



# FRESH FORK MARKET

Week 14 Summer 2012  
Volume IV, Issue 47  
[www.FreshForkMarket.com](http://www.FreshForkMarket.com)



## Small CSA Contents:

1 large watermelon  
1 head green leaf lettuce  
Approx 2 eggplant  
1 bunch carrots with tops  
1 pint grape tomatoes or Approx 1.5 lbs heirloom tomatoes  
1 quart concord grapes and/or personal size cantaloupes  
Approx 1 lb red slicing tomatoes  
1-2 onions depending on size  
1 bulb garlic  
1 lb beans  
1 lb roasted red pepper linguini

## Large Add-Ons

Red peppers  
1 lb bacon breakfast patties  
1 bunch leeks or 1 head broccoli  
3 lb bag potatoes

## Vegetarian Subs

Same as small regular

## Vegan

Small contents, items below in replacement of pasta  
broccoli (early week), leeks (late week)  
potatoes

## GRAPE PIE

*I had never heard of grape pie until last year when we had concord grapes. I didn't get a chance to make one either, as the grapes never lasted long enough in our house to make a pie. Perhaps this year I will get one made. Here is the recipe that a customer shared with me last year.*

5 1/2 cups Concord grapes, washed about 1 cup sugar, depending on the sweetness of the grapes  
1 tablespoon tapioca  
Pastry for a 9-inch pie

Remove the skins from the grapes by pinching them at the end opposite the stem; set them aside. Put the pulp (without water) into a heavy pan, bring it to a boil, and let it boil 5 to 6 minutes. Put it through a colander or food mill to remove the seeds. Pour the hot pulp over the skins and let the mixture sit for 5 hours. Add the sugar and tapioca, then pour the mixture into the pie crust and dot with butter. Put on the top crust. Bake at 400 degrees for 15 minutes. Lower the temperature to 350

degrees and cook 20 minutes more until the crust is browned and the juice begins to bubble up.

## Watermelon Salad

*This one comes from Food and Wine magazine. I love the play of sweet, salty and mint.*

1/3 cup extra-virgin olive oil  
3 tablespoons fresh lemon juice  
2 teaspoons kosher salt  
1 teaspoon Tabasco  
1/2 teaspoon freshly ground pepper  
One large watermelon, cut into 1 1/2-inch chunks (10 cups), chilled  
1/2 pound feta cheese, crumbled  
1 1/4 cups pitted kalamata olives, coarsely chopped (optional)  
1 sweet onion, cut into 1/2-inch dice  
1 cup coarsely chopped mint leaves

In a large bowl, whisk the oil, lemon juice, salt, Tabasco and pepper. Add the watermelon, feta, olives and onion and toss gently. Garnish with the mint and serve.

## Phyllo Tomato Tart

*Originally published in Sunset Magazine. This is a pretty easy recipe, that calls for store bought Phyllo dough. You can make your own if you are feeling adventurous. Thaw frozen Phyllo in the refrigerator for at least 8 hours or overnight before preparing the recipe. Cut tomatoes very thin so juices evaporate while baking or dough will be soggy.*

7 sheets Phyllo dough, thawed\*  
5 tablespoons butter, melted  
7 tablespoons grated parmesan cheese, divided  
1 cup very thinly-sliced onions  
1 cup shredded fresh mozzarella cheese  
8 Roma tomatoes, cut into 1/8-inch thick slices\*\*  
Thyme leaves or basil leaves, minced  
Salt and freshly-ground black pepper

## Preparation:

Preheat oven to 375 degrees F. Line a large cookie sheet with parchment paper and spray paper with cooking-oil spray (or brush lightly with vegetable oil).

Have all your ingredients prepared in advance before preparing the Phyllo Dough.

## Preparing Phyllo Dough:

When you open the package you will then unroll all the sheets on a flat surface. They sheet are very thin. Lay them on top of parchment paper so that they do not stick to anything and cover the top with a piece of parchment as well.

Lay one sheet Phyllo dough on the prepared parchment paper on the cookie sheet. Brush lightly with a little melted butter. Don't worry if the dough tears a little while brushing with butter. As the Phyllo layers are stacked, the only important one is the top layer.

Sprinkle all over with 1 tablespoon parmesan cheese. Repeat layering five (5) more times (with Phyllo dough, butter, and parmesan cheese), pressing each sheet firmly so it sticks to sheet below.

Lay the last Phyllo sheet on top, brush with remaining melted butter, and sprinkle on remaining 1 tablespoon parmesan cheese. Scatter onion slices across the top of dough, top with mozzarella cheese, and arrange tomato slices in a single layer (overlapping slightly). Sprinkle with thyme or basil and salt and pepper to taste. Bake until the dough is golden brown, approximately 30 to 35 minutes. Remove from oven and let cool 10 minutes. Using your pizza cutter or a sharp knife and cut into approximately 3-inch squares.

Serves many as an appetizer - Makes about 20 (3-inch squares).

## Thanksgiving

Now that Labor Day is over, we are thinking about Thanksgiving. For us at Fresh Fork Market and for all us foodies, this is the most important meal of the year. It takes a lot to make this important day come off without a hitch. We are preparing now for Thanksgiving, so we can seamlessly deliver our fresh turkeys and our Turkey Day packages to you. Turkeys will be available for pre order in just a couple of weeks, so watch for more news. Send us your favorite holiday recipe, and we may include it in our Thanksgiving preparedness package.