



FRESH FORK MARKET

Week 12 Summer 2012
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www.FreshForkMarket.com



Small CSA Contents:

1 bag of oats, 1.5 lbs
1 bunch red russian kale
Either 1 bag (approx 1 lb) mixed sweet and hot baby peppers or 2 ct zucchini/squash
1 lb beans
1 bunch French Breakfast radishes
1 pint blackberries or 1 cantaloupe
1-2 Candy onions, depending on size
2 green peppers
1 pint cherry tomatoes
1 package (1.25 lbs) green onion
bratwursts, made from Berkshire pork

Large Add-Ons

1 piece grassfed swiss cheese from Heritage Grass Farms (12 oz)
2.5 lbs San Marzano roma tomatoes
1 bunch carrots with tops
1-2 cucumbers depending on size

Vegetarian Subs

In Place of sausage
1 bunch "vitamin" greens
1 lb grapes, mostly a seedless variety called reliance
1 head broccoli
2 count red italian frier peppers (sweet stuffing style pepper)

Vegan

Same as vegetarian

Where's the Leeks?

Sometimes not everything comes in as we had hoped. We plan all winter the vegetables which will be grown, the fruits harvested, the animals raised, etc. But in the end we are at the mercy of Mother Nature. Each week my farmers send me predictions of what they expect to harvest. I order food based on that. Sometimes the weather changes last minute or they were simply wrong on their estimates. In that case, we have to change the contents of the bag at the last minute. For example, a farmer might not have enough green beans. In that case we'll substitute something similar or of comparable value, such as peas or bunching onions.

Last week was a prime example. We received a sample of the leeks the week before and our farmer told us they would be available. We planned it, ordered them, and published what you would get. Tuesday, at harvest, most of the leeks looked great. Wednesday, however, the farmer went to harvest more, and when they were pulled from the ground they were tiny. They were the size of pencils. They simply needed more time in the ground, and you could not really tell until you pulled some up. We scrambled and found onions that are at least similar, and subbed those for leeks. Some people got leeks, some did not. The fennel was the a similar story. Unlike veggies that grow on a vine or plant, root vegetables are particularly hard to predict, as you can never be sure until you pull them up.

While we try our best to supply exactly what we plan, but that is not always how it works out. Buying local, when the food is at its peak and not storing it for extended periods means that you will have changes at the last minute. Thanks for your patience!

Bratwurst

This is one of our favorite new products. Made from Berkshire hogs and using a special new recipe, we started selling these this year. Response has been overwhelming, so we decided that this was a great time to share with everyone. As the weather has started to cool, and tailgating has started, brats are great!

How do you cook these tasty tubes of pork? Whether grilling or cooking indoors the basic method is the same. Cook the brats through by using water. Using a skillet or a pan on the grill with some onion or your favorite ingredients, add water until the brats are half immersed. Cook and turn until cooked through, about 10 minutes. Then drain off the water and pan fry or grill to sear the outside.

Kale and Sausage Ragout

This recipe would work great with black beans, cranberry beans, or even canned white beans in a pinch.

1 tablespoon olive oil
1/2 cup chopped onion

2 lbs brats, cut into (1/2-inch) slices
1 zucchini, quartered and cut into (1/2-inch) slices (about 2 cups)
3 garlic cloves, peeled and crushed
6 cups chopped trimmed kale
1/2 cup water
2.5 cups prepared beans, drained
3-4 good sized tomatoes, chopped
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

Heat oil in a large skillet over medium-high heat. Sauté onion and sausage 4 minutes or until sausage is browned. Add zucchini and garlic; cook 2 minutes. Add kale and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 10-15 minutes or until thoroughly heated and kale is tender.

Beans & Summer Vegetables

From Eating Well

1 tablespoon extra-virgin olive oil
1 small onion, halved and sliced
1 tablespoon finely chopped fresh oregano , or 1 teaspoon dried
1/2 cup [white wine](#) , or reduced-sodium chicken broth
1 pound green/yellow beans, trimmed
1 medium summer squash , or zucchini, halved and cut into 1-inch pieces
1 cup halved cherry tomatoes , or grape tomatoes
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
1/4 cup finely shredded Parmesan cheese

Heat oil in a large skillet over medium heat. Add onion and oregano and cook, stirring, until softened and beginning to brown, about 2 minutes. Add wine (or broth) and bring to a boil. Add green beans, reduce heat to a simmer, cover and cook for 10 minutes, stirring once or twice. Add summer squash (or zucchini) and tomatoes and continue cooking until the vegetables are tender, 8 to 10 minutes more. Season with salt and pepper. Serve sprinkled with Parmesan.

About Those Vacations...

Don't forget that vacations requests require a week's notice. We cannot add vacation days for credit for the current week. Credits lose their value by 50% after 4 weeks.