

Small CSA Contents:

- 6 ears sweet corn
- 3 lbs Yukon gold potatoes
- 1 lb grassfed ground beef
- 2 ct green bell peppers
- 1 lb green beans
- Approx 1.5 lbs peaches
- 2 ct cucumbers
- 2 ct yellow summer squash
- 8 oz bag of kale
- 1 pint heirloom cherry tomatoes

Vegetarian and Vegan Substitutes

- 4 additional ears of corn
- 1 head of broccoli
- 1 lb grapes

Large Add-Ons

- Traditional Small Bag plus the contents below
- 1 boston butt pork shoulder roast
- 16 oz jar of homemade BBQ sauce
- 1 lb seedless grapes

American Cucumber Salad

Slice the cucumbers, either peeled or not peeled. In a bowl, add some white wine vinegar, sugar, and some water (depending on how strong you like the vinegar). Cover the cucumbers. Add some thin slices of onion. Shake in some salt and pepper and refrigerate for at least an hour. Then fold in some sour cream or yogurt. Your cucumber salad is ready.

Aussie Burger

So don't let Outback trick you into thinking any of their food is Australian at all. Australians don't really have their own cuisine that I'm aware of; however, I can tell you one thing about their burgers! I spent a summer in Australia as an exchange student and fell in love with a real Aussie Burger (and fish and chips of course).

An Aussie Burger always has fried egg and beets on it. Oh, and "sauce" is code-word for Ketchup. And ketchup is always Wileys...even though it is made by Heinz, they swear it is better.

Simply fry an egg to your liking. I prefer my over easy. For a less messy experience, try medium or medium poached. The beets can simply be roasted and served cold on the burger.

Add lettuce and onion, a shake of pepper, and some "sauce." You are good to go!

Cucumbers (by Parker Bosley)

Give the cucumber a little more respect. Often this neglected vegetable appears as an

afterthought—a couple of uninteresting slices on the salad.

With just a little attention you can "upgrade" the cucumber. Use it peeled or unpeeled. Slice the cucumber lengthwise. Use a small spoon to remove the seeds. Place the halves on the cutting board skin side up. Slice across to create half circles.

Blanch the cucumber slices in boiling salted water for a minute. Refresh in ice water. You can now proceed to use the cucumber in a variety of ways.

Heat them in butter with salt and pepper. Add some minced parsley or any combination of fresh herbs. Serve as a hot vegetable with most any poultry or fish.

Use the blanched cucumber to make a salad with yogurt or sour cream, some fresh mint, salt and pepper.

Consider using cucumber slices with water melon. They have a similar texture. In this combination, with fresh mint, it would be best to peel and blanch the cucumber slices. A few drops of Balsamic vinegar would add some interest to this combination.

Peeled, seeded tomatoes combined with cucumber slices would be a good combination for a picnic salad.

Deviled Eggs

P. Bosley: I use the Julia Child method when making hard cooked eggs. Place the eggs in a pan and cover with cold water. Choose a pan that has a tight fitting lid. Bring the water to a boil. Turn off the heat and place the lid on the pan. Allow the eggs to sit for 18 minutes. Remove the eggs to a bowl of ice water. When the eggs are completely cooled remove the shells. Slice the eggs in half.

Try some variations of deviled eggs. Separate your yolks so that you may make multiple "batches" of filling. Try to mix the yolks with olive oil, salt, pepper and minced fresh rosemary or thyme. Fill the cavities of the whites with this mixture. Another possibility is to use cream or a combination of olive oil and cream to mix with the yolks. You might consider a couple of drops of hot oil or Tabasco if you like a little heat. I like hard cooked eggs with salt and pepper. Keep them in the fridge for a snack.

When you can't eat any more deviled eggs, chop the hard cooked eggs and mix with a small amount of mayonnaise, some fresh herbs and season with salt and pepper for a good egg salad sandwich.

Trevor's variations: add shredded cheese, chopped raw onion, bacon, and/or mustard. Top with chopped tomatoes.

Smoked Pork Shoulder

I enjoyed this presentation at the Grovewood Tavern last year. It was awesome! Ingredients:

- 4 lb pork butt/shoulder
- 2 tablespoons kosher salt
- 1 tablespoon black pepper, ground
- 2 tablespoons paprika
- 3 tablespoons finely ground coffee
- 1 tablespoon cinamon
- A smoker

Prepare the smoker according to the unit's directions. Smoke wood chips for 30 to 60 minutes before using with food. While chips are smoking, rub the pork but with all the ingredients and let sit for one hour.

Smoke the meat with the fat side up for five to six hours. The temperature should be approximately 225 to 250 degrees. The meat should cook until an internal temperature of 180 degrees. Remove from the smoker and wrap in 2 layers of aluminum foil. Let stand for 30 to 60 minutes before serving.

Easy Braised Pork Shoulder

Start by seasoning your pork shoulder by rubbing it with salt, pepper, brown sugar, paprika and/or cumin and/or chili powder. Get a braising pan or a skillet hot with some olive oil. Sear the outside of the pork shoulder until it is just browned.

In a crock pot (or braising pan if you want to do it in the oven), place several coarsely chopped onions, some garlic, and root vegetables (carrots, potatoes, sweet potatoes, etc). Place your pork shoulder in the pot and cover at least half way with a braising fluid, either apple cider, beer, pork stock, or even water.

For a low setting on your crock pot, you may need about 5 to 6 hrs. Check periodically as all crock pots are different. When done, shred with a fork and knife. You are all ready to serve with some tasty Fresh Fork BBQ sauce.

Upcoming Events

Farm Tour – Sunday, Oct 2. 8 AM to 6:30ish PM \$45 per person

Come join us on our third annual farm tour. This year we will visit all new stops (as usual). The ticket price includes transportation, a kick-butt lunch, snacks, you-pick corn, and plenty of education.

This year we will visit a grassfed beef ranch, one of our orchards, the yogurt creamery/dairy farm, a vegetable farm, and a cheese creamery. We will also break down a whole hog again.