



FRESH FORK MARKET

Week 20 Summer 2012

Volume IV, Issue 52

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Small CSA Contents:

1 head napa cabbage
1 8 oz chunk pepper havarti
1 bunch mustard greens
1 lb black beans
1 half lb mixed greens
1 head broccoli
1 acorn squash
1 half gallon apple cider
1 quarter peck Empire Red apples

Large Add-Ons

1 bunch collard greens
1 butternut squash
2 ct red peppers
1 head cauliflower
1 head leaf lettuce
1 package, 1.25 lb, Andouille sausage (smokey, spanish sausage)

Vegetarian Subs

No changes

Vegan

In place of cheese

1 bag rolled oats, 1.5#
1 pint grape tomatoes
1 butternut squash
1 head leaf lettuce

Indian-Style Mustard Greens

This recipe comes from Food and Wine Magazine. It is called Sarson Ka Saag. Try spreading it on cornbread and topping it with cheese for a "pizza."

Ingredients:

1 1/4 pounds mustard greens, stemmed
1/2 pound cleaned spinach
2 tablespoons cornmeal
6 garlic cloves, chopped
4 jalapeños, seeded and finely chopped
One 2-inch piece of fresh ginger, peeled and chopped
2 red onions, finely chopped
1/4 cup vegetable oil
Salt

Directions:

Bring a large pot of salted water to a boil. Add the mustard greens and cook for 2 minutes. Add the spinach and cook for 30 seconds. Drain the greens, transfer to a food processor and puree. Sprinkle the cornmeal over the greens and pulse briefly to combine. Transfer the pureed greens to a bowl. Add the garlic, jalapeños and ginger to the food processor and finely chop. Add the onions and finely chop. In a large nonstick skillet, heat the oil. Add the garlic-onion mixture and cook

over moderate heat, stirring occasionally, until lightly browned, about 7 minutes. Add the pureed greens and cook for 4 minutes, stirring occasionally; add about 1/4 cup of water if the greens look dry. Season with salt and serve.

QUICK KIM CHI

Kim chi is a spicy Korean side-dish, sort of like spicy Asian coleslaw. Traditional kim chi can take several days to make. However, for a quick at-home version, combine a few cups of chopped napa cabbage, a tablespoon of sambal olek (or other Asian hot sauce), 3 tablespoons of rice wine vinegar, 4 sliced cloves of garlic, and a healthy pinch of salt. Stir well, chill overnight.

Simple Tasty Broccoli

This comes from a blog I read called the amateur gourmet. The recipe comes from the Barefoot Contessa. Love it!

You preheat the oven to 425. Take 4 to 5 pounds of broccoli, cut into florets (but relatively big ones.) Dry them THOROUGHLY. Put the broccoli on a cookie sheet. Toss with olive oil, salt and pepper. (She says 5 Tbs olive oil, 1 1/2 tsps kosher salt, 1/2 tsp fresh ground pepper, but I just eyeballed it.) Now add 4 garlic cloves that are peeled and sliced and toss them in too.

Roast in the oven 20 to 25 minutes, until "crisp-tender and the tips of some of the florets are browned."

I shook the pan around a bit as it went, but not sure that's necessary. When it's done, take it out of the oven—and here's where it gets really good—zest a lemon over the broccoli, squeeze the lemon juice over the broccoli, add 1.5 Tbs more olive oil, 3 Tbs toasted pine nuts (I left those out), and 1/3 cup of freshly grated Parmesan cheese. She also has you add 2 Tbs julienned fresh basil, but I left that out too. You won't miss it: the magic combo of the crispy broccoli, the garlic, the lemon and the cheese will make this the best broccoli of your life.

Black Bean Burgers

Great on a bun, or on a plate with veggies. Don't be afraid to add your favorite spices. This basic recipe goes well with spices from India or Mexico.

Ingredients:

1/2 onion, diced
1 1/2 cup black beans, cooked & drained
1/2 cup flour
2 slices bread, crumbled
1 tsp garlic powder
1 tsp onion powder
1/2 tsp seasoned salt
salt and pepper to taste
oil for frying

Preparation:

Sautee the onions till soft, about 3-5 minutes.

In a large bowl, mash the beans until almost smooth. Add sauteed onions and the rest of the ingredients, except the oil, adding the flour a few tablespoons at a time to combine well. Mixture will be thick.

Form bean mixture into patties, approximately 1/2 inch thick and fry patties in a small amount of oil until slightly firm. Make veggie burgers and enjoy!

Mashed Potatoes & Broccoli

Ingredients

1/2 bunch broccoli, finely chopped (3 cups)
1 pound Yukon gold potatoes, peeled and cut into 1/2-inch pieces
1/4 cup yogurt
4 tablespoons unsalted butter, kosher salt and black pepper

Directions

Fill a large saucepan with 1 inch of water and fit with a steamer basket. Bring the water to a boil. Place the broccoli and potatoes in the basket, cover, and steam until very tender, 10 to 12 minutes. Drain the vegetables well and return them to the pot. Add the sour cream, butter, 1/2 teaspoon salt, and 1/4 teaspoon pepper and mash to desired consistency.

Simple Roasted Acorn Squash

Preheat oven to 425. Cut acorn squash in half and remove seeds. Mix a pound of sausage (any kind, Italian, sage, whatever) with an egg and a binder (bread crumbs, oats, etc). Fill the cavity with sausage. Place face up on a cookie sheet and roast until flesh is tender and meat is fully cooked. Serve hot!



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