



FRESH FORK MARKET

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Small CSA Contents:

1 whole pasture raised chicken
3 lbs yukon gold potatoes
1 bunch kale or 1 pint mixed color baby sweet peppers
2 ct eggplant (1 if they are really large)
2 ct red bell peppers
1 head green leaf lettuce
1-2 onions, depending on size

Large Add-Ons

1 lb dragon-tongue beans
2 ct zucchini
6 ears mini mira sweet corn
3 lbs sweet potatoes
1-2 leeks
A handful poblano peppers

Vegetarian Subs

Small share minus chicken plus:
1 lb dragon tongue beans
1 head broccoli
1 bunch carrots
1 spaghetti squash
1 lb fresh garlic chive linguini

Vegan

Vegetarian share minus linguini plus:
1 quarter peck gala apples
1 pint cherry tomatoes

Thanksgiving Turkeys

We are still working on the kinks in the credit card system, but you can order your turkeys and Thanksgiving packages now. Order online and send your \$25 deposit or bring it to the back of the truck. These turkeys are truly amazing. We just went to visit them this week and while they are small now, they are sure to be big and tasty in time for the holiday. Get yours now!

Winter CSA

The winter CSA is now open. Registration is currently limited to existing customers only. We have a limited number of spaces available, so be sure to lock in your order as soon as possible. See the details on the website. We had a long waiting list last year, so don't hesitate.

Chicken

Everyone has their favorite way of making chicken. Trevor likes the beer can chicken on a grill. Parker prefers simple oven roasting and Robert uses

the crock pot method. These and other variation can be found on our website, but I will reprint some of them here:

Beer Can Chicken

If you haven't done this, it is so easy. First, get a can of beer. Open it, chug the first half, and position it on the counter. If you have one of the beer-can chicken holders, it makes this next step easier (they are available at most hardware stores, Amazon, Walmart, and more).

Squeeze the can into the cavity of the bird. Take a small potato and wedge it in the neck opening so that when the beer can starts to boil, the steam is trapped inside the bird and cooks it from the inside out.

Season the outside of your chicken. I tend to like simply salt, pepper, and chili powder. Rub it on. Meanwhile, get the grill nice and hot. I turn on all the burners and let it preheat to about 500. I then put the chicken on the grill, turn down the burners, and let the temperature gradually drop down to 350 to 400 degrees. The bird should cook thoroughly in about an hour and 20 minutes. Test it with a thermometer and remove from the grill. Take it off the beer can and start carving. One of the other advantages to this cooking method is that it keeps your oven free to cook the rest of the meal. While your chicken is on the grill, roast some sweet potatoes or winter squash, bake a dessert, or a casserole. You have the whole oven available!

Crock Pot Chicken

Usually due to time constraints, this is how Robert will often make his chicken.

Rinse off your bird and remove anything in the cavity. Stuff your bird with veggies. I usually use a whole onion, and some garlic cloves. If there are other root veggies around (carrots, kohlrabi, whatever) I will stick some of them in. Sometimes, I simply stuff in some citrus fruit like lemon or oranges that I have cut in half.

Put your bird in the crockpot. Put a pint or so of liquid in (you can use a mix of light beer or white wine and water, or even water and orange juice).

I like to sprinkle some salt and pepper and a few herbs on top. Turn the crock pot on low and leave for 6-8 hours and it will be falling off the bone. You can cook your potatoes along side your bird if there is room and you are not using anything too crazy like OJ.

Dragon Tongue Beans

The Dragon Tongue bean is a dual purpose bean, qualifying as a fresh pod bean as well as a dried legume. When harvested fresh, the entire bean, shell and "seeds" are edible. The bean has a warm cream color with vivid violet variegations throughout its stringless pod. Its shape is broad and the bean measures to an average of six inches in length. The pods are crisp and succulent and bear four to six plump bone white seeds with pink to purple stripes that turn tan with age. The fresh seeds are firm, slightly starchy, nutty and sweet. The entire bean can be eaten raw or cooked. When cooked, the bean loses its variegated colors.

Polish Sausage, Kale and Dragon Tongue Beans

From the little locavore's website

4 sausages (brats, andouille, Italian)
1 tablespoon extra-virgin olive oil
2 garlic cloves, sliced
1 bunch young kale, hard stems removed
Pinch red pepper flakes
1 cup cooked Dragon's Tongue or Pinto beans
1/2 cup red wine
1/2 cup water

Preparation

Brown the sausages in a cast iron skillet over medium-high heat. Remove to a plate. Let the pan cool slightly and add olive oil. When hot but not smoking, add garlic and cook until fragrant approximately 30 seconds. Add kale and stir to combine. Pour in wine and water and return sausages with the beans to the pan with any juices accumulated on the plate. Add a pinch of red pepper flakes and kosher salt and bring the liquid to a simmer and cook until the kale is wilted and most of the juices have evaporated. Serve in a shallow bowl.