



# FRESH FORK MARKET

Week 11 Summer 2012  
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[www.FreshForkMarket.com](http://www.FreshForkMarket.com)



## Small CSA Contents:

3# bag red norland potatoes  
1/2 dozen sweet corn  
1 bunch leeks (may be 1 leek depending on size)  
1 bulb fennel  
Approx 1.5 lbs heirloom tomatoes  
2 oz basil  
Approx 2 lbs slicing tomatoes  
1 lb grassfed ground beef  
Approx 2 lbs peaches  
1-2 eggplant, depending on size

## Large Add-Ons

2 zucchini or squash  
1-2 onions  
2-3 "Italian frier" peppers (red sweet stuffing peppers)  
1 melon – choice of canteloupe or watermelon  
1/2 lb swiss chard  
1 bulb garlic  
1 piece havarti cheese

## Vegetarian Subs

*In Place of Beef*  
1 package Luna Burgers  
2 zucchini or squash  
1 pint blackberries

## Vegan

Same as vegetarian

## Grassfed Beef

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 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.

## Potato Leek Soup

*As the weather outside seems a little rainy and cooler, it makes us think of soup. This recipe uses ingredients from this week's bag. To make a vegetarian version, you can use veggie stock instead of chicken stock. You can even go vegan by using olive oil and a plain soy or rice milk, although it will not be as creamy.*

3 tablespoons butter  
1 large or 2-3 smaller leeks, thinly sliced  
1 medium or large onion, chopped  
6 – 8 potatoes, thinly sliced  
3 ½ cups chicken broth (or enough to barely cover potatoes)  
1 cup heavy cream  
salt to taste  
fresh ground black pepper to taste

Melt butter in a large saucepan over medium heat then add onions and leeks. Cook, stirring, until onions are limp and just slightly brown.

Add sliced potatoes to saucepan then pour in enough chicken broth to just barely cover the potatoes. Continue cooking over medium heat until potatoes are tender. Using a potato masher, mash and stir potatoes until desired consistency is reached. As you mash the potatoes and the soup thickens, turn down heat and stir frequently with a large spoon to prevent scorching on the bottom.

Add one cup of heavy cream (or more if you desire) and salt and black pepper to taste. Cook 15 minutes more over low heat, stirring frequently, then remove from heat and serve.

## Not Caprese Salad

The typical Caprese salad is made up of slices of fresh tomato layered with fresh basil and fresh mozzarella. This is a tasty summer salad that is always appealing. For something a little different try this version.

Whisk together a little minced garlic and extra virgin olive oil. Set aside.

Slice heirloom tomatoes in nice sized slices. Spread each slice with a little goat cheese chevre. Top with a leaf or two of fresh basil. Lay two or three slices, overlapping, on a plate and drizzle with the garlic olive oil. Yum.

## Fennel & Leek Gratin

*From NY Times*

2 tablespoons extra virgin olive oil  
2 pounds fennel, trimmed, quartered, cored and chopped (about 4 cups chopped)  
1 bunch leeks, white and light green parts, cleaned and chopped (about 3 cups chopped leeks)  
Salt and freshly ground pepper to taste  
2 large garlic cloves, minced  
1/2 cup chopped fresh dill  
4 large eggs, beaten  
3 ounces feta cheese, crumbled (about 3/4 cup)

1. Heat the oil over medium heat in a large, nonstick skillet, and add the fennel and leeks. Cook, stirring often, until the vegetables begin to soften. Add salt to taste, and continue to cook, stirring often, until the fennel and leeks are very tender and fragrant, about 10 minutes. Add the garlic, and stir together for another minute or two, then stir in the dill. Season to taste with salt and pepper, and remove from the heat.

2. Preheat the oven to 375 degrees. Oil a 2-quart gratin or baking dish. Beat the eggs in a large bowl. Crumble in the feta, and stir in the fennel mixture. Combine well. Scrape into the baking dish, and bake 35 to 40 minutes until set and the top and sides are beginning to color. Remove from the oven, and allow to sit for at least 10 minutes before serving. This is good hot, warm or at room temperature.

Yield: Serves four as a main dish, six as a side.