

Small CSA Contents:

- 1 lb ground veal
- 1 lb ground pork
- 1 head cabbage
- 1 head cauliflower
- 2 bell peppers
- 1 pint grape tomatoes
- 1 bunch collard greens
- 2 ct eggplant

Vegetarian Substitutes

- Sweet potato & rosemary linguini
- Watermelon
- Turnips

Large Add-Ons

- Traditional Small Bag plus the contents below
- 1 bag mixed greens
- 1 watermelon
- 1 bunch beets with tops
- Approx 2 lbs turnips
- 1 lb sweet potato rosemary linguini

Collard Greens

I get strange looks when I put collard greens in the bag. What do I do with these?

Try preparing them as it is done in the southern US. To do this, you will need a smoked pork meat. Bacon is the most common smoked meat, but ham hocks would be better.

In a pot, bring water to a boil. You'll need about 2 to 3 quarts to cover the hock. Add the ham hock and a tablespoon or two of salt. Reduce the heat down to medium (just around boiling) and cook the hock for about 45 minutes. The water should reduce.

While the hock is cooking, cut the center vein out of the collards. Stack the collards and cut them into strips, about half an inch wide (your preference).

Add the greens to the pot with the meat after the meat has cooked for about 45 minutes. Add a couple tablespoons of butter and continue to cook for about another 45 minutes over medium heat until most of the water has been evaporated or soaked up by the greens. If when the water is done the greens are still tough, add more water and continue to cook. Season with salt, pepper, and red pepper flakes (optional) when done. Pull the meat off of the ham bone and serve the greens as a side dish. Serve with corn bread to allow your diners to soak up the "pot liquor" with the bread.

Cabbage Rolls

Peel several layers off of your cabbage to get down to a clean, crisp leaf. Separate as many leaves as you want cabbage rolls. Cook the leaves in boiling water until softened.

In a separate pot, prepare rice. Follow the instructions for the type of rice you purchased. I always cook more than I need because there is nothing more frustrating than running out of rice when you go to make your cabbage rolls.

In a large bowl, combine a pound of veal and a pound of pork with one to two eggs (beaten first). Add some veggies. A whole chopped onion is good. Some chopped celery, parsley, or garlic also go well. Add a couple teaspoons of salt and a half teaspoon of black pepper. Finally, mix in the rice. Adjust meat to rice ratio to your liking.

Put the meat mixture on a cabbage leaf and roll the leaf over. Place rolled cabbage leaves in a baking dish. Top with fresh chopped tomatoes (and the juice) or tomato sauce or a combination of the two. Add some extra cabbage leaves (if you like to have cabbage with every bite) at the bottom of the pan.

Cook in the oven for about an hour at 350. Cut one open to make sure the meat is cooked. You want an internal temperature of about 170.

Variation: try the same recipe but use green peppers to make a stuffed green pepper recipe

Cauliflower

The cauliflower is one of my favorite fall vegetables. It is so tasty and simple to prepare. Cut the florets from the head. In a large bowl, toss the cauliflower with a little olive oil. Place on a baking sheet. Sprinkle with kosher or sea salt. Roast in the oven at 400 degrees until the tops start to burn/brown. About a half hour.

Variations: add minced garlic, fresh lemon juice, and parmesan cheese for a completely different experience.

Turkey Talk

It is just 6 weeks from now that we'll all be sitting down carving a turkey for the first time in nearly a year.

We are all familiar with the pilgrims and Thanksgiving and how they were giving thanks for a bountiful harvest. I just want to know what they were harvesting the last week of November, especially in New England.

Ohio's "bounty" tapers off quickly after October. Without any heat, we are often left with winter squash and storage crops like potatoes and onions. Those aren't the most fun.

I've been working with our producers to offer you a wider selection of products for your Thanksgiving feast. Besides pasture raised turkeys, Fresh Fork will also be offering braising greens, carrots, beets, onions, garlic, sweet potatoes, potatoes, pumpkins, apples, lettuces and more.

Oh, and don't forget the fantastic pies. Be sure to get an apple pie or pumpkin pie from Humble Pie Baking Company or a Sweet Potato Pie made by Lucky's Café.

As your CSA greeter for more information about our Thanksgiving packages. We'll offer turkeys for sale and turkey's bundled with everything you need for Thanksgiving, including homemade apple pie and sweet potato pie!



Above: turkeys at Martha's Farm in Ashland last week

Orders for Thanksgiving turkeys will be taken through Nov 14th. The fliers, also available online at www.freshforkmarket.com, include information about the turkeys, the fixings, the price and the required deposit. We will take orders at pickup and online at www.myfreshfork.com.

Important Dates

Last CSA Delivery: Oct 27, 28, 29
First Winter CSA Delivery: Nov 3, 4, 5

Deadline to sign up for Winter CSA: NOW...only 35 spots still available

Deadline to buy a Turkey or Thanksgiving Package: November 14 (unless they sell out before then)

Winter CSA Signups: <http://csalogin.freshforkmarket.com> or email Trevor at trevor@freshforkmarket.com

Thanksgiving Packages: learn more at www.freshforkmarket.com. Buy at www.myfreshfork.com