



# FRESH FORK MARKET

Week 17 Summer 2012

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[www.FreshForkMarket.com](http://www.FreshForkMarket.com)



## Small CSA Contents:

1 piece Mayfield Road Creamery "Bloomfield," a brie style cheese  
1 lb raw honey  
1 bunch swiss chard  
1 bunch carrots with tops  
1 bunch radishes  
1 bag mixed greens, can be used for braising or salad greens  
1 head speckled romaine lettuce  
1/2 dz ears sweet corn  
1 quarter peck gala apples  
1 butternut squash

## Large Add-Ons

1 pint mixed color cherry tomatoes  
2.5 lbs roma tomatoes  
2 zucchini/squash  
Approx 1 lb onions  
1 head broccoli  
A handful croatian sweet peppers

## Vegetarian Subs

No replacements  
Add: 1 piece Mayfield Road Creamery gouda (Susan wants me to move it this week due to some issues on the packaging...so this will come out of a future budget)

## Vegan

1 head cauliflower  
3 # bag sweet potatoes

## Thanksgiving Turkeys

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 last week and while they are small now, they are sure to be big and tasty in time for the holiday. Get yours now!

## Speckled Romaine Lettuce

Enjoy this lettuce with a classic vinaigrette.

1 part vinegar, 1/2 part Dijon mustard and a pinch or two of salt whisked together. Whisk in 3-4 parts olive oil. Taste. Add fresh ground pepper and more salt if you prefer. Add any minced herbs that you have.

Wash and spin the lettuce dry. Break the leaves into three or four pieces.

## Salted Rosemary Roasted Radishes

*This recipe comes from Running to the Kitchen, a foodie blog. Check it out.*

### Ingredients

**Radishes**  
2 cups radishes, cleaned and trimmed, larger ones halved  
1 tablespoon extra virgin olive oil  
1 generous pinch of kosher salt  
pinch of black pepper  
1 teaspoon minced rosemary  
1 tablespoon honey (optional)

### Dipping Sauce

1/4 cup plain greek yogurt  
1 teaspoon dijon mustard  
1 tablespoon honey mustard  
1 teaspoon lemon juice

### Instructions

#### Radishes

Preheat oven to 425 degrees. Grease a baking sheet with cooking spray. Toss radishes with olive oil, salt, pepper and rosemary in a medium bowl to coat. Spread the radishes on the baking sheet in an even single layer. Roast for 30-40 minutes, stirring occasionally so they cook evenly and don't burn. Remove from oven when wrinkled and soft. Drizzle with optional honey and more salt directly out of oven, serve warm.

#### Dipping Sauce

Combine all ingredients in a small bowl and stir together until mixed.

## Curried Apple and Butternut Squash Soup

4 tbsp butter  
2 cups onion chopped  
4 tsp curry powder  
2 butternut squash, medium  
2 medium apples  
3 cups chicken broth  
1 cup apple juice  
Salt and pepper to taste  
1 apple or sour cream as garnish

## Directions

Melt the butter in a pot. Add chopped onions and curry powder and cook, covered, over low heat until onions are tender, about 25 minutes. Meanwhile peel the squash (about 3 lbs). A regular

vegetable peeler works best. Scrape out the seeds and chop the flesh.

When the onions are tender, pour in the stock, add squash and the 2 apples (peeled, cored and chopped). Bring to a boil. Reduce heat and simmer, partially covered, until squash and apples are very tender, about 25 minutes.

Pour the soup through a strainer, reserving liquid, and transfer the solids to the bowl of a food processor fitted with a steel blade, or use a food mill fitted with a medium disk. Add 1 cup of the cooking stock and process until smooth.

Return the pureed soup to the pot and add apple juice and additional cooking liquid, about 2 cups, until the soup is of desired consistency.

Season to taste with salt and pepper, simmer briefly to blend and heat through. Shred Granny Smith apple, unpeeled. Serve soup immediately, garnished with shredded apple.

Note: Squash and apples complement each other naturally; curry adds an exotic note. Feel free to experiment with other types of winter or summer squash.

## Mom's Fresh Apple Cake

*This is a family recipe that I have loved since I was a kid. I often skip the nuts & have made it with coconut, too -Robert*

3 C Flour  
1 tsp baking soda  
1/2 tsp salt  
2 C sugar  
2 eggs  
1 1/4 C oil  
2 tsp vanilla  
3 large apples  
1 C walnuts

Preheat oven to 350 degrees.

Grease and flour Bundt pan.

Sift dry ingredients together and set aside.

Whisk liquid ingredients together and set aside.

Pell, core, and dice apples. Mix apples and walnuts. Pour dry ingredients over apple mix and stir well to mix and coat. Add liquid ingredients and mix very well. Spoon mix evenly into Bundt pan and bake for 1 1/4 hours.