



FRESH FORK MARKET

Week 17 Summer 2014

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Small CSA Contents:

1 bunch kale
2-3 peppers, various colors
3 # Yukon gold potatoes
1 pint cherry tomatoes
1 quarter peck Jonathon apples
1 lb raw honey
2 ct acorn squash
1 lb grassfed ground beef

Large Share

Small package plus:
1 pint yummy pepper mix (baby sweet peppers)
1 head cauliflower
1 pint ground cherries
1 head red cabbage
1 lb ground pork

Vegetarian Substitutions

(vegetarian substitutions provided the last two weeks)

1 pint yummy pepper mix

Vegan Substitutions

None

Honey Spice Acorn Squash

If there are any leftovers here, try mashing up the remainders with the leftover butter mix.

Ingredients

1/3 cup honey
1/4 cup butter, melted
1/2 teaspoon salt
1/4 teaspoon ground cinnamon
1/4 teaspoon ground ginger
4 medium acorn squash

Directions

In a large bowl, combine the honey, butter, salt, cinnamon and ginger. Cut squash in half; discard the seeds. Fill squash halves with butter mixture.

Place in a greased 15-in. x 10-in. x 1-in. baking pan. Cover and bake at 375° for 1 hour or until squash is tender. Uncover; bake 10 minutes longer or until filling is bubbly.

Ground Cherry Coffee Cake

2 cups unbleached all-purpose flour
1 1/4 cups sugar
1 1/2 teaspoons salt
10 tablespoons room temperature unsalted butter, cubed

1 1/4 teaspoon baking powder
1/2 teaspoon baking soda
3/4 cup yogurt
1 large egg
2 1/2 teaspoons vanilla extract
2-3 cups ground cherries (or other berries or fruit), husks removed
1 cup chopped pecan pieces (untoasted)
1/2 cup packed dark brown sugar
2 teaspoons ground cinnamon

Preheat oven to 325 degrees. Butter and flour a 9" deep cake or bundt pan.

In a large bowl whisk together flour, sugar and salt. Cut in butter with two table knives until butter is combined with flour and is the size of small peas. Remove 1 cup of flour & butter mixture into a second bowl and set aside (you'll use it for your topping later).

Add in baking powder and soda to base flour mixture and whisk gently (or sift before hand). Add buttermilk and egg and stir until mixture is free of flour streaks. Lumps are ok as your butter is still chunky, but streaks tell you it's not quite mixed enough.

Pour flour mixture into prepared pan. Scatter ground cherries (or fruit of your choice) over the top. Next, add nuts, brown sugar and cinnamon to your small bowl of flour that is set aside. Stir and sprinkle over the top.

Bake for 60-75 minutes until a skewer (wooden or metal) comes out crumbly, but clean. If your nuts start to get too dark (dark brown good, burnt bad), apply foil over the top of your pan to halt that process and allow the cake to continue cooking. Remove from oven and allow to cool for at least 15 minutes in the pan.

Cauliflower, Potato, and Cheddar Soup

Ingredients:

3 tablespoons butter
1 1/2 cups chopped onions
1 cup chopped celery
1 large head of cauliflower, broken into small flowerets, about 6 to 8 cups of flowerets
3 medium yellow or gold potatoes, peeled and cubed
1/2 teaspoon finely minced garlic

4 to 6 cups chicken broth, divided
1 cup light cream or heavy cream
12 ounces shredded Cheddar
1 teaspoon Worcestershire sauce
1/4 teaspoon ground nutmeg
1/2 teaspoon dry mustard
1/8 teaspoon ground cayenne
1/4 teaspoon fresh black pepper
sea salt, to taste

Preparation:

In a large saucepan or Dutch oven, heat the butter over medium heat. Add the onions, chopped celery, cauliflower, potatoes, and garlic. Cook, stirring frequently, for about 8 to 10 minutes. Add 4 to 5 cups of chicken broth, or enough to cover the vegetables. Bring to a boil; cover, reduce heat to low, and simmer for about 25 to 35 minutes, until vegetables are very tender.

Stir in the cream, cheese, Worcestershire sauce, nutmeg, cayenne, and pepper. Using a blender, purée the soup in about 4 batches until smooth. Return the puréed soup to the stovetop and heat through, adding more chicken broth if a thinner soup is desired. Taste and add salt, as needed.

Kale Apple Salad

Ingredients:

1/3 cup extra virgin olive oil
4 ounces sliced bacon, diced
1/4 cup Champagne vinegar
1/4 cup pure maple syrup
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 small head red cabbage, shredded
1 8-ounce bunch kale, stems discarded, leaves shredded
2 apples, sliced into thick matchsticks
3/4 cup pecans

Directions:

Combine the olive oil and bacon in a small saucepan over medium heat. Cook, stirring frequently, until bacon is golden and crispy. Strain the pan drippings into a small bowl and leave the bacon off to the side to cool. Add the Champagne vinegar, maple syrup, salt and pepper and whisk well. Combine the cabbage, kale, apples and pecans in a large bowl. Toss while adding the dressing, little by little, until salad is well dressed. Season with salt and pepper. Garnish with bacon.