



FRESH FORK MARKET

Week 18 Summer 2012
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Small CSA Contents:

1 lb city chicken (cubed Berkshire pork)
1 head broccoli
1 bunch turnips
1 spaghetti squash
A handful Croatia peppers
1 bunch beets
1 bunch mustard greens
1 head cabbage
1 bunch kale

Large Add-Ons

1 head cauliflower
1 lb bulk Italian Sausage
Approx 1 lb onions
8 oz piece smoked cheddar cheese

Vegetarian Subs

No replacements
Cheese was provided last week, was factored into this week's budget

Vegan

1 head cauliflower
1 yellow watermelon
1 acorn squash

Stir Fry Sauce

This recipe comes from Food.com and is one that I use frequently. I like a little extra garlic and some red pepper flakes.

Ingredients:

2/3 cup soy sauce
1/2 cup chicken broth
1/3 cup rice wine
3 1/2 tablespoons sugar
1 tablespoon sesame oil
1/4 teaspoon white pepper
2 tablespoons cooking oil
1 tablespoon minced garlic
1 tablespoon minced ginger
2 tablespoons cornstarch
1/4 cup water

Directions:

In a bowl, combine soy sauce, broth, rice wine, sugar, sesame oil and white pepper. Dissolve the cornstarch in 1/4 cup water. Heat a pan over high heat; add the cooking oil, swirling to coat; add the garlic and ginger; cook, stirring, until fragrant, about 15 seconds. Add the soy sauce mixture; bring to a boil.

Reduce heat to medium and cook for 1 minute. Add the cornstarch solution and cook, stirring, until the sauce

boils and thickens.

Turnip Frittata

This recipe is adapted from Eating Well Magazine.

8 ounces broccoli, chopped
2 teaspoons minced garlic
1/2 teaspoon salt, divided
2 tablespoons olive oil, divided
3 1/2 cups shredded peeled turnips
1/2 cup chopped onion
8 large eggs
2 large egg whites
1/4 cup low-fat milk
1/2 cup shredded Cheddar cheese

PREPARATION

Preheat oven to 425°F.
Bring a large pot of water to a boil. Add broccoli rabe (or broccolini) and cook until very tender, about 5 minutes for broccoli rabe (or 6 to 7 minutes for broccolini). Drain well. Transfer to a large bowl and toss with garlic and 1/4 teaspoon salt. Set aside.

Heat 1 tablespoon oil in a large ovenproof nonstick skillet over medium heat. Add the turnips, onion and the remaining 1/4 teaspoon salt. Spread and pat the mixture into an even layer; cook, without stirring, for 2 minutes. Then stir the mixture and scrape up any browned bits. Pat the mixture back into an even layer and continue cooking, without stirring, for 2 minutes. Stir again, spread back into an even layer and cook until mostly golden brown, 2 to 4 minutes more. Transfer to a plate. Wash and dry the pan.

Whisk eggs, egg whites and milk in a medium bowl. Heat the remaining 1 tablespoon oil in the pan over medium heat. Add the egg mixture and cook, stirring briefly, until beginning to set, about 1 minute. Remove from the heat. Spoon the turnip mixture evenly over the eggs. Top with cheese, then the broccoli.

Transfer the pan to the oven. Bake the frittata until set, about 15 minutes. Remove from the oven and let stand 5 minutes. To release the frittata from the pan, run a flexible rubber spatula along the edges then underneath, until you can slide it out onto a cutting board. Cut into wedges and serve.

Kale and Mustard Greens

Kale and collard greens rank highest in cholesterol-lowering ability in a recent study of cruciferous vegetables and their ability to bind bile acids in the digestive tract, followed closely by mustard greens. When bile acid binding takes place, it is easier for the bile acids to be excreted from the body. Since bile acids are made from cholesterol, the net impact of this bile acid binding is a lowering of the body's cholesterol level. It's worth noting that steamed mustard greens (and all steamed forms of the cruciferous vegetables) show much greater bile acid binding ability than raw mustard greens. -Source: Whole Foods

Stir Fried Beef and Mustard Greens

This would work well with pork, too.

3/4 lb. boneless beef sirloin
2 tbsp. vegetable oil
1/2 tsp. mustard seeds
1 lb. mustard greens, stemmed
2 tbsp. finely chopped green onion
2 cloves garlic, slivered
1 c. beef or chicken broth
2 tbsp. cornstarch
2 tbsp. soy sauce
1 tsp. sugar

Thinly slice the beef. In wok or large skillet, heat 1 tablespoon oil over medium high heat. Add mustard seeds; cover and heat until seeds pop. Add mustard greens and stir fry until greens are tender. Remove to bowl.

Heat remaining oil in wok. Add beef, green onion and garlic. Stir fry until meat is well browned, about 3 minutes. Remove to bowl with mustard greens.

In small bowl with wire whisk, stir together broth, cornstarch, soy sauce and sugar. Add to wok; cook, stirring until thickened. Stir in beef mixture and greens; heat to boiling.

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