



# FRESH FORK MARKET

Week 15 Summer 2012  
Volume IV, Issue 47  
[www.FreshForkMarket.com](http://www.FreshForkMarket.com)



## Small CSA Contents:

1 bunch golden beets  
Approx 2.5 lbs San Marzano Roma Tomatoes  
Either heirloom tomatoes or 1 pint grape tomatoes  
1 pint yummy pepper mix (all sweet peppers)  
1 lb Berkshire bacon  
1/2 lb mixed baby greens (chard, kale, arugula, mizuna, and more)  
1 head cabbage  
1 quarter peck Gala apples  
1 dozen eggs

## Large Add-Ons

1 head broccoli  
8 oz grassfed smoked cheddar cheese  
1 half pint of either Pappy's pepper butter (like a sweet and tangy homemade mustard) or 1 half pint of Pappy's Candied Jalepenos (semi-hot jalepenos in a honey syrup)  
A handful of colored peppers (red long peppers probably early week and purple peppers later week)

## Vegetarian Subs

1 head broccoli  
1 pack Luna burgers

## Vegan

Same as the vegetarian with tofu in place of eggs

## Eggs

If you have eaten our eggs, then you know how truly delicious they are. These eggs come from pastured hens that get to run around on grass, forage for food, and are supplemented with non GMO feeds. They are high in protein and natural goodness.

## Apples

The apples this week are once again Gala apples from Eshleman's Fruit Farm, the folks that supplied all those tasty peaches this year. These are some yummy apples. Savor these bad boys, as many of our fruit farmers are suffering from crop loss this year. The early warm weather brought out early blossoms on many of the fruit trees, but it was followed by several days of frost, which killed off the blossoms and the future fruit from those blossoms. Many of Ohio's fruit farmers suffered this same fate. Local apples, grapes, and

pears are all in short supply this year to some degree, so enjoy what you can get!

## Cabbage

Cabbage is a wonderful vegetable. It is a truly cost effective way to feed a lot of people. If you don't have a large family, not to worry it freezes pretty well. I make a lot of stir frys in the winter, so I chop a lot of my cabbage for this purpose. I measure it in single meal sized portions and freeze it in Ziploc bags. I do the same with many of my summer veggies. When I want to make a stir fry, I pick out a bag of cabbage, a bag of sliced peppers, a bag of sliced zucchini and whatever other veggies that I feel like that day, and half of the work is done. I have a healthy local foods meal in minutes.

## Golden Beets

These are a Fresh Fork Market favorite. Even if you think that you do not like beets, you should try these. These are like fruit, they are so sweet. Scrub them clean and wrap them (either individually or in a bunch) in foil and roast in a 350-400 degree oven until tender. Once they are roasted, you can enjoy them hot or cold. They are good on salads, as a sidedish, or even on sandwiches if they are sliced.

## Tomato Pie

*I first heard about tomato pie on Gomer Pyle. I finally made one last year. For a quick and easy meal that uses fresh tomatoes, use a premade crust.*

## Ingredients

### PIECRUST

1 1/4 cups all-purpose flour  
1/2 cup cold butter, cut into pieces  
1/2 teaspoon fine sea salt  
3 to 4 Tbsp. ice-cold water

### FILLING

2 1/4 pounds assorted heirloom tomatoes, thinly sliced  
1 1/4 teaspoons kosher salt, divided  
1 sweet onion, chopped  
1 1/4 teaspoons freshly ground pepper, divided  
1 tablespoon canola oil  
1/2 cup assorted chopped fresh herbs (such as chives, parsley, and basil)  
1/2 cup freshly grated Cheddar cheese  
1/2 cup freshly grated Parmesan

1/4 cup mayonnaise

## Preparation

1. Prepare Piecrust: Process first 4 ingredients in a food processor until mixture resembles coarse meal. With processor running, gradually add 3 Tbsp. ice-cold water, 1 Tbsp. at a time, and process until dough forms a ball and leaves sides of bowl, adding up to 1 Tbsp. more water, if necessary. Shape dough into a disk, and wrap in plastic wrap. Chill 30 minutes.
2. Unwrap dough, and place on a lightly floured surface; sprinkle lightly with flour. Roll dough to 1/8-inch thickness.
3. Preheat oven to 425°. Press dough into a 9-inch pie plate. Trim dough 1 inch larger than diameter of pie plate; fold overhanging dough under itself along rim of pie plate. Chill 30 minutes or until firm.
4. Line piecrust with aluminum foil; fill with pie weights or dried beans. (This will keep the crust from bubbling up.) Place on an aluminum foil-lined baking sheet.
5. Bake at 425° for 20 minutes. Remove weights and foil. Bake 5 minutes or until browned. Cool completely on baking sheet on a wire rack (about 30 minutes). Reduce oven temperature to 350°.
6. Prepare Filling: Place tomatoes in a single layer on paper towels; sprinkle with 1 tsp. salt. Let stand 10 minutes.
7. Meanwhile, sauté onion and 1/4 tsp. each salt and pepper in hot oil in a skillet over medium heat 3 minutes or until onion is tender.
8. Pat tomatoes dry with a paper towel. Layer tomatoes, onion, and herbs in prepared crust, seasoning each layer with pepper (1 tsp. total). Stir together cheeses and mayonnaise; spread over pie.
9. Bake at 350° for 30 minutes or until lightly browned, shielding edges with foil to prevent excessive browning.

## Winter CSA

We are getting lots of questions about the winter CSA. First off, we will be having a winter season. Existing customers will get first chance to sign up. We are expanding our shares and offering more shares for winter, so we won't sell out as quickly as last year. As soon as we have finalized the details on locations, sign ups, and the developer has updated our system, we will let you know!