

Small CSA Contents:

- 1 lb grassfed ground beef
- 1 qt organic strawberries
- 1 head leaf lettuce
- 1 bag heirloom corn chips
- 1 bunch cilantro
- 1-2 zucchini
- 1 bunch field grown spinach or swiss chard
- Approx 1.5 lbs slicing tomatoes
- 1 dz egg (Fri/Sat) or 1 half gallon milk (Thurs)

Large Add-Ons – small plus items below

- 2 lb roll butter
- 1 bunch radishes
- 1 extra lb ground beef
- Approx ¾ lb assorted braising greens

Vegetarian Subs – in place of ground beef

- 1 bunch candy striped beets
- 1 head red oakleaf lettuce
- 1 bunch red or green rhubarb

Vegan –no ground beef or eggs/milk

- Vegetarian substitutes
- 1 extra quart strawberries

Skim vs 2% vs Whole:

Last week I was fascinated by the demand for skim milk...so I thought this week might be a good time to start a conversation about milk.

In this section, I'll cover 3 topics which I find fascinating:

- Federal Milk Market Orders
- Pasteurization and Homogenization
- The health effects of milk-fat

FMMOs: The most fascinating fact about milk is that the price is fixed by a quasi-government organization known as the milk marketing board. In the 1930s, the USDA set up milk market orders to ensure that everyone could afford milk. Up until the late 1960s, there were over 500 localized market orders. A market order is the price which a farmer is paid for his milk, based on "hundred-count," or 100 lbs of milk. The price is set by a board of producers, buyers, and those selling the inputs (grains, etc). The goal is that farmers can get a price that pays the bills. With over 500 market orders, the price was very localized and reflective of the local production costs.

Today, there are under 20 market orders. And because these market orders are so large, they tend to favor large, conventional dairies. Here's how. The price for Class I (fluid milk) is set at say \$13 per hundred-count. The conventional guy might only be able to sell his for \$11 per hundred-count to the handler. The organic guy, such as Snowville, might be able to get \$17 per hundred count. Because the

FMMO philosophy is that all milk is the same, Snowville pays into a pool for selling their milk too high...they pay \$4. The conventional guy gets \$2 so that he makes the same amount on his milk.

Pasteurization and Homogenization:

Pasteurization is the process of heating milk to kill bacteria. The minimum temperature which a fluid milk must be heated is 170 degrees F. In the state of OH, all fluid milk must be pasteurized. Cheeses may be made from raw milk only if aged 60 days or greater, which also kills the bacteria.

Homogenization is the process of forcing fluid milk through a very fine filter. This literally breaks the fat molecules up and allows them to suspend in the milk as opposed to rising to the top. Snowville milk is not homogenized.



Health effects of milk-fat: Think about a tennis ball and a bowling ball. A tennis ball has the same amount of contact with the floor as a bowling ball. However, the bowling ball has greater volume and size. It would probably take a dozen or more tennis balls to equal the volume of a bowling ball.

So let's pretend that the bowling ball is natural milk-fat and that the tennis ball is the milk-fat after homogenization. The dozen tennis balls have a dozen times more surface contact than the bowling ball. These molecules will stick to your arteries and cause more damage than nonhomogenized milk fat molecules.

Further, homogenization and pasteurization break down a chemical referred to as "XO." It's a chemical found in milk that helps your body digest lactose. Without it, your body may reject lactose...hence, lactose-intolerant. Minimally pasteurized milk has more XO in it than ultra-pasteurized milk.

The result....Some lactose-intolerant folks can drink our milk!

Customer Recipes

Recently we have had some very good posts on Facebook with recipes. This week's bag doesn't have any funky ingredients, but I'm sure you may be sitting on a few from the past, especially the spelt berries and cornmeal. Here are some ideas from other customers.

Cranberry Yogurt Cornmeal Muffins – as prepared by Kirsten Pentek, recipe from Mr. Breakfast

Note: The cranberries can be replaced with other frozen fruits, such as blueberries or strawberries.

Ingredients:

- 1 cup fresh or frozen cranberries
- 1 cup all purpose flour
- 1 cup cornmeal
- 2/3 cups sugar
- 1 tbsp baking powder
- 0.5 tsp baking soda
- 1 pinch salt
- 0.75 cup plain yogurt
- 0.5 cup milk
- 0.5 cup (half cup) butter, unsalted preferred
- 1 large egg

Preheat oven to 400; center the rack in the oven. Line a muffin pan with paper liners. Coarsely chop cranberries (or other fruit) in food processor or by hand.

Combine all the dry ingredients in a large bowl. In a second bowl, whisk yogurt, milk, butter, and egg until blended. Add this mixture to the large bowl of dry ingredients. Mix until just combined.

Fold in the cranberries (or other fruit). Divide batter equally in muffin cups. Bake until golden and toothpick entered in top comes out clean. Estimated cooking time about 20 minutes. Transfer muffin tin to a rack and allow to cool.

Spanikorizo – as adapted and prepared by Kate True, original recipe from Michael Psilakis "How to Roast a Lamb"

Ingredients:

- 1 to 2 cups spelt berries, soaked in water overnight
- Fresh spinach
- Feta cheese
- Scallions
- Shallots or garlic
- Lemon Juice
- Olive Oil

Soak your spelt berries overnight so they don't take as long to cook. Boil soaked spelt berries for about 20 to 30 minutes in salted water until tender. Undercook if you want more texture and a firmer spelt berry.

Over medium low heat, sauté your shallots (or garlic) and scallions briefly. Toss in the fresh spinach and cook until wilted, but still bright green.

Toss drained and still warm spelt berries with the spinach mixture and add feta. Season with a squeeze of lemon juice and a generous sprinkling of fresh cracked pepper and kosher salt. Serve warm.

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.