



FRESH FORK MARKET

Week 01 Summer 2013

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www.FreshForkMarket.com



Small CSA Contents:

1 whole pasture raised chicken
1 head broccoli
1 head leaf lettuce
1 bunch red Russian kale
1 quart strawberries
1 lb black turtle beans
1 dozen pasture raised eggs

Large Add-Ons

1 lb ramp linguine
1/3 lb pea tendrils (tender leaves of young pea plants...great for salad, sandwich, or to dress a stir fry)
1 package Italian sausage
1 bunch spinach (approx. 1/2 lb)
Maybe: 1 bunch rhubarb (I haven't received my snail mail back yet...if not, probably next week to match some upcoming pork chops :))

Vegetarian Subs

Luna Burgers
Pea Tendrils (the tender leaves off of pea plants)
1 lb Pinto Beans
1 piece Mayfield Road Creamery Siberian Night Cheese

Vegan Subs

Pepper Butter (a homemade mustard of hot Hungarian peppers, honey, vinegar, and spices)
Pea Tendrils
Spinach

Roast Chicken

Every year, we start the season with a roast chicken. This is a great way to learn how to make the most of your CSA bag. Previous generations only bought whole chickens and cut them up. Today, most folks stick to boneless, skinless breasts. It is our hope that by reintroducing the whole chicken you will learn how to use other parts of the chicken, make your own stock, and learn to step outside your comfort zone.

On our website, you can find Parker's recipe for roast chicken. It is here: <http://freshforkmarket.com/2012/06/06/chicken/>

Roasting a chicken is super easy. When finished, you can eat some for dinner, cut some off and make chicken salad, use some more of the meat to make chicken tacos, or a salad topped with

chicken. In the end, don't forget to save all the bones and make some chicken stock. Parker's recipe for stock is on our website, but the easiest way is to put all the bones in water in the crock pot and cook on high for 12+ hours. Strain. Stock is the best base for soup, adding to water when making rice or spelt berries, or even for cooking veggies.

Sautéed Pea Tendrils

Ingredients:

1-2 tablespoon oil
1 clove of garlic, minced
1/4 cup onion
1 tablespoon butter
1/3 lb. pea tendrils

Directions:

In a large skillet heat oil. Add garlic and onion. Sauté over medium heat until the onion is softened, and almost clear. Add butter. When butter is melted, toss in chopped pea tendrils and cook covered for 3-5 minutes until wilted. Season with salt and pepper.

Perfect Beans

There are plenty of ways to cook beans. These methods are good for all dried beans. Keep in mind, however, that the beans we get from Shagbark are usually fresher than many dried beans, and thus will cook faster. Dried beans from other sources will take longer to cook.

First, soak your beans. For a cold soak, put the beans in a large pot or bowl and cover with lots of water. The beans will expand some, so use enough water to keep the beans covered while they expand. After 4-8 hours drain the beans and rinse them.

The alternate method is a hot soak. Cover the beans with water and bring to a boil. Boil for about 30 minutes, then drain and rinse.

Now your beans are ready to cook. Put your beans in a pot and cover with plenty of water (about 6 cups per pound). Bring to a boil. Reduce heat to barely boiling and cook about 30 minutes. Add some onion, spices, garlic, salt and cook until tender-about 30 minutes more.

They are now ready. The easiest way to use all your beans is to cook them all, then separate into 2 cup portions and freeze. When you need them, you can take them out of the freezer the day before and thaw in the fridge.

The other way to cook them is to put soaked beans in a crock pot. Add your garlic, onion, etc. and simmer on low all day. When you get home, perfect beans await.

Kale

Kale can be intimidating. I never liked it, but have developed a taste for it now and crave it in the winter. Kale is high in things like beta carotene, calcium, vitamin C, Vitamin K and a host of other important things. Kale comes in many forms and each type has different flavors. It is great steamed or sautéed. Make kale chips by tossing with a teaspoon or so of olive oil, sprinkling with salt and baking for 10-15 minutes at 350 degrees. If none of these are appealing, try them in a green smoothie with apples and berries.

Strawberries

To get the most out of your strawberries, rinse them and store them in the refrigerator. My mom swears by rinsing all berries with a solution of 1 part vinegar with 10 parts water. This keeps mold away and adds days to the life of berries. When storing them, if you store them on a cookie sheet covered in wax paper or parchment, so they do not touch, they will last longer. Mine never last this long, but if you need, you can macerate the berries a little with a teaspoon or two of sugar and/or some brandy and they will last a good long while.

Luna Burgers

Luna Burgers are a product made near Columbus from Ohio ingredients. They are a vegan patty that comes in a variety of flavors. They are in the vegetarian bags this week, but we have plenty for sale, too. I like the Farmhouse Chili for tacos. The BBQ flavor is also wheat free.