



# FRESH FORK MARKET

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## Small CSA Contents:

3 # sweet potatoes  
1 head red cabbage  
2 ct eggplant  
1 bunch celery  
1 bunch carrots with tops  
1 head cauliflower  
1 package kielbasa (1.25#, 4 links)  
1 quarter peck apples, half Honeycrisp and half Golden Delicious

## Large Share

Small package plus:  
1 spaghetti squash  
1 bunch beets with tops  
2 ct red peppers  
1 bulb garlic

## Vegetarian Substitutions

1 bunch beets with tops  
1 # pumpkin sage linguine

## Vegan Substitutions

2 ct red peppers  
1 spaghetti squash  
1 bulb garlic

## Eggplant with Tomato and Feta

*This recipe came from Maza Cooking Journals and boasts 100K pins on Pinterest.*

### Ingredients

1 large eggplant  
3 large tomatoes, to match the diameter of the eggplant  
6 oz feta, crumbled  
1/2 cup fresh basil leaves  
juice of half lemon  
2 garlic cloves  
1/2 extra-virgin olive oil  
Kosher salt  
Freshly ground black pepper to taste

Cut of the eggplant crosswise into 1/2" thick rounds. Lightly season them with salt and leave them for 30 minutes on a side to let water to come out of the eggplant. Once ready drizzle some olive oil on top of each slice and grill them on a lightly oiled grill rack for 2-3 minutes each side.

Blend the basil leaves with 4 tablespoons olive oil, 2 garlic cloves, lemon juice and 1 teaspoon salt in an immersion blender until smooth.

Cut the tomatoes crosswise to 1/4" thick rounds. Lightly oil the baking pan. Arrange 4 eggplant rounds side by side. Spread 1/2 tablespoon of the basil-garlic mixture on top of each one, then

generously sprinkle feta crumbs. Top each with tomato rings. Add another layer of eggplant, basil spread, feta and tomato rounds and top with the rest of the crumbled feta. Preheat the oven to 400F. Drizzle some olive oil on top of each stack and bake for 15 minutes.

## Wheat Berry Risotto with Eggplant and Tomatoes

*Adapted from Cooking Light.*

6 cups (1 1/2-inch) diced eggplant  
1 pint cherry tomatoes  
3 tablespoons olive oil, divided  
1/2 teaspoon black pepper, divided  
5 cups fat-free, less-sodium chicken broth  
2 cups water  
1 1/2 cups finely chopped onion  
1 cup uncooked wheat or spelt berries  
2 teaspoons minced garlic  
1/2 cup dry white wine  
1/4 teaspoon salt  
1/2 cup (2 ounces) crumbled soft goat cheese  
1/4 cup thinly sliced fresh basil  
1/4 cup pine nuts, toasted

1. Preheat oven to 400°.
2. Combine eggplant, tomatoes, 2 tablespoons oil, and 1/4 teaspoon pepper in a bowl; toss to coat. Arrange mixture in a single layer on a jelly-roll pan. Bake at 400° for 20 minutes or until tomatoes begin to collapse and eggplant is tender.
3. Combine broth and 2 cups water in a medium saucepan; bring to a simmer (do not boil). Keep warm over low heat.
4. Heat remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add onion to pan; sauté 4 minutes or until onion begins to brown. Stir in wheat berries and garlic; cook 1 minute. Add wine; cook 1 minute or until liquid almost evaporates, stirring constantly. Add 1 cup broth mixture to pan; bring to a boil, stirring frequently. Cook until liquid is nearly absorbed, stirring constantly. Add remaining broth mixture, 1 cup at a time, stirring constantly until each portion of broth mixture is absorbed before adding the next. I usually do this on medium or low heat, so I do not have to stir constantly. If after all this liquid is absorbed, the wheat berries are not tender enough to your liking, you can continue adding water and cooking until the liquid is absorbed. Do this as many times as

needed to get the texture that you like. Gently stir in eggplant mixture, remaining 1/4 teaspoon pepper, and salt. Top with cheese, basil, and nuts.

## German Red Cabbage

### Ingredients:

1 medium onion, sliced  
1 unpeeled Apple, sliced  
1 medium red cabbage, shredded  
1/3 cup sugar  
1/3 cup white vinegar  
3/4 teaspoon salt, optional  
1/4 teaspoon pepper

Coat the inside of a large Dutch oven with cooking spray. Sauté onion and apple until tender. Add all remaining ingredients. Cover and cook until tender, about 1 hour. Serve hot or cold. Yield: 10 servings.

## Peanut, Yam, Red Cabbage Soup

### Ingredients:

1 tablespoon sunflower oil  
1 1/2 teaspoons hot or mild curry paste  
1 medium onion, peeled, diced  
4 cloves garlic, minced  
1 large sweet potato peeled, diced  
1/2 head purple cabbage, shredded  
1 large yellow bell pepper, diced  
1 large Anaheim chili, seeded, diced  
1 1/2 cup pinto beans, cooked, drained  
2 cups vegetable broth  
1/3 cup peanut butter, melted in a half cup of boiled water  
1 14-oz. can light coconut milk  
2 tablespoons balsamic vinegar  
1/4 to 1/2 teaspoon crushed red pepper flakes, for heat, to taste  
2-3 tablespoons chopped fresh cilantro  
Sea salt and black pepper, to taste

Heat the olive oil in large soup pot. Add the curry paste and stir for a minute to infuse the oil with spice. Add the onion, garlic, sweet potato, cabbage, yellow pepper and Anaheim pepper. Stir and cook the veggies for 5-7 minutes, until softened. Add the beans, broth, peanut butter, coconut milk, balsamic vinegar, red pepper flakes and cilantro.

Bring the soup to a high simmer, cover, and lower the heat; keep the soup on simmer and cook until the vegetables are tender, about 25 to 30 minutes.