

**Small CSA Contents:**

- 1 whole chicken or grassfed beef roast
- 1 pint blueberries
- Approx 1.5 lbs cling peaches
- Approx 1.5 lbs slicing tomatoes
- 1 head leaf lettuce
- 1 bunch cilantro
- 2 ct zucchini
- 2 ct squash
- 1 lb green beans

**Large Add-Ons – small plus items below**

- 1 bunch kale
- 1 bunch carrots with tops
- 1 bunch spinach
- 1 head broccoli
- 1 candy onion
- 1 pint black raspberries
- 8 oz cream cheese\*

**Vegetarian and Vegan Subs –**

- 1 pint black raspberries
- 1 bunch carrots
- 1 bunch spinach
- 1 bunch mustard/kale/spinach/carrots

**Cream Cheese from Mayfield Rd Creamery**

The large customers this week are getting a surprise container of cream cheese from Mayfield Road Creamery. This was intended for next week's package but she finished the last batch early, so I am getting it to you while it is fresher.

This product will change your mind about cream cheese. It is fresh, milky and the texture is almost flaky...not like the store bought cream cheese. This product has a shelf life of about 30 to 45 days refrigerated. It is made in small batches of about 30 lbs at a time, so it has taken Susan a few weeks to get it all ready.

Next week, the small add-ons may be a little smaller to accommodate the cost of the cream cheese this week.

In the future, cream cheese will be available as an extra item for purchase at the back of the truck.

**Steamed Cabbage**

In case anyone is still looking for uses for cabbage, try just steaming it. Season with salt and pepper and enjoy!

**Cooking with Greens**

Fresh braising greens add flavor, color, and nutrients to your meal. Mustard greens, kale, and spinach are packed with nutrients.

Some of the tougher greens, such as kale, may require blanching first to soften them up. Get a pot of boiling water ready and blanch your kale or mustard greens. Take the blanched product and finish by braising it in a skillet with an oil – butter, oil, or animal fat.

Greens may also be steamed for a healthy alternative.

**Green Garlic Uses**

The garlic in last week's bag is referred to as "green garlic," because it has not been dried yet.

**Use the green garlic in salad dressing:** Mince a piece of the bulb very fine. Use a little in your salad dressing. If you like to infuse olive oil green garlic works well for that. Remember, salad dressings are simply 3 parts oil to 1 part vinegar, with garlic, mustard, herbs, salt, pepper, and other seasonings. There are endless recipes available online.

**Garlic and Cream Sauce:** My favorite way to use green garlic is to make a cream sauce for pasta. Add minced garlic to some cream and boil until it thickens to your preference. Add any vegetables and herbs that you have. Toss cooked pasta with the garlic cream and season well with salt and pepper.

**Grassfed Beef**

OK, no beating around the bush here. If you like your beef cooked well, just throw this meat out now. It's not meant to be enjoyed well done. Steaks should be medium at most; roasts cooked slow with moisture; and ground is A-OK dark pink in the middle and juicy.

Grassfed beef is extremely lean. The marbling effect that gives conventional, corn-fed beef its buttery flavor is that of fat. That fat comes from putting the animal on diet of corn and soybeans. A grassfed animal is "fattened up" naturally on grass.

How? Well, it's mostly a matter of time. Grain-fed cattle can be harvested at just 15 to 18 months of age and weigh about 1,200 lbs. For a grassfed cow to get to that weight and to have any significant marbling, it takes about 28 to 30 months. Without the high-energy grains, the cow must eat the right mixture of grass to put on any fat layer.

The cattle must also eat the right part of the grass. The top third of a blade of grass – the new growth – has about 2/3 of the energy in it. The goal is to have the cattle eat the grass in a pasture down uniformly. To do this, the farmers practice a method called high-density grazing. They put several animals on a small pasture for a few days, then move them to a new pasture. This allows them to eat most of the grass, compact the soil down to prevent weed growth, and evenly distribute their manure.

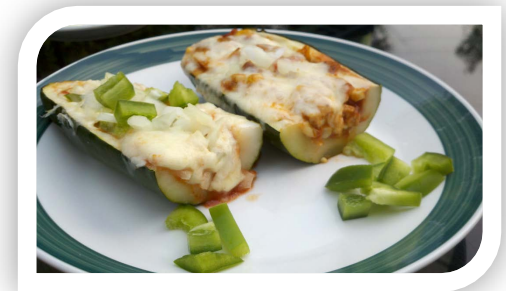
The farmers Fresh Fork works with specialize in only grassfed beef. All the cattle are red angus. They are

raised on organic pastures where clover, timothy grass, and alfalfa grass are important parts of the cow's diet due to their high protein levels. These high energy grasses allow the cow to fatten up some.

For those of you who selected the beef roast this week, enjoy. For the others, we'll have more grassfed beef coming throughout the summer.

**Zucchini Pizza**

Tired of just sauting or roasting your zucchini? Here is an interesting recipe. Simply slice the zucchinis in half. Hollow them out some with a spoon to remove the seeds. Rub with a bit of olive oil and bake at 350 for 20 to 30 minutes until it starts to get tender.



Now, build a pizza to your liking on top of the zucchinis and continue to bake until they are the softness that you desire.

Another variation of zucchini pizza is zucchini pasta. Slice the zucchinis into very fine strips, like spaghetti noodles. Roast them off until soft, then serve with tomatoe sauce or the toppings of your liking.

**Events**

I keep forgetting to tell you guys about some of the exciting events coming up around Cleveland (that I happen to be involved in!).

**Tate of Tremont: Sunday, July 17, Noon to 8 PM**  
Come out this Sunday to Tremont for the Taste of Tremont. If you haven't been before, it is Cleveland's best food event. Every restaurant in Tremont will have a booth vending their best dishes.

Fresh Fork will also be participating. We will have a booth at the corner of College and Professor by the Treehouse bar. We are doing roasted Ohio Sweet Corn and a pig roast! Be sure to stop by and try our dishes.

The event is free to the public. Attendees pay for their food and drinks.