

FRESH FORK MARKET

Week 13 Summer 2012 Volume IV, Issue 46

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Small CSA Contents:

- 1 bunch cylindra beets (longer than traditional red beets)
- 1 quart whole milk yogurt
- 1 spaghetti squash
- 1 acorn squash
- 1 cantaloupe or 1 pint blackberries
- 1 bag mixed peppers or zucchini/squash (or possible substitute...squash shut off this week)
- 1 lb red fortune plums (Friday and Saturday customers got these last week)
- 2 lb roma tomatoes (make your own sauce)
- 1 kohlrabi
- 1 bunch collards
- 6 ears sweet corn

Large Add-Ons

1 ball fresh mozzarella cheese 2 frozen pizza dough balls 1 pint heirloom tomato sauce A handful hot hungarian peppers

Approx 1.5 lbs heirloom tomatoes

Vegetarian Subs

Same as small regular

Vegan

Small contents, items below in replacement of yogurt.

2 lb bag fingerling potatoes
Heirloom tomatoes

Acorn Squash

-Robert Stockham

I ate a lot of squash as a child. It was easy to prepare and even in small town



Kansas, you could get great tasting squash. My mom would cut them in half, scoop out the

seeds, and fill the cavity with some type of sausage. With a salad or Texas Toast, This was often the whole meal. I sometimes prepare them this way still, but mostly I roast them in halves with a tablespoon of butter in the middle and a little salt and pepper.

I have tried a number of variations, and all were pretty tasty. I used to get Martha Stewart Living magazine, and often tried the recipes found there. Among the variations, were sprinkling the squash with cinnamon, brown sugar, chili powder, or my favorite spice curry powder. I have tried rosemary and garlic or shallots. The flesh of the acorn squash is sweet, so I prefer preparations with a little spice or savory herbs. Don't be afraid to try your favorite herb combo and tell us about it.

Acorn Squash Lasagna

Save this recipe and use it for most any winter squash. From Martha Stewart.

Olive oil, for baking dish
4 cups cooked acorn squash (pureed with a little butter in food processor)
1/2 teaspoon dried rubbed sage
Coarse salt and ground pepper
1 container (15 ounces) part-skim ricotta cheese
1 cup grated Parmesan cheese
8 no-boil lasagna noodles, half of an 8-

ounce package

Preheat oven to 400 degrees. Brush an 8-inch square baking dish with oil; set aside. In a medium bowl, mix squash puree with sage, 1 1/2 teaspoons salt, and 1/4 teaspoon pepper. In another bowl, mix ricotta with 1/2 cup Parmesan, 1 teaspoon salt, and 1/4 teaspoon pepper. Set aside.

Lay 2 lasagna noodles in the bottom of prepared dish; spread with half the squash mixture. Layer with 2 more noodles, and spread with half the ricotta mixture. Repeat layering with remaining noodles and mixtures. Sprinkle top (ricotta mixture) with remaining 1/2 cup Parmesan. Cover baking dish with foil; place on a rimmed baking sheet. Bake until lasagna is heated through, about 45 minutes; remove foil, and continue baking until golden on top, 20 to 25 minutes more.

Breakfast Tacos w/ Collards

Adapted from a recipe in the NY Times and tasty for any meal.

6 ounces (about 1/2 bunch) collard greens, stemmed and washed 1 tablespoon extra virgin olive oil 1 small or 1/2 medium onion, chopped 1 garlic clove, minced

1 serrano chili, minced (optional) Salt to taste Freshly ground pepper 6 eggs 2 tablespoons chopped cilantro 6 corn tortillas Crumbled cheese(optional) Green or red salsa (optional)

Bring an inch of water to a boil in the bottom of a steamer (I use a pasta pot with an insert for this). Place the collard greens in the top part of the steamer, and steam until the leaves are tender, 5 to 8 minutes. Remove from the steamer, rinse with cold water, squeeze out extra water and chop medium-fine.

Wrap the tortillas in a heavy kitchen towel and place in the steamer basket. Cover tightly, steam 1 minute, and turn off the heat. Allow to sit for 15 minutes, without uncovering, while you finish preparing the filling.

Heat the olive oil over medium heat in a large, heavy skillet and add the onion. Cook, stirring often, until it is tender, about 5 minutes. Add a generous pinch of salt and the garlic and optional chili. Cook until fragrant, about 1 minute, and stir in the collard greens. Turn the heat to medium-low and continue to cook, stirring often, for another 5 minutes, until the greens are tender and the onion is lightly colored.

Meanwhile, beat the eggs in a bowl and season with salt and pepper to taste. Stir in the cilantro. Add to the pan with the collards and onions and cook, stirring, until set. Taste and adjust salt and pepper. Spoon onto hot tortillas, sprinkle with cheese if using, and serve, passing the salsa on the side.

Good Pizza Tips:

- 1) HOT HOT oven (or grill): 450 degrees or hotter for the best pizza.
- 2) Fresh ingredients. Use your tomatoes and make a sauce to your liking.
- 3) If you have a pizza stone, cover it with a dusting of cornmeal first to keep the crust from sticking. If you are backing it on a cookie sheet, use a very little of either vegetable or canola oil to create a stick-free surface, then dust it with cornmeal.
- 4) Add the cheese in the last couple minutes of baking or as soon as it comes out of the oven.