



Meal Planning and Getting the Most out of Your Share

**FRESH
FORK
MARKET**

LOCAL PROVISIONS FOR
MODERN DOMESTIC LIVING

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



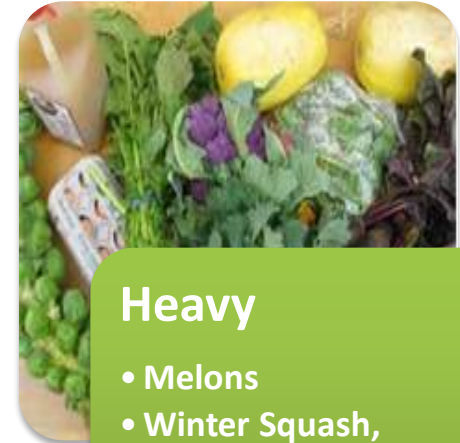
Green

- 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

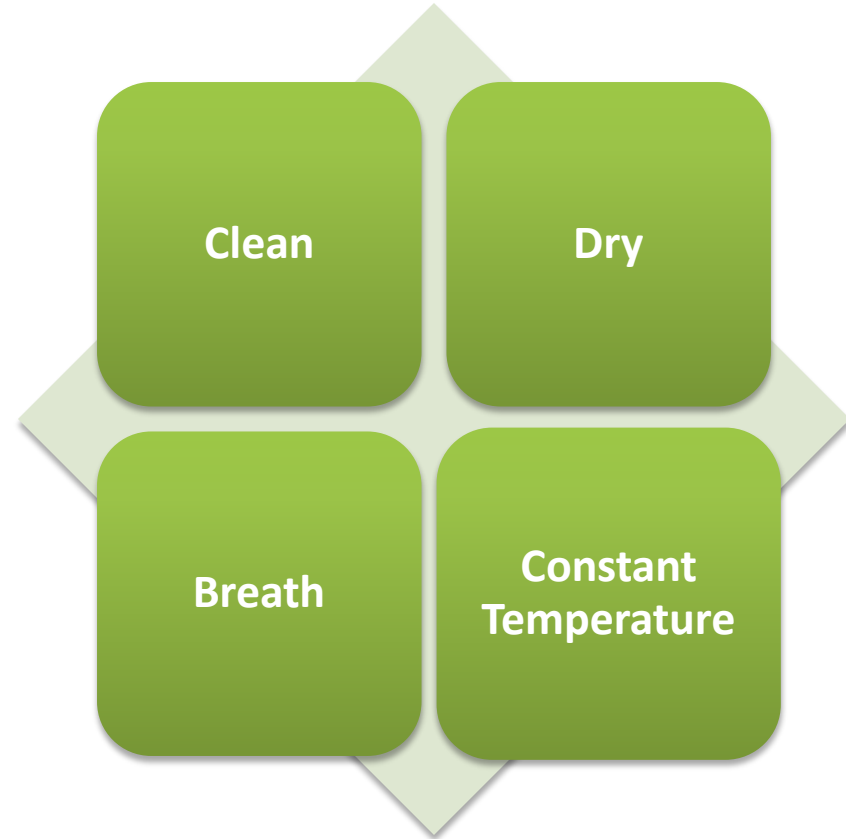
- Don't put your Fresh Fork bag in the fridge. Empty it and care for each vegetable
- Wash your veggies, dry
 - Dry thoroughly: potatoes, onions, beets
 - A little moisture is good: carrots, lettuce, greens, turnips, cabbage, and most everything else
- Store in closed container, but still allow some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

Not refrigerated

apples (fewer than 7 days)
watermelons
basil (in water)
cucumbers
dry onions
eggplant
garlic
peppers
potatoes
pumpkins
winter squash
sweet potatoes
tomatoes

Refrigerated

apples (more than 7 days)	Cabbage
apricots	Carrots
blackberries	cauliflower
blueberries	celery
cherries	green onion
cut fruits	herbs (not basil)
grapes	leaf vegetables
raspberries	leeks
strawberries	lettuce
asparagus	mushrooms
green beans	peas
Lima beans	radishes
beets	spinach
broccoli	sprouts
Brussels Sprouts	summer squash
	sweet corn

A Process for Getting The Most Out of Your Share



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

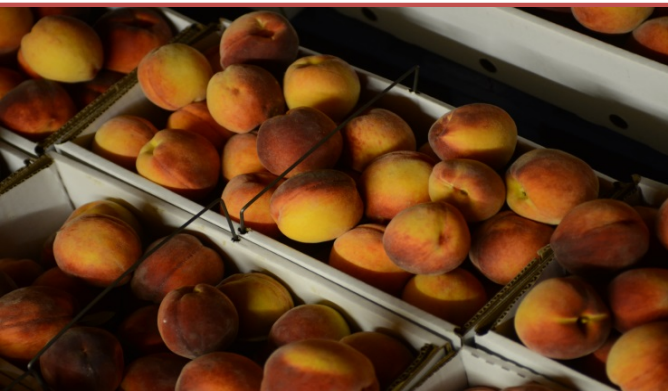
- Turnips, Rutabaga, Kohlrabi, Beets, Parsnips
- Roast: Toss with olive oil and salt, roast at high temperature OR wrap in foil and bake like baked potato
- Mash turnips or rutabaga alone or with potatoes. Serve beets on salads or sandwiches

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:



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

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.

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 4.6ph.

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:

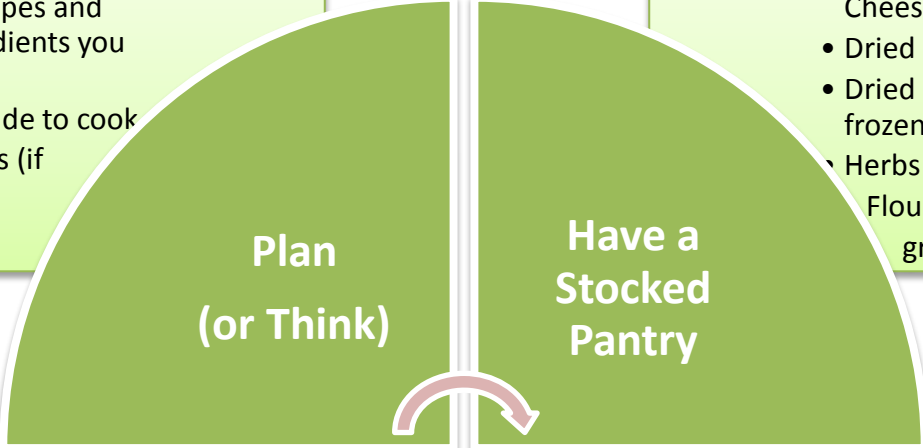
- Seasonality:
 - #1 Factor: What is available and good
 - Not all bags are created equally
- Center of the Plate Concept:
 - A loose theme in which a focus ingredient is your entrée
 - Produce the compliments that item, as a side or to integrate in entrée
 - Fruit whenever possible
 - If budget permits, 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!



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



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

- Examples: roast chicken, braised pork shoulder
- Have fallback side dishes, such as classic rice and beans

- 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

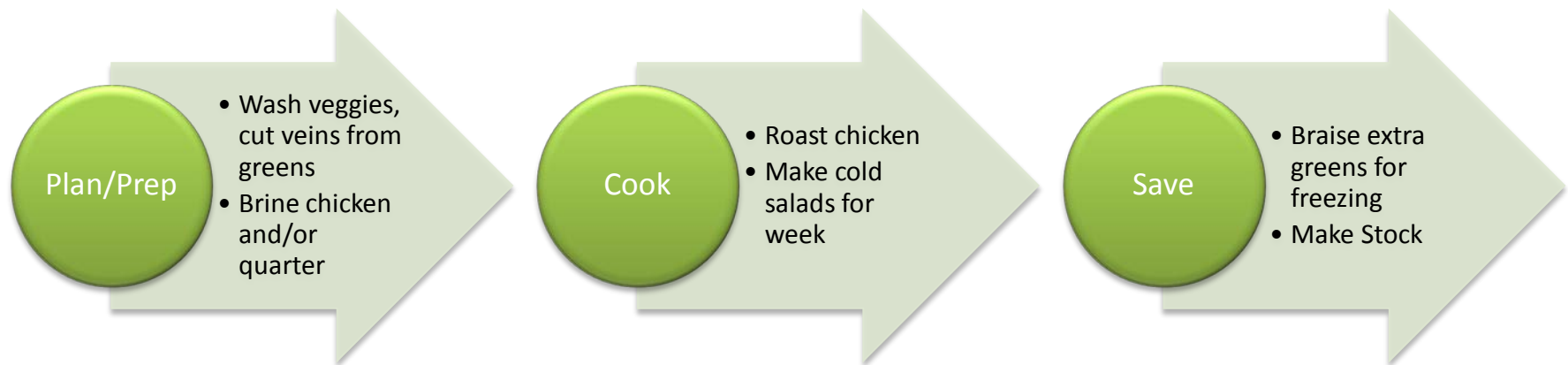
Meal 2 (Monday):

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



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" cabbage

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:

Sauteed or Grilled Pork Chop
 “Warm slaw” of sauted 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):

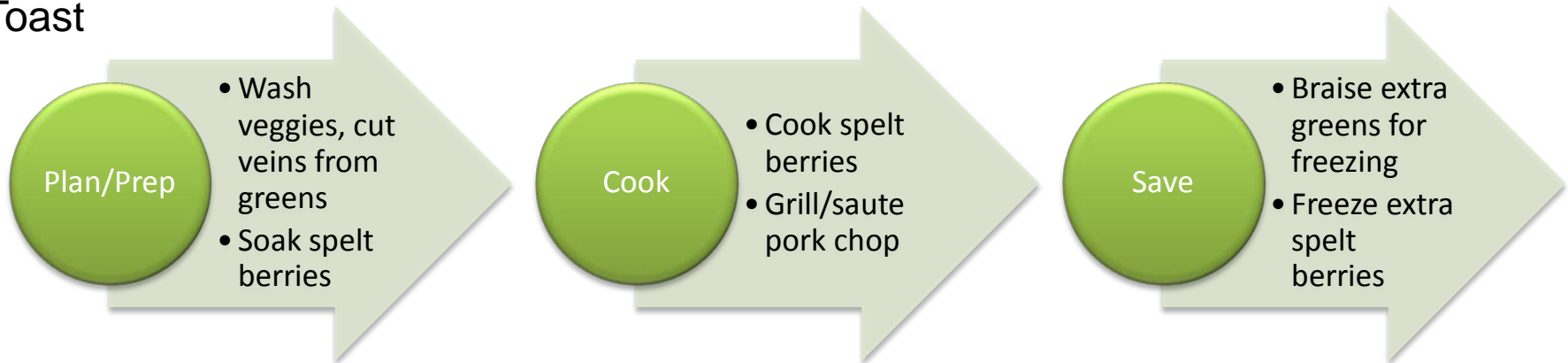
Braised chard and beet greens
 Poached or Fried Egg (on top)
 Toast

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.



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
- 1 pint BBQ sauce
- 1 slab spareribs, approx 2.5#

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:

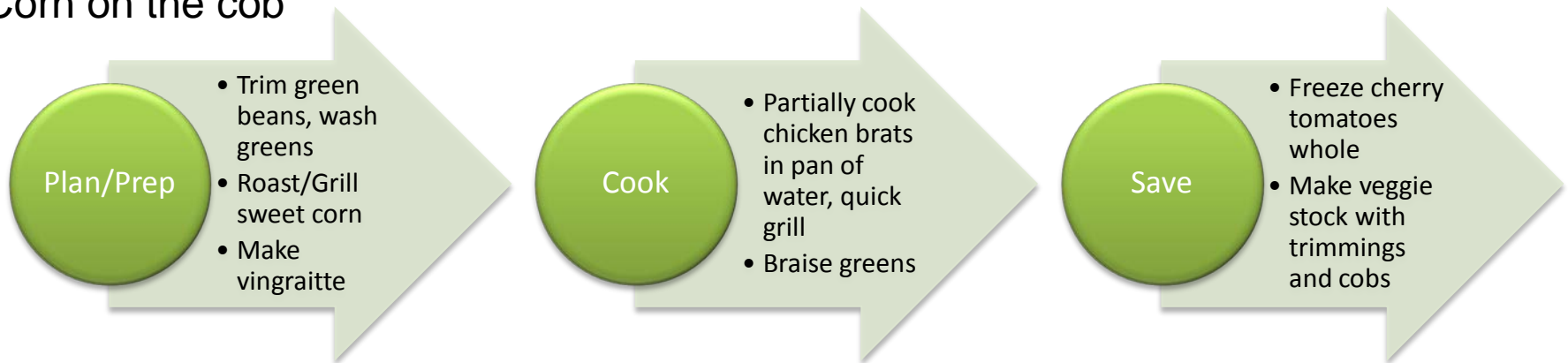
“salad” of sliced cukes and cherry tomatoes in mustard vinaigrette
 Grilled chicken bratwurst sandwich with sauted peppers and onions
 Braised Collard Greens with roasted cherry tomatoes
 Corn on the cob

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



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 croatian sweet bell peppers
- 1 spaghetti squash
- 1 bunch turnips
- 1 head broccoli

Large:

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

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

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:

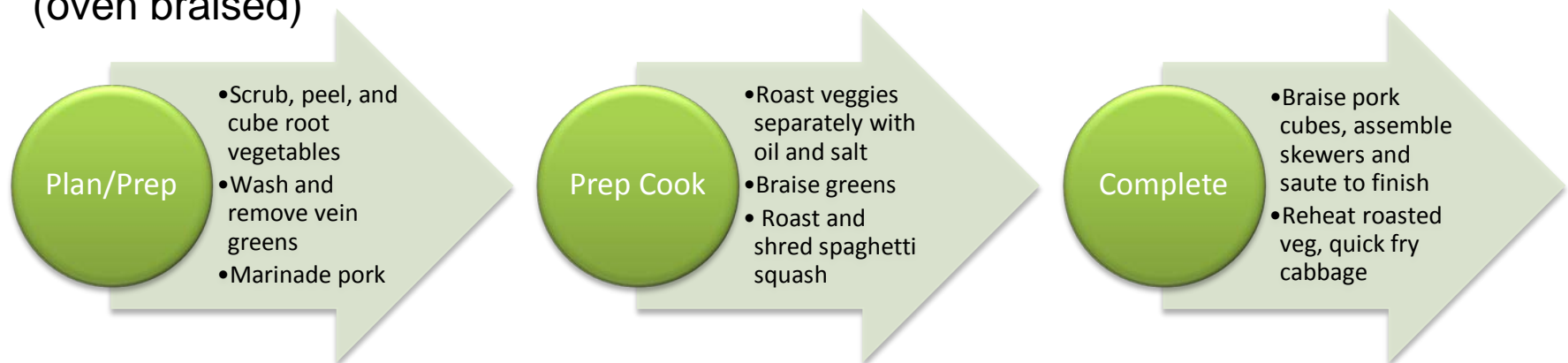
“Nest” of spaghetti squash topped with
roasted beets, sautéed peppers,
and steamed broccoli
Fried cabbage with olive oil, minced
garlic, and leftover pork cubes
(oven braised)

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



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 quarterpeck 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:

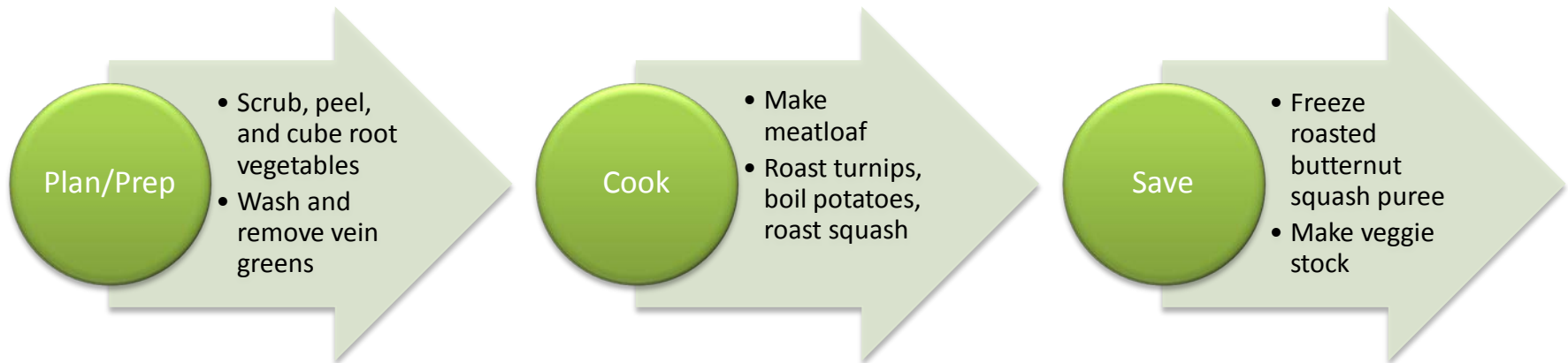
Roast turnips with sauted bok choy
Butternut squash bisque
Steamed carrots and broccoli

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



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 fibrous 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
- Remove from heat. Let cool. Strain through cheesecloth. Refrigerate overnight.

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
