

Small CSA Contents:

- 2# black turtle beans
- 1 bag corn chips
- 1 # chorizo sausage
- 1 bunch green onions
- 1 bunch cilantro
- 1 head red leaf lettuce
- 1 head either baby bok choy or 1 bunch swiss chard
- 1 head jumbo white stem bok choy
- 1.5# red slicing tomatoes (approximately 3 tomatoes)
- 1 bag snow peas

Large Add-Ons

- 1 head cauliflower
- 1 bunch red kale
- 1 lb snow peas
- 2 ct zucchini
- 1 package chicken brats

Vegetarian Subs – in place of chorizo

- 1 head cauliflower
- 1 lb snow peas
- 2 ct zucchini

Vegan – same as vegetarian**Fresh Fork – Week 2**

I have provided in this newsletter a few suggestions for preparing and storing the items in your package this week.

The chorizo is a Spanish style pork sausage that is seasoned with paprika and salt. It can be grilled or sautéed and is great in any Spanish- or Mexican-styled dish.

Black beans – the possibilities are endless!

These black beans are so fresh you'll only need to soak them for about an hour or two. To prepare, boil beans with chopped onion and garlic until cooked through (about 2 hours). Finish with fresh chopped cilantro.

I like to make large batches of black beans and freeze in small containers so I always have fresh beans on hand for a quick meal. Here are a few of my favorites:

Huevos Rancheros

Layer a corn tortilla with cooked black beans, a poached egg, fresh salsa or chopped tomato, sliced avocado, green onion and cilantro. Top with hot sauce for a little extra heat. This dish is great served with a side of chorizo hash browns.

Black Bean and Corn Salad

In a large bowl, combine equal parts black beans and frozen corn (great if you have leftovers from last season!). Add red or green onion, red bell pepper, chopped tomato, fresh chopped cilantro, the juice of one lime, salt and pepper. Mix together and serve cold. Avocado can also be added immediately before serving.

Kale*Kale*

High in beta carotene, vitamin K and C, lutein, and calcium, this super food can be used in many ways: raw, steamed, dehydrated, stir-fry, and even in juices and smoothies.

Swiss Chard*Rainbow Swiss Chard*

Did you know swiss chard is actually in the beet family? This leafy green vegetable is considered to be one of the healthiest foods available.

Chard can be eaten raw, sautéed with a little olive oil and garlic, steamed, or even pickled. Basically, anything you would do with fresh spinach, you can do with chard.

Bok Choy*Bok Choy*

This Chinese cabbage is rich in Vitamin A and C and can be found in many Asian-inspired recipes. Try marking a Bok Choy slaw with thinly sliced carrots and green onions. Mix with ¼ cup rice wine vinegar, 1 tablespoon of sesame oil, 2 teaspoons sugar and 2 teaspoons Dijon mustard. Add salt and pepper to taste. *This recipe was originally found on Food.com.*

Stir-Fry

Sautee in olive oil and/or butter on medium heat: bok choy, kale, zucchini, squash, snow peas, sliced carrots and broccoli until cooked through. Add a pinch of crushed red pepper, toasted sesame seeds and a splash of soy sauce. Cook for about 2 minutes longer. Top with chopped green onions and serve over whole grain rice.

Storing your greens

The kale, swiss chard, and bok choy in this week's package can be stored in your refrigerator with a paper towel to absorb moisture. These greens also freeze well and can be used later steamed or in soups.

Share your recipes!

Check our Facebook (www.facebook.com/FreshForkMarket) and blog (www.freshforkmarket.com) for even more recipes and feel free to send us your own or post on our Facebook wall so we can share with other Fresh Fork subscribers. We just ask that you reference any sources.