

Small CSA Contents:

- 1 whole pasture raised chicken
- 1 bulb kohlrabi
- 1 bunch collard greens
- 1 quart strawberries
- 1 bunch red Russian kale
- 1 bunch garlic scapes
- 1 head green leaf lettuce
- 1 bunch radishes
- 1 quarter lb bag of pea tendrils

Large Add-Ons

- Small bag plus items below
- 2 bunches spinach
- 1 lb shelled peas
- 1 head broccoli
- 1 lb sweet pea and basil pasta

Vegetarian Subs – in place of chicken

- 2 bunches spinach
- 1 head broccoli
- 1 container feta cheese
- 1 lb sweet pea and basil pasta

Vegan – replace chicken & pasta

- Vegetarian substitutes
- 2 lbs hothouse tomatoes
- 1 bag rhubarb

Welcome to Fresh Fork

Thank you very much for subscribing to the Fresh Fork Summer CSA. Each week I'll provide you with a newsletter to help guide you in your local journey. The topics will range from farming techniques to recipes and preservation techniques.

The first few weeks of this year are looking quite different than last year, in a very good way! With the exception of a possible shortage on tree fruits (peaches, grapes, plums, cherries) due to the late frosts this spring, we should have a great summer.

The first few weeks of the CSA usually focus on getting you some "staples" for your pantry, such as flour, grains, beans, eggs, butter, etc. With as much produce as we are looking at this spring I may have to back a few of those up.

About your authors

I'm Trevor Clatterbuck. I started Fresh Fork Market 4 years ago when I was a student at Case Western. It's hard to believe it has been that long. I'm the luckiest person on earth. My job is thrilling, my customers are the friendliest, and I see and do the coolest things with my work – visit farms, go to great dinners, etc. The work pays off and I'm glad you are her to join me in this journey.

I'll write most of the articles about farm production. Robert Stockham, who usually is found on the East Routes and answering the 800 number, contributes some recipes and canning experiences he has at home. We are all foodies by nature, just limited in

our cooking time by work, so we try to keep the recipes simple.

Parker Bosley writes most of the recipes. Some of you may remember Parker's name from his restaurant Parker's New American Bistro in Ohio City. Parker retired in 2006 and has since been working with farmers – something he pioneered in the Cleveland restaurant scene 30 years ago.

Anyhow, Parker's recipes are great. Why? They highlight the ingredients. You don't need fancy recipes and multiple techniques to cook well. What you need are great ingredients and simple, rewarding preparations. Parker's recipes are that.

Each week we'll include a few recipes in the newsletter. We are obviously limited by space. Please visit our blog at www.freshforkmarket.com for more recipes. Also, if you ever want to share recipes, please do so on our facebook wall (www.facebook.com/FreshForkMarket). If you aren't on Facebook, email us and we'll get it up there for you or put it on the Blog. Please site any sources.

The Frightening Whole Chicken

I like to start the CSA out with a whole chicken. It's a delicious meal, very versatile, and gives you a huge bang for your buck.

Sadly, it's probably the number one complaint I get from customers. "I don't know what to do with a whole chicken" or "OMG I have to touch that." Yes, it is your food. It's going in your mouth for crying out loud.



Anyhow, the chicken provides me three opportunities:

- 1) To educate the customer via our blog, newsletter, and workshops
- 2) To knock your socks off with quality
- 3) To tell a story about how our products are produced

Are these chickens free range?

No. Why? I don't like the term free range. It lacks sufficient meaning. This is a topic I will rant about all summer and continually educate you on. Free

range simply means the birds aren't caged up. To many industrial producers, that means free range within a large chicken barn. So they never see



green grass!

Pasture raised means that the birds are outside on pasture. The device you see in the photo above is chickens in a "chicken tractor." This is a 14' by 14' cage with an open bottom. The cage contains about 50 birds and is moved twice per day; the cage protects the chickens from predators and promotes high density grazing, which is good for both the birds and the pasture. When the cage is moved it looks like the grass has been mowed, hence the name chicken tractor.

The idea behind this is that the birds receive fresh air, sunshine, and can eat all the grass, clover, and bugs they can find in the organic pastures. In general, the chickens get about 30% of their diet from this forage. The chicken manure left behind is in turn great fertilizer for the pasture.

While this process is more labor intensive and doesn't scale as well, I think you will notice the quality difference in these birds!

Simple, Roasted Chicken

Heat the oven to 450 degrees. Rinse the whole chicken, cavity and surface, with cold water. Dry the surface and the cavity with a paper towel. Place a few large pieces of chopped onion, carrot, and celery (or whatever you have) in the cavity. Add some aromatics next – about a half teaspoon of dried thyme and a bay leaf work great in the cavity. Place the chicken, breast side up, in a shallow roasting pan. Rub the surface with butter or olive oil. Season well with salt and pepper, maybe a little rosemary or thyme if you like.

Roast the chicken for 20 to 30 minutes at 450 degrees, uncovered. Lower the heat to 350 degrees. If the top is quite crispy already, cover it with a bit of foil. You can roast the whole chicken either covered or uncovered. A small chicken, about 3 to 4 lbs, will take about an hour to hour and 15 minutes. A 5 to 6 lb bird will take about 1 hr 45 minutes. Check with a thermometer in the thickest part of the thigh occasionally. You want the bird to get to about 150 or 155 degrees before removing from the oven. Let it rest for 15 minutes as it continues to cook out of the oven.

Save the cooking juices in the pan for gravy or to cook other veggies in (potatoes). Remove the leg and thigh pieces by simply tugging on them. They should start to separate. Use your knife to slice the skin and cut between the breast and the thigh. Twist the leg and the knuckle should pop, indicating where to cut.

Remove the breast by slicing along the breast-bone. Run your knife along the breast and under it. Pull it away, cutting as you do so. Cut the breast into at least 2 portions.

When the chicken has cooled, wrap with plastic wrap and refrigerate. Cold chicken is a great treat and fantastic on sandwiches in the summer. Try it with a nice mustard or even a little balsamic vinegar

Remember, don't throw out your chicken carcass and bones. Use it to make stock or soup. If you don't feel like doing so now, put it in a zip bag and freeze for another day. If you make stock, add the juices from the roasting pan to enrich the stock.

Our Chicken Workshop

You'll be getting an event invite via email next week for our "chicken workshop." We will have both east and west side locations and dates – June 18 and 19.

This class will include light appetizers, a hands-on chicken quartering and deboning demonstration, and 3 to 5 recipes, taught by Parker Bosley.

Radishes

Slice your radishes into thick slices or small cubes. Sauté with butter in a skillet and serve.

Also, you can toss them with butter or olive oil and roast in the oven.

Slice them thinly and serve them on bread with butter. You'll be surprised. Makes a nice snack.

Roasted Radishes with Brown Butter, Lemon, and Radish Tops (from Bon Appetit, April 2011)

Ingredients:

1 large bunch radishes
1.5 tablespoon olive oil
Kosher salt
2 tablespoons unsalted butter
1 tsp fresh lemon juice

Preheat oven to 450°F. Brush large heavy-duty rimmed baking sheet with olive oil. Cut off all but 1/2 inch of green radish tops; reserve trimmed tops and rinse them well, checking for grit.

Coarsely chop radish tops and set aside. Cut radishes lengthwise in half and place in medium bowl. Add 1 1/2 tablespoons olive oil and toss thoroughly to coat. Place radishes, cut side down, on prepared baking sheet; sprinkle lightly with coarse salt. Roast until radishes are crisp-tender, stirring occasionally, about 18 minutes. Season to taste with more coarse kosher salt, if desired.

Over medium-high heat you will brown the butter. Add butter and a pinch of coarse kosher salt to skillet and cook until butter browns, swirling skillet frequently to keep butter solids from burning, about 3 minutes. Remove skillet from heat and stir in fresh lemon juice.

Transfer roasted radishes to warmed shallow serving bowl and drizzle brown butter over. Sprinkle with chopped radish tops and serve.

Variation: You may also sauté the radish greens to with the radishes.

Rhubarb

First, don't eat any bit of the leaves on the stalk. Most of the leaves have been removed. The leaves are mildly toxic and will give you stomach pains.

Rhubarb is used to make jams, sauces, and for baking. I was going to write about how to make rhubarb jam...but there are so many variations that it is scary! In general, you are going to cook rhubarb in a small amount of water. The rhubarb contains lots of water so it will stay liquidy. Other sweeteners such as sugar or even fruits such as apples and strawberries are added to the rhubarb to mellow out the bitter taste. At this point, one may either continue to make jam (adding pectin, etc) or use the rhubarb as a sauce for dressing desserts, serving over a nice pork roast, pork chops, or chicken or duck.

For a very good article on rhubarb, please visit Wikipedia. Their article is rather thorough on the uses.

To recap, you may:

Make a jam: search the web for countless recipes on jams

Make a sauce: this will be a sweet and sour sauce containing rhubarb, a sweetener (sugar, honey, other fruit), and optionally apples. This will pair well with pork and turkey, kind of like a chutney. Try serving it on a pork chop, pork roast, sliced turkey, or the ham loaf from a few months back.

Bake with it: Rhubarb pie! I haven't made one so I feel bad suggesting how.

Red Russian Kale and Collard Greens

Kale and collards, both hearty greens. My customers tend to hate them or love them.

For health reasons, you should certainly try them. They are very rich in iron and many vitamins. If anyone owns a Vitamix, be sure to look in their recipe books for smoothie ideas.

Kale: Wash the kale and remove the center vein up to the place where it thins out. Rinse with water, chop wet, and place in a heavy bottom pan with a little olive oil. Add half of a thinly sliced red onion, in half circles. Cover the pan and heat on very low. Check from time to time. This will take a while to gently soften/steam the greens. Toss the leaves to help distribute the heat.

Meanwhile, boil some potatoes. When the kale is completely wilted and soft and the potatoes are

cooked, combine the two. Season with salt and pepper, increase the heat, and sauté actively for a few minutes to your liking. You may have to add a bit more oil depending on ratio of potatoes to kale.

Collard Greens: These collards are much more tender than most, so you might have to watch them a little. Start by removing the center vein and coarsely chopping the leaves. Boil them for 15 to 30 minutes to soften them up. Drain and press to remove liquid.

Sauté some bacon, chopped, or preheat a pan with olive oil, butter, or lard. Add the collards and some thinly sliced onion, and cook until desired tenderness. Add some apple cider vinegar if you want a true southern taste.

Try your collards in the morning with a fried egg on top or use as a condiment on a sausage sandwich (yes, excellent with any bratwurst or polish sausage or Slovenian sausage).

Garlic Scapes

The scapes are the beginning of the blossom and eventual flour that alliums – the onion, chives, leeks, and garlic – produce. By removing them, the farmer allows the plant to put its energy into bulb.

The scapes can be used in some of the same ways that garlic cloves might be used. Mince the scapes and add them to risotto, to cream sauces for pasta or to replace green onions. Chop coarsely and place in the cavity of the chicken for roasting. Mincéd scapes are great with scrambled eggs or omelettes. Warm them in butter or oil first.

Kohlrabi

Kohlrabi has many names. It has been called knob celery, cabbage turnip and probably some names that are less than flattering. How about a salad or slaw? Kohlrabi can be substituted in nearly any coleslaw recipe.

Although it might seem a little out of season, kohlrabi makes a fine soup. If you have a favorite turnip soup, potato soup or broccoli soup you can substitute kohlrabi.

For about a pound of kohlrabi with leaves: Start with 2 or 3 slices of bacon (optional). Sauté the bacon in the soup pot until it is crisp. If you are not using bacon, start with some butter and/or olive oil. Add chopped onion, celery and carrot. Stir the vegetables in the bacon fat or the butter and oil. After about 10 minutes, add peeled chopped kohlrabi as well as the leaves from the kohlrabi.

Add 3-4 cups of chicken stock or water. Add a bay leaf and a teaspoon of dried thyme and crushed garlic clove with skin removed as well as some salt and pepper. Cook until all vegetables are very soft. Purée the soup in a blender or food processor or pass it through a food mill. Add salt and pepper to your taste.