



FRESH FORK MARKET

Week 18 Summer 2013

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Small CSA Contents:

1/2 lb leaf lettuce mix
1 bunch mustard greens
2 lbs tomatoes, romas and heirlooms
1 head broccoli
2-3 red peppers
3# Bosc pears (quarter peck)
1 large candy onion
2# bag organic black turtle beans
8 oz smoked grassfed cheddar cheese

Large Share

Small package plus:

1 sleeve bok choy
1 kohlrabi
1 bunch collards
1 butternut squash
1 lb green beans
1 lb lima beans
1 lb grassfed beef stew meat
1 lb smoked chicken wings

Vegetarian Substitutions

no substitution needed but I had already ordered beans, so:
1 lb green beans

Vegan Substitutions

1 butternut squash
1 lb lima beans
1 kohlrabi

Smoked Cheddar Broccoli Soup

Ingredients

2 shallots, diced
2 cloves garlic, minced
2 tbs. butter
1/2 tsp. paprika
1/4 tsp. nutmeg
black pepper
1 head broccoli, cut into small florets.
4 c. veggie broth
12 oz. grated smoked cheddar cheese
1 c. heavy cream
2 tbs. cornstarch dissolved in 2 tbs. water

Directions:

1. Heat up a pot and saute shallots and garlic in butter until translucent and fragrant. Add in spices.
2. Add broth and broccoli to pot, and bring to a boil. Then turn down to a simmer and let simmer until broccoli are well-cooked and soft (about 15 min).
3. Slowly add cheese, one handful at a time, and continue stirring. Turn heat down a bit more so that soup remains hot (steaming) but does not come back

to a boil (that will risk the cheese getting clumpy). Once all incorporated, while stirring, add in the heavy cream and then the cornstarch.

Black Beans with Ginger and Mustard Greens

This recipe comes from Leslie Crier.

Check out her cookbook "Taste Life"

1 cup dried black beans, soaked overnight in cold water to cover
1 1-inch piece of ginger, sliced very thin
1 small bunch mustard greens, sliced
1 tablespoon prepared mustard
3 tablespoons sorghum
1 tablespoon tamari

Rinse beans thoroughly and put them in a pot with several cups of water. Cook until the beans are tender, about 1 hour. Drain and set aside.

Bring ginger and 1 cup water to boil in a medium pot. Simmer for 5 minutes. Add beans and simmer for 5 minutes. Stir in mustard greens and simmer until tender, for 3-5 minutes.

Add molasses, mustard and tamari. Stir in additional water if desired to thin consistency. Serve immediately or at room temperature.

Black Bean Mustard Green Wraps

This recipe is adapted from one I found on Cooking's Good Vegetarian Café. Try adding peppers, tomato, or other fresh veggies to the wrap along with the bean mixture. Delicious as a lunch box dish!

Ingredients:

1 ½ cups black beans prepared
¾ cups spelt berries cooked
1/2 onion chopped
1-2 cloves garlic chopped
pickled jalapeno chopped (optional)
1/2 teaspoon cumin
fresh or dried oregano
Sauté the onions and garlic until soft then add the beans, rice and oregano and cook until heated. Blanch the mustard greens, drain and dry with a paper towel.
Place a leaf on a plate and add a generous amount of the bean mixture. Fold up like a burrito.

Pear and Grilled Cheese

Ingredients

8 slices whole wheat or rye bread
4 to 6 tablespoons unsalted butter
4 tablespoons whole grain mustard
1-2 pears, cored, and thinly sliced
6 to 8 ounces smoked cheddar cheese, thinly sliced

Directions

Generously butter one side of each slice of bread. Thinly spread mustard on the other sides. Layer cheese slices on the mustard side of the bread slices and place pear slices in between. Grill in a nonstick pan over medium high heat until toasted on one side, about 5 minutes. Turn and grill the other side until golden brown and cheese in between slices of bread is melted.

Pear Blue Cheese Flatbread

From EatingWell-It always surprises me when someone says they don't eat pizza. If you happen to still have pizza dough in your freezer, this is a good use for it...

2 teaspoons extra-virgin olive oil
3 cups thinly sliced onions
20 ounces prepared whole-wheat pizza dough
1/3 cup chopped walnuts
2 teaspoons balsamic vinegar
2 teaspoons chopped fresh sage
Freshly ground pepper, to taste
2 ripe but firm pears, sliced
1/2 cup finely crumbled blue cheese

Place oven rack in the lowest position; preheat to 450°F. Coat a large baking sheet with cooking spray. Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until starting to brown, about 6 minutes. Reduce heat to low, cover and cook, stirring occasionally, until very soft and golden, 5 to 8 minutes more. Meanwhile, roll out dough on a lightly floured surface to the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes. Toast walnuts in a small dry skillet over medium-low heat, stirring, until lightly browned and fragrant, 2 to 3 minutes. Stir vinegar, sage and pepper into the onions. Spread on the crust and top with pears, walnuts and cheese. Bake on the bottom rack until the crust is crispy and golden and the cheese is melted, 11 to 13 minutes. Slice and serve.