

CSA Package Contents:

- 1 pack pork loin chops
- Mixed Salad Greens
- 1 lb Kale
- 1 pound sweet corn
- 1lb sausage (assorted styles)
- 1 pint sorghum syrup
- 1 dozen eggs
- 1 pint salsa
- 1 bag corn chips
- 2 lb black turtle beans

Sorghum

Sorghum is the general name for many species of grasses. One variety is raised for its grain, and many others as food for animals. It is a staple food for many areas still, as it is resistant to harsh climates and grows well without fertilizer. It can be a great source of protein, vitamins and minerals. It is in the top five cereal grains grown in the world.

One variety of sorghum is commonly known as *sweet sorghum*, due to its high sugar content. Before WWII, when we were a much more agriculturally based economy, sorghum was cultivated quite heavily. However, it is very labor intensive to make syrup from sorghum and thus it fell from popularity. While it is still grown a lot for food crops, the production of sorghum syrup has fallen sharply. That being said, it is still popular in the south for old fashioned southern dishes and is commonly used on things like cornmeal mush, grits, oatmeal, and where we often use maple syrup.

Sorghum Glazed Pork Chops

Ingredients:

- 2 Tbsp olive oil
- 1 clove garlic, chopped
- 2 Tbs. dried herbs (try mixing rosemary and thyme or use an Italian blend)
- Pinch salt
- Pinch pepper
- 2-4 pork chops
- 1 cups sorghum syrup
- 2 garlic cloves, roasted
- pork drippings

Directions:

Mix oil and herbs and put in a Ziploc bag with pork chops and marinade for 4 hours or overnight. Preheat oven. Over medium high heat, sear chops in a hot skillet until brown (about 3-4 minutes each side). Remove chops and put on a pan and roast in 350 degree oven about eight minutes on each side. Reserve drippings. When the chops are nearly done, put the sorghum syrup and garlic in the skillet you seared the chops in. When it starts to simmer, take the drippings from the chops and stir into the sorghum. Simmer about 10 minutes or so. Pour over the chops and dig in! This recipe is adapted from a recipe I found a while ago. I believe it was in WNC magazine.

North German Gruenkohl (Kale) and Sausage

Kale is one of the ingredients that some folks find more challenging. For those who want to try something different, here is a recipe from All Recipes.com that uses several of the ingredients in this week's bag. We adapted it a little and think it would be delicious with some peeled and boiled turnips.

Ingredients:

- 1 pound kale, stemmed and chopped
- 3 slices bacon, chopped
- 1/2 onion, chopped
- 2 cups beef stock (or 1 cups water mixed with 1 cup beef stock, if stock is strong), or as needed to cover
- 1/4 teaspoon ground nutmeg
- 1 tablespoon prepared mustard
- 1/2 pound thickly sliced cooked ham, or to taste
- 4 links of favorite sausage
- salt and ground black pepper to taste

Method:

Bring a pot of water to a boil, and stir in the kale; boil for 1 minute, and remove from the water with a slotted spoon. Set the blanched kale aside.

Place bacon into a large skillet over medium heat, and cook until browned, stirring frequently, about 8 minutes. Stir in the onion, and cook until translucent, about 5 minutes. Stir in the blanched kale, and cook until kale is bright green and starting to turn tender, about 4 minutes.

Pour in enough beef stock to cover, and bring the mixture to a boil. Reduce heat to a simmer, and stir in the nutmeg. Simmer the kale until tender, about 30 minutes.

Stir the mustard into the kale, and lay the ham slices and sausage links on top. Simmer the kale, ham, and sausages until the sausages are cooked through, about 35 more minutes. Season to taste with salt and black pepper before serving.

Kale Chips

This is a simple idea for a highly nutritious snack, that can also be used as a garnish. Customers turned us on to this idea last year and many swear by it. Skip the high fat potato chips and try this alternative.

First remove the ribs from the kale. You can do this with a knife or scissors by cutting down the leaf on either side of the rib. Next wash your kale thoroughly and tear it into bite sized pieces. Dry the kale by laying it between sheets of paper towel, or use a salad spinner. Drizzle the kale with a tablespoon or so of olive oil and toss to coat.

Lay on a baking sheet-you should line it with foil or parchment to be sure it does not stick. Sprinkle the kale with your favorite salt: sea salt, garlic salt, seasoned salt, whatever. Bake for 10 to 15 minutes until the edges begin to brown. Be careful they do not burn! Cool & Enjoy!

Black Bean and Kale Tacos

I found this recipe on serious eats. You can change it to suit your tastes. It would be good as nachos with this week's chips and the salsa would sub out nicely for the avocado and jalapenos.

Ingredients:

- 2 tablespoons lard
- 1 small onion, thinly sliced
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 head kale, washed, and tough stems removed, and roughly chopped
- 15 ounces cooked black beans
- 4 ounces queso cotija (or other crumbly Mexican cheese)
- 1 avocado, peeled, pitted, and cubed
- 2 to 3 pickled jalapenos, chopped
- Hot sauce
- 8 to 10 corn tortillas
- Salt and pepper

Method:

Melt the lard in a large skillet over medium heat. Add the onion and cook for about 5 minutes, or until translucent and tender. Add the garlic and cumin, and cook for another minute.

Add the kale to the skillet. Toss the kale to coat in the fat, and then cover the skillet and cook for about 2 minutes. Remove the top, stir, and check a bit of kale to see if it is done. If it is still tough, add a tablespoon of water, recover, and cook for another 2 minutes.

Dump in the beans, and cook until they are warm. Season with salt and pepper.

Meanwhile, warm the tortillas on another skillet set over medium-high heat, about 5-10 minutes a side.

Spoon some of the kale and bean mixture onto a tortilla. Top with a sprinkling of cheese, pickled jalapeños, some cubed avocado, and a dash of hot sauce. Season with salt and pepper to taste.

THANK YOU TO EVERYONE WHO DONATED UNMENTIONABLES FOR THE T2P2 EVENT!