

Small CSA Contents:

- 1 lb Berkshire chorizo sausage
- 2 lbs spelt berries
- 1 lb whole wheat linguini
- 1 bunch garlic scapes
- 1 head leaf lettuce
- 1 quart Honeyoye strawberries
- 2 lbs hoop house tomatoes
- 1 dz egg (Thurs) or 1 half gallon milk (Fri/Sat)

Large Add-Ons – small plus items below

- 2 bunch field spinach, braising type
- 1 bunch green onions
- 1 lb chicken bratwurst
- 2-3 zucchini, depending on size
- Bok choy, tatsoi, or substitute

Vegetarian Subs – in place of sausage

- 1 bunch field spinach
- 1 additional quart strawberries
- 1 bunch green onions
- 2-3 zucchini

Vegan –no sausage, eggs/milk, and pasta

- Vegetarian substitutes
- 1 bunch asparagus
- Lettuce and extra zucchini

Week 1 Follow Up

Week 1 went very smooth on our side. I hope everyone enjoyed their package and found wonderful uses for the product.

Please feel free to share you experience with other customers. Our Facebook wall (search Fresh Fork Market) is very active. Please post photos, recipes, and ideas to share with other customers.

If you blog about cooking, please send me an email with the link to your blog:
trevor@freshforkmarket.com.

Finally, I hope that the greeters all explained any substitutes to you last week. Each week my farmers try to predict what they have coming in. I set the week's menu based on those predictions. If weather conditions or insect damage affect the crop, we often have to substitute items. This is the case with cucumbers in week 1.

I usually don't know what I'm getting until I get to the farm to pick it up (especially with the Amish). I'm willing to make that tradeoff though to have the freshest food on the market. In the case that we are shorted an item, we will make a substitute of equal value. The greeters have been instructed to notify you of these substitutions, such as tomatoes and bok choy instead of cucumbers in week 1.

Honeyoye Strawberries

The Honeyoye is a small, deep red strawberry, mostly grown by the Amish. It is sweet but tart at

the same time. This is the first berry to come in each year.

Your berries should be very tender and uniformly deep red. We are picking up fresh berries each day this week to make sure you get the most of your berries.

Your berries will not last more than a few days in the refrigerator if you do not prep them. You want to keep your whole berries dry and refrigerated. Below is a simply technique for adding shelf-life to your berries.

Macerated Strawberries

As you have likely discovered, fresh fruits have essentially no shelf life. If you think about it, when humans were gatherers, fruits and berries were eaten directly from the tree or bush. They didn't need to last for weeks!

To make the most of your fruit (berries in particular) try a technique known as maceration. Simply chop the fruit into small pieces, sprinkle with sugar and toss with a splash of alcohol. This will soften the fruit but preserve it some. The water will be drawn from the fruit by the sugar, intensifying the flavor. The alcohol...well, we don't know what it does, but that's what the chef said to do. Grand Marnier works well with strawberries.

For a quart of strawberries, 1 tbsp sugar and 1 tbsp alcohol will do. The alcohol can be omitted.

Keeping your greens fresh

Your refrigerator sucks the moisture out of these vegetables. There is not enough humidity. In the grocery store and distribution warehouses, these items are often packed with shaved ice or continually misted with cold water.

Try this technique to best preserve lettuces, spinach, and all leafy greens.

- 1) Wash greens in COLD (even ice cold) water. I add ice to the water.
- 2) Spin dry in salad spinner or pat dry with paper towels
- 3) Place cleaned and dried greens in a plastic bag or air-tight container. I add a paper towel to keep the leaves away from the plastic.

If you ever get greens that you think are too wilted, try reviving them in an ice bath. Fill a basin with water and ice, dip the greens in there, and spin dry. They will crisp up again.

An Egg-stravagant treat (by Parker Bosley)

If you want to invest a little time and little more effort in an egg dish consider making a fluffy omlette that is somewhat like a soufflé. Use a eight inch non-stick saute pan. Heat the oven to 350.

- 3 eggs, separated
- 2-3 TBS sugar or to taste (You can use less.)
- 2 drops of vanilla
- fresh mint or tarragon (optional)
- 1 TBS butter
- 1 cup sliced strawberries

Beat the egg yolks with half the sugar. Use a mixer or do it with a whisk as part of your morning work-out. Beat until the yolks are light in color and have increased in volume. Yeah it takes time. Add the vanilla to the yolks. Beat the whites with the remaining sugar. Beat until the whites form soft peaks. Whisk 1/3 of the whites into the yolks. Heat the butter in the saute pan over medium-high heat. Fold the remaining whites into the yolks.

The butter should be bubbling. Add the egg mixture to the pan. Cook until the omlette is set and starting to dry around the edges. Remove the saute pan to the oven for a few minutes until the top is cooked. Check often. This will take a few min. Slide the omlette onto a plate. Cover with the strawberries and enjoy!

How about a frittata? Whisk three eggs with a little salt and pepper. Heat the non-stick frying pan with enough olive oil to cover the bottom. Pour the eggs into the pan. Use a spatula to push the edged of the frittata toward the center. This lets the uncooked portion flow out to the sides. You can run it under the broiler for a minute to cook the top.

Top the frittata with grated cheese, crumbled feta cheese, fresh herbs, or bacon pieces.

Garlic Scapes

The garlic scape is the curl that grows on the top of the garlic plant. It must be removed to allow a bulb to form. It is very versatile. Chop it and sauté it like onion or garlic to use for flavor. Grill them whole and serve with red meat or pasta. Or use them to make a pesto (lots of recipes available online)

Cooking Spelt Berries

Use spelt berries in place of rice or pasta. Add them cooked to a salad or soup. Mix some chicken in with them and make a light dish, served hot or cold.

To cook spelt berries, add 1 cup of spelt berries to 3 cups of simmering water or chicken stock. Simmer for 1.5 hours. To make firmer, reduce fluid to 2 cup

Baked Spelt Pudding (from Bob's Red Mill)

0.5 cup spelt berries, 4 cups 2% milk, 0.5 cups sugar, 0.25 tsp salt, an eighth tsp cardamom, 1 vanilla bean split, and a dash of cinnamon.

Place spelt in medium saucepan. Cover with water to 2 inches above spelt and bring to a boil. Cook for 2 minutes at boil and remove from heat. Let stand for 1 hour and then drain. Place spelt in a food processor and process for 45 seconds or until spelt resembles a course ground cornmeal.

Preheat oven to 275. Combine spelt with remaining ingredients in a 2 quart, greased casserole dish. Bake for 3.5 hours, stirring every hour. Let stand 5 min. Sprinkle with cinnamon.

Wine Country Tour: Sun, June 26, 9 – 6 Cost: \$83.

Tour 4 Ohio wineries, bus transportation, lunch, snacks, and wine tastings included. Learn about growing grapes, making wine, tasting and pairing. Only 24 seats left on our bus.