Meal Planning and Getting the Most out of Your Share
Presentation Outline.

Part I: The Progression of the Summer Season
Part II: Focusing on Your Veggies
Part III: Preserving the Bounty
Part IV: Sample Bags and Menus
Part V: Tips and Tricks, Parker Style
Part I: The Progression of the Summer

Green
- Salad greens - lettuce, spinach, baby greens
- Braising Greens – kale, chard, mustards
- Radishes, Bunching Onions, Peas

Colorful
- Zucchini and Summer Squash
- Tomatoes
- Beans, Beets, Sweet Corn, Onions, Cucumbers, Eggplant

Heavy
- Melons
- Winter Squash, pumpkins
- Potatoes, Turnips, Carrots, Rutabaga, Sweets, Kohlrabi
- Broccoli, Cauliflower, Cabbage
Part II: Focusing on Your Veggies

How to Treat Your Veggies

– When to refrigerate
– Washing and Hydrating
– Storing

A Process for Using Everything

– Where to start
Caring for Your Veggies

**Immediate**
- Don’t put your Fresh Fork bag in the fridge. Empty it and care for each vegetable
- Wash your veggies, dry
  - Dry thoroughly: potatoes, onions, beets
  - A little moisture is good: carrots, lettuce, greens, turnips, cabbage, and most everything else
- Store in closed container, but still allow some breathability (open corner of plastic bag, etc)

**Proper Temperatures**
- Not Refrigerated: Tomatoes, Potatoes, Winter Squash. (dark, cool area, 55 dg)
- Refrigerated: cold (36 deg), high humidity (keep a bowl of water in fridge)
- Constant: if it comes refrigerated, keep it refrigerated

**Rehydrate**
- Ice water bath: Plunge and spin dry
Produce Storage Tips

Leafy Greens: lettuce, chard, spinach, kale, beet greens
- Like it cold and moist
- Remove any root crop if present (beet, turnip, radish)
- Wash, spin dry, store in plastic bag with paper towel
- Revive: ice water bath

Root Crops: potatoes, beets, turnips, radishes
- Remove leafy greens
- Resist temperature change. Most items come refrigerated - Keep it refrigerated.
- Potatoes: dark, cool area. 50 to 60 degrees with plenty of air flow

Tomatoes:
- Never refrigerate
- Keep in cool, dark location

Raspberries, Strawberries, and small fruits
- Refrigerate ASAP. Eat them quickly.
- Macerate them. Cut them, toss with sugar and brandy, enjoy.

Tree Fruits: allow to fully ripen at room temp, refrigerate to slow ripening
Storage for fresh consumption

High Humidity (90-100%)
leafy greens, beans, cucumber, asparagus, broccoli, celery, avocado, berries, green onions, and pears.

Medium Humidity (80-90%)
melon, sweet potatoes, tomatoes, and citrus.

Low Humidity
dried garlic and onions, pumpkin, and squash.
# Storage for fresh consumption

Store all fruits and veggies in a cool place. Most will last longest in a refrigerated environment:

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<th>Not refrigerated</th>
<th>Refrigerated</th>
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<tr>
<td>apples (fewer than 7 days)</td>
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<td>Carrots</td>
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<td>sweet corn</td>
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Start with the most perishable

- Lettuces, leafy greens, heirloom tomatoes, small fruits
- Find dishes that highlight these ingredients, such as salads
- Fruit: Cut melons and have ready for snacks, wash and prep berries, etc

Then use the least familiar

- Kohlrabi, beets, kale, radishes, turnips/rutabaga
- Have fun. Search our site and the web for rewarding recipes
- Everyone has to try the dish.

Use what you are comfortable with

- Sweet corn, tomatoes, carrots, etc
- Don’t freeze your meats. If they are in the fridge they are ready to use.
- Stir Fry – easy way to use up veggies
Learn to Group Similar Veggies

• Grouping: Veggies that can be cooked in similar ways and/or substituted for each other

Greens, tender and sweet
- Lettuce, baby greens and/or spinach, swiss chard, beet tops
- Eat raw or use for smoothies
- Quick wilt or saute. Toss with pasta, serve with meat, or bake in a gratin.

Greens, cabbage family
- Kale, collards, turnip greens, broccoli leaves, kohlrabi greens
- If mature, cook slow with stock or water. Bring pan to high heat with some fat (oil, bacon/lardon, butter), season, add water when most of water in greens have cooked out. Lower heat and simmer until tender and water evaporated.

Greens, other
- Mustard greens, mizuna
- Saute at high temp, mix with other greens to cut spice

Root Crops
- Turnips, Rutabaga, Kohlrabi, Beets, Parsnips
- Roast: Toss with olive oil and salt, roast at high temperature OR wrap in foil and bake like baked potato
- Mash turnips or rutabaga alone or with potatoes. Serve beets on salads or sandwiches

Whole Grains
- Oats: Cook with water or milk on stove until tender.
- Whole Grains (spelt, wheat, barley) – soak overnight in cold water, rinse, bring to boil and reduce to simmer until soft. Use in cold salads, as substitute for rice, bake in gratin with sauce and veggies.
- Use Vitamix to grind into fresh flour
Preservation Techniques

- Freezing
- Acidified Canning – jams, preserves, pickles
- Dehydrating
- Lacto-Fermentation
Preservation Techniques

Freezing:

Blanching and prompt cooling are necessary steps in preparing practically every vegetable, except herbs and green peppers, for freezing.

Blanching can be done with steam or hot water.

Dry Pack: Frozen together in a “lump.”

Tray Pack: Frozen in individual pieces and then packed together.

Most vegetables maintain high quality for 12 to 18 months at 0 degrees F.
Preservation Techniques

Water Bath Canning:

Boiling water bath canning can be used to preserve high-acid foods such as fruits, pickles, relishes, acidified tomatoes, fruit jellies, jams, butters, marmalades, and preserves.

Uses boiling water to kill bacteria and enzymes.

Will not kill Botulism, so product must be less than 4.6 ph.

Use only tempered jars with tight sealing lids.

Must be used with liquids.

Maintain proper headspace.

Always use up to date processing times.

Tomatoes: add acid to be safe (lemon juice or citric acid).
Preservation Techniques

Pressure Canning:

Low acid foods (such as vegetables) must be canned using a pressure canner to kill botulism bacteria. Use pressure canning equipment according to manufacturer’s guidelines.

A water bath canner is fine for acidic fruits and vegetables, but for almost all other vegetables, like carrots, squash, green beans, etc. you'll need a pressure canner.

Always follow up to date pressure canning processing times.

Do not rush processing and follow all the guidelines to produce a truly safe product.
Preservation Techniques

Dehydrating:

Drying or dehydrating vegetables is one of the oldest known methods of food preservation. And good news, you can dehydrate vegetables at home with equipment you have on hand.

A home oven will only dry small quantities at a time — up to 6lbs

Set the oven at the lowest temperature and preheat to 140°. Drying at oven temps higher than 200°F will cook.

“Raw Dehydrating” is under 115 degrees.

Lay out your vegetables on stainless steel screen mesh or wooden frames covered in cheesecloth.

Keep oven door open a few inches so moist air can escape.

Allow drying time of between 4 & 12 hrs.

When cool, store in a moisture-proof container.

Perfect for stews, soups, and sauces.
Preservation Techniques

Lacto fermentation:

Lacto-fermented foods have been enjoyed throughout the world for many centuries.

Fermented foods contain friendly bacteria for your gut and many more nutrients than their un-fermented counterparts.

Food is preserved by use of lactic acid.

Products should be refrigerated.

Highly nutritious and filled with probiotics.

Excellent for digestion issues.

Examples include:
• “Live” Pickles
• Sauerkraut
• Kim chi
• Yogurt
• Miso
Part IV: Sample Bags and Menus

Understand how I create the bags:

– Seasonality:
  • #1 Factor: What is available and good
  • Not all bags are created equally
– Center of the Plate Concept:
  • A loose theme in which a focus ingredient is your entrée
  • Produce the compliments that item, as a side or to integrate in entrée
  • Fruit whenever possible
  • If budget permits, premium items and treats such as cheese and sauces
– Large, Heavy, Different
  • We try to make each bag large and heavy….feed the family
  • A selection of products you haven’t recently received.
Parker: Cook for a Day, Eat for a Week!

**Plan (or Think)**
- Start thinking of feature recipes and what ingredients you need
- Set time aside to cook
- Thaw meats (if needed)

**Have a Stocked Pantry**
- Butter, Milk, Eggs, Cheese
- Dried or frozen pasta
- Dried (or cooked and frozen) beans
- Herbs and spices
- Flour and whole grains

**Prepare a few “Master” Dishes**
- Examples: roast chicken, braised pork shoulder
- Have fallback side dishes, such as classic rice and beans

**Prep Everything at Once**
- Wash, Dry, Cut/Trim
- Soak and/or precook beans and grains
- Roast/steam/boil root vegetables to have ready for a dish later
Sample Bag 1: Week 1 Summer 2012

**Small:**
Whole Chicken, approx 5#
1 bulb kohlrabi
1 bunch collard greens
1 quart strawberries
1 bunch red russian kale
1 bunch garlic scapes
1 head green leaf lettuce
1 bunch radishes
1 quarter lb bag pea tendrils

**Large Additions:**
1 lb Ohio City Pasta, whole wheat linguine
1 head broccoli
1 lb shelled peas
2 bunches spinach

**Vegetarian Sub:** In place of chicken
2 bunches spinach
1 head broccoli
4 oz feta cheese
1 lb Ohio City Pasta, whole wheat linguine

**Vegan Substitutions:** (in place of pasta)
1 lb rhubarb
2 ct zucchini
Week 1 Sample Menu

Master Menu: (Sunday)
Roast Chicken
Mashed potatoes and kohlrabi
Braised Kale
Leaf Lettuce Salad

Meal 2 (Monday):
Cold chicken breast on leaf lettuce salad
Stir fry of pea tendrils and garlic scapes, with roast chicken pieces
Strawberries for dessert

Meal 3: (Tuesday)
Reheated roast chicken
Kohlrabi slaw/salad
Braised collard greens
Grilled/Pan Fried garlic scapes

Option 4: save bones for stock

Plan/Prep
- Wash veggies, cut veins from greens
- Brine chicken and/or quarter

Cook
- Roast chicken
- Make cold salads for week

Save
- Braise extra greens for freezing
- Make Stock
Sample Bag 2: Week 3 Summer 2012

Small:
1 package thick cut Berkshire porkchops, boneless
2 lb spelt berries
1 bunch spinach
1 head white stem bok choy
1 dozen eggs
1 bunch swiss chard
1 bunch beets with tops
1 lb snow peas
1 head chinese “napa” cabage

Large Additions:
1 bunch carrots
1 lb shelled peas
1 bunch leaf lettuce
1 bunch spinach (extra)
1 bunch green onions

Vegetarian Sub: In place of pork
1 bunch carrots
1 lb tofu
1 bunch spinach (extra)
1 bunch kale

Vegan Substitutions: same as vegetarian
Week 3 Sample Menu

Master Menu:
Sautéed or Grilled Pork Chop
“Warm slaw” of sautéed napa cabbage, snow peas, and bok choy
Beets w/ sweet and sour sauce
Spelt berry “risotto” with cream, peas in pod, and bok choy stems (crunchy part)

Meal 2 (brunch):
Braised chard and beet greens
Poached or Fried Egg (on top)
Toast

Meal 3:
Thin sliced roasted pork chop
Hard boiled eggs
Lightly steamed spinach, chilled
Light vinaigrette dressing

Vegetable stir fry of peas, spinach, cabbage, and bok choy

Option 4: soak spelt berries, drain, cook in chicken stock from previous week until tender.

Plan/Prep
• Wash veggies, cut veins from greens
• Soak spelt berries

Cook
• Cook spelt berries
• Grill/sauté pork chop

Save
• Braise extra greens for freezing
• Freeze extra spelt berries
Sample Bag 3: Week 8 Summer 2012

**Small:**
- 1 lb chicken bratwursts
- 2-3 green peppers
- 1 lb yellow wax beans
- 1 pint heirloom cherry tomatoes
- 2 ct cucumbers
- 6 ears sweet corn
- 1 bunch collard greens
- 1 bunch swiss chard
- 3 lb yukon gold potatoes
- 1 pint blueberries

**Large Additions:**
- 1 canteloupe
- 6 more ears corn
- 1 piece gouda cheese

**Vegetarian Sub:** In place of chicken
- 1 canteloupe
- 6 more ears corn
- 1 piece gouda cheese

**Vegan Substitutions:** (in place of cheese)
- 2 lb red cranberry beans
Week 8 Sample Menu

Master Menu:
Grilled chicken bratwurst
Steamed yellow wax beans with butter
Roasted yukon gold potatoes

Meal 2:
“salad” of sliced cukes and cherry tomatoes in mustard vinaigrette
Grilled chicken bratwurst sandwich with sautéed peppers and onions
Braised Collard Greens with roasted cherry tomatoes
Corn on the cob

Meal 3:
Chilled cucumber soup
Cold potato salad with thyme, wax beans, and mustard vinaigrette
Sweet corn risotto using frozen spelt berries and roasted/grilled sweet corn

Option 4: eat any leftover greens for breakfast with a fried egg

No special recipe for eating blueberries

Plan/Prep
• Trim green beans, wash greens
• Roast/Grill sweet corn
• Make vinaigrette

Cook
• Partially cook chicken brats in pan of water, quick grill
• Braise greens

Save
• Freeze cherry tomatoes whole
• Make veggie stock with trimmings and cobs
Sample Bag 5: Week 18 Summer 2012

Small:
1 lb “city chicken” (pork cubes)
1 bunch kale
1 head green cabbage
1 bunch mustard greens
1 bunch beets with tops
4 croation sweet bell peppers
1 spaghetti squash
1 bunch turnips
1 head broccoli

Vegetarian Sub: in place of city chicken
1 piece smoked gouda cheese

Large:
1 piece smoked gouda cheese
2 ct large candy onions
1 package (1.25 #) Italian Sausage links
1 head cauliflower

Vegan Substitutions: (in place of cheese)
1.5# rolled oats
1 head cheddar cauliflower
2 acorn squash
Week 18 Sample Menu

Master Menu:
City Chicken Skewers with roasted cabbage, turnips, and peppers
Braised kale with garlic
Mashed potatoes and turnips

Meal 2:
“Nest” of spaghetti squash topped with roasted beets, sautéed peppers, and steamed broccoli
Fried cabbage with olive oil, minced garlic, and leftover pork cubes (oven braised)

Meal 3:
Butter braised cabbage and noodles
Roasted beets with sea salt
Sautéed mustard greens

Option 4: eat any leftover greens for breakfast with a fried egg
Roast, shred, and freeze spaghetti squash for later use

Plan/Prep
• Scrub, peel, and cube root vegetables
• Wash and remove vein greens
• Marinade pork

Prep Cook
• Roast veggies separately with oil and salt
• Braise greens
• Roast and shred spaghetti squash

Complete
• Braise pork cubes, assemble skewers and sauté to finish
• Reheat roasted veg, quick fry cabbage
Sample Bag 6: Week 22 Summer 2012

**Small:**
1 lb ground Berkshire pork
1 lb grassfed ground beef
1 head broccoli
1 butternut squash
1 onion
2 lbs turnips (no tops)
1 head lettuce
1 head jumbo white stem bok choy
1 bunch carrots with tops

**Large Additions:**
2# bag sauerkraut
1 quarter peck apples
2 ct pizza dough
1 4 oz feta
3-4 sweet bell peppers

**Vegetarian Sub:** In place of beef and pork
2# sauerkraut
1 quarter peck apples
2 acorn squash
1 half gallon apple cider

**Vegan Substitutions:** same as vegetarian
Week 22 Sample Menu

Master Menu:
Meatloaf with gravy
Pickled onion salad
Mashed potatoes and turnips

Meal 2:
Roast turnips with sauted bok choy
Butternut squash bisque
Steamed carrots and broccoli

Meal 3:
Meatloaf sandwich
Shredded carrot and turnip slaw with vinaigrette

Option 4: eat any leftover greens for breakfast with a fried egg

Roast and freeze remainder of squash

Plan/Prep
- Scrub, peel, and cube root vegetables
- Wash and remove vein greens

Cook
- Make meatloaf
- Roast turnips, boil potatoes, roast squash

Save
- Freeze roasted butternut squash puree
- Make veggie stock
Part IV: Tips and Tricks from Parker’s Kitchen

Patience and Attention

– Techniques that can make a difference
– Recycle all that you can. Some ideas.
– Rich Stock

More Recipes online

– Visit www.freshforkmarket.com
– Search blog or click “Newsletters.” Many instructional guides from our workshops also listed here.
Techniques that Make a Difference

Sweating:
- Very low, very slow heat with oil or butter
- Do not brown veggies at all
- Cover veggies with parchment paper to allow steam to escape but keep the juices together
- Applicable for carrots, onions, turnips, rutabaga, celery, parsnips, and even tomatoes

Blanching:
- To submerge in boiling water quickly, remove and place in ice bath. Remove and dry.
- Enhances color of veggies (like beans), allows one to remove skins (tomatoes, peaches), and soften some fiberous foods
- Kills ripening enzymes for freezing
- Excellent for beans and cabbage for salads
Techniques that Make a Difference

Cook Vegetables Separately:
- Particularly applicable for gratins and ratatouille
- Ensures that all veggies are cooked thoroughly and none overcooked
- Allows some veggies to be roasted (such as eggplant) and others to be stewed (such as tomatoes) in ratatouille

Use Honey to Cut Acid:
- If a dish is too acidic, like a tomato sauce or ratatouille, use honey to mellow out
- Acid brings sour flavors forward, makes mouth pucker

Or Add Acid to Liven Up Dish
- Vinegar or citrus juice at near end of cooking
Techniques that Make a Difference

Salt is your friend:
- Add salt at the beginning of cooking
- Salt even boiling water. Salt enhances your ability to taste
- Salt is also acid neutral. It is part acid (sodium) and part alkaline (chloride)
- Be aware that some ingredients have salt in them, like bacon, cheese, and fish sauce

Butter, Lard, and Natural Oils:
- Use the real thing as nature intended
Recycle all that you can

For vegetable stock:
- Stems: from beet tops, kale, chard, etc.
- Cabbage core
- Corn cobs
- Ends – what you trim off of the beans, squash, carrots, etc.
- No starch or skins

For meat stock:
- All bones
- Discard organ meats (not good for stock)
- Any extra meat scraps
Rich Stock Recipe, Meat

Day 1:
- Veggies: basics include carrots, onions, celery, garlic
- Optional: turnips, rutabaga, parsnip, herbs, wine
- Equipment: heavy bottom stock pot

- Start: bones and veggies in cold water in pot. Bring up to boil.
- Skim occasionally to remove scum and impurities. Add more water to keep bones covered.
- When scum stops forming, lower heat to medium for soft simmer.
  Add herbs – parsley, thyme, and bay leaf
- Cook: four to five hours, adding water as necessary, until meat falls off of bones

Day 2:
- Remove fat with spoon.
- Reheat. Skim stock and reduce by half (over medium heat)
- Package in about 4 oz increments. Freeze.
Rich Stock Recipe, Meat (options)

Browning Bones:
- Roast your bones first on cookie sheet in an oven at 350 degrees
- Brush bones with neutral flavored oil or butter
- Gives stock a brown color and brings out some additional sugars
- Some brown stocks also have tomato paste added to enrich the flavor

Salt and Pepper:
- Don’t season the stock. Keep it neutral.
- Season the soup, sauce, or dish you are making so you can control the salt.
Question and Answer