



FRESH FORK MARKET

Week 14 Summer 2013
Volume V, Issue 81
www.FreshForkMarket.com



Small CSA Contents:

1 spaghetti squash
1 kohlrabi
1 bunch collard greens
1 bunch carrots with tops
1.5 # plums
1 quarter peck peaches
6 ears sweet corn
2 ct zucchini
1 lb butternut squash linguine

Large Share

Small package plus:
Approx 2# bartlett pears
1# yellow wax beans
1 pint yummy pepper mix (sweet baby peppers)
1 smoked ham hock
2 ct eggplant

Vegetarian Substitutions

(not in place of anything I'll adjust a future budget to make up)
1 pt yummy pepper mix
Approx 2# bartlett pears
1# yellow wax beans

Vegan Substitutions

1 head cauliflower

Sautéed Kale with Kohlrabi

This recipe is a great one. I love mixing the textures of the greens and the kohlrabi. Adapted from Gourmet magazine.

1 1/4 pound kohlrabi, bulbs peeled
1/2 teaspoon grated lime zest
2 tablespoons fresh lime juice
1/4 cup extra-virgin olive oil, divided
2 pounds kale (2 bunches), stems and center ribs discarded
5 garlic cloves, finely chopped
1/3 cup salted roasted pistachios, chopped

Very thinly slice kohlrabi. Whisk together lime zest and juice, 2 tablespoons oil, and 1/2 teaspoon each of salt and pepper in a large bowl. Toss kohlrabi with dressing.

Finely chop kale. Heat remaining 2 tablespoons oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Sauté garlic until pale golden, about 30 seconds. Add kale by the handful, turning and stirring with tongs and adding more kale as volume in skillet reduces. When all of kale is wilted, sauté with 1/2 teaspoon salt

until just tender, about 3 minutes. Transfer to a bowl and cool to room temperature. Toss kale with kohlrabi and pistachios.

Spaghetti Squash

Spaghetti Squash is called that, because the flesh inside comes out looking much like spaghetti. This yellow squash is great if you are avoiding grains or gluten. Prick the flesh all over with a fork to make sure it doesn't burst. Place it in a shallow baking pan and cook for about one hour (until tender) at 375 degrees.

Once cool enough to handle, cut in half, lengthwise. Scoop out the seeds and center (I use an ice cream scoop). Next take out the flesh using a fork and it will come out in strands. Serve as a pasta substitute.

Spaghetti Squash and Tomato Bake

About 3 cups cooked spaghetti squash (1 medium one)
2 large garden tomatoes sliced
Kosher Salt

Garlic Powder, Onion Powder, Dried Basil, Dried Parsley for sprinkling
5oz of fancy shredded Mexican cheese blend (separated)
Fresh Basil for Garnish (optional)

Preheat the oven to 350 degrees.
Spray a 11 x 9 casserole dish with non-stick spray.
Spread about 1 cup of spaghetti squash on the bottom.

Top with a layer of sliced tomatoes.
Sprinkle with kosher salt and spices.

Top with 1.5 oz of cheese.
Add another layer of squash, then tomatoes, spices and cheese. Top with a final layer of squash.

Top with the last 2 oz of cheese and sprinkle with the spices one last time.
Bake for 30 minutes uncovered.

Top with some fresh cut basil and cut into 6 serving sizes about 3x3 inches each.

Spaghetti Squash Fried Rice

Here is a recipe that is perfect for those avoiding grains. It uses the squash instead of rice, and is quick and easy. If

you prepare the squash ahead of time, this is a quick preparation for dinner!

Ingredients

1 Spaghetti Squash
2 cloves Garlic, diced
2 large Eggs, whisked
1 tablespoon Peanut or Olive Oil
3/4 cup sliced Carrots
1/2 cup chopped Green Onion (divided)
1 tablespoon Fish Sauce
Sriracha Sauce, to taste

Directions

Roast the squash (see the earlier notes). In a large non stick skillet add the oil, garlic and carrots. Heat over medium high heat a few minutes until the carrots soften. Add the chopped spaghetti squash into the pan and cook for about 5 minutes. Quickly stir in the eggs with a rubber spatula and combine well. They will scramble into the squash. Add fish sauce, some Sriracha and 1/4 cup green onion. Combine well. Serve topped with more green onion.

Kohlrabi

Kohlrabi, like many of its Brassica brethren, are pretty darn good for you. The vegetable is very high in vitamin C and fiber, and is a good source of vitamin B6 and potassium, too. It's also fairly high in minerals, including copper and manganese. Kohlrabi is low in calories. There seems to be a significant link between cruciferous vegetables and cancer prevention. Several of the phytochemicals (chemicals found in plants) found in the Brassica family have been found to inhibit cancer growth.

Kohlrabi bulbs will keep in your refrigerator's veggie drawer for several weeks. Note that the bulbs tend to become woodier the longer you store them. Remove the leaves before storing. If your kohlrabi have the leaves attached when you buy them, wrap the leaves in damp paper towels and store no longer than 2-3 days, as they lack the staying power of the bulb.

A versatile veggie, both the bulb and the leaves are edible. The bulb can be quartered and roasted like potatoes & makes a delicious slaw, grated or cut into thin matchsticks.