don't like to waste anything. That is why I love this soup. It uses the whole carrot. It was in Sunset magazine in April of 2012.

Ingredients

- 3 1/2 tablespoons extra-virgin olive oil, divided
- 1 onion, chopped
- 3/4 teaspoon kosher salt, divided
- 1 1/4 pounds carrots with tops on
- 4 cups reduced-sodium chicken broth
- 1 garlic clove
- 1 tablespoon chopped toasted walnuts

Preparation

1. Heat 1 tbsp. oil in a medium pot over medium heat. Add onion and 1/2 tsp. salt and cook until softened, stirring occasionally, about 8 minutes.
2. Remove carrot tops from carrots, chop roughly, and set aside. Roughly chop carrots and add to pot. Stir in broth and bring to a boil. Reduce to a simmer, cover (leave lid slightly ajar), and cook until carrots are very tender, about 20 minutes.
3. Meanwhile, mince garlic in a food processor, scraping down sides of bowl as needed. Add 1 cup carrot tops, the walnuts, remaining 2 1/2 tbsp. oil, and remaining 1/4 tsp. salt and whirl until blended.
4. Purée carrot-broth mixture in a blender, working in batches, until very smooth, about 1 minute per batch. Ladle into bowls and swirl in carrot top pesto.

Greens

There are many different types of greens. This week you will find collards and mustard greens in your bag. The ideal way to cook them is to sautee them with some chopped bacon or a little olive oil and garlic.

While most greens can be prepared the same way, results will vary. Thicker, tougher greens will fare better from a boiling first. Collards, for example, are often a tougher leaf. They should be boiled in a large pot of water until tender. Once tender, drain and then sautee with bacon or garlic and oil. More tender greens can skip the boiling process and if they are really tender, they can be served as is or mixed with other greens like lettuce for a salad.

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