



FRESH FORK MARKET

Week 02 Summer 2013
Volume V, Issue 69
www.FreshForkMarket.com



Small CSA Contents:

1 package pork chops, 2 pc approx 1 lb
1 bulb kohlrabi
1 bunch collard greens
1.5 # bag organic rolled oats
1 bunch garlic scapes
1 bunch spinach
1 bunch mustard greens
1 quart strawberries*****

Large Add-Ons

1 piece aged cheddar cheese (called Hulls Trace)
2 ct zucchini
1 head broccoli
2# bag sauerkraut
1 bunch baby beets
Maybe: 1 bunch rhubarb (last week we got lucky on asparagus, so we decided to jump on that...which we will do again this week if it comes on strong)

Vegetarian Subs

1 lb Ohio City Pasta whole wheat linguine (made with our whole wheat red winter wheat flour)
1 sleeve of lettuce

Vegan Subs

1 bunch baby beets
2 ct zucchini
1 bunch kale

Kohlrabi and Bean Salad

Ingredients

1 medium kohlrabi
½ lb broccoli including stalks
one small head red cabbage
grated zest of 1 lemon
¼ cup lemon juice large bunch of 1/3 cup dill, roughly chopped
½ cup sunflower oil
1 garlic clove, minced
½ teaspoon coarse sea salt
2 cups cooked beans (black or pinto)
freshly-ground black pepper to taste

Instructions

Peel the kohlrabi. Trim the florets and peel the stalks of the broccoli. Grate or process kohlrabi and stalks of the broccoli in food processor, until finely shredded. Slice the cabbage finely into ¼-inch thick strips. Put kohlrabi, broccoli, and cabbage into a large mixing bowl.
Mix the lemon zest, lemon juice, dill, oil, and garlic clove together and pour over kohlrabi mixture. Add sea salt. Use your hands to massage everything together

for about a minute so the flavors will mix and the cabbage will soften. Add the beans and mix. Let rest for 15 minutes before serving.

Collard Greens

Collards can be the most intimidating green for many people. I have grown to absolutely love them and make them whenever I can. There are tons of recipes online both on our site and others, but this is really the only one you need. It is from [Divas Can Cook](#).

INGREDIENTS

1-2 bunches of collard greens
1 fully-cooked, smoked turkey leg or wing (can also use pork)
1 Tablespoon of olive oil
1/2 of white onion, diced
3 garlic cloves, diced
3 cups of chicken broth
1 teaspoon red pepper flakes
salt, pepper, vinegar, hot sauce (optional)

DIRECTIONS

Remove the collard green leaf from the steams. Discard the stems.
Wash the collard greens several times in cold, salted water to remove the dirt and grit. Tear collard greens into bite size pieces. Set aside.
In a large pot, heat a Tablespoon of olive oil. Add in the chopped onions & garlic and sauté until tender.
Pour in the chicken broth, red pepper flakes and smoked turkey leg. Bring to a boil and then reduce heat and let simmer for about 10-20 minutes.
Add in the collard greens. Cook on med-low heat for about 45-60 minutes or until tender. Do not boil the collard greens, let them steam cook.
When done, season with pepper and hot sauce if desired.
Serve the meat right alongside the collard greens and don't forget that you can drink the juice!
THE SECRETS: Use chicken broth instead of water. Using chicken broth really kicks up the flavor of these smoky greens and makes the juices downright addictive!
Let the meat cook in the broth before adding the greens. This allows the broth to become infused with the meat, onions, garlic and red pepper which will then infuse into the greens.

Don't boil the greens no matter what you've heard. Cooking the greens on low and steaming them allows them to keep that gorgeous green color, preserves more nutrients and produces a tender leaf. Boiling can cause overcooking. Nobody wants to eat mushy greens.
Although this recipe really doesn't need it, If you desire to season the greens with pepper, hot sauce or vinegar do so after it is done cooking and in individual bowls.

Creamy Garlic Scape Pesto

This is a really tasty recipe for using your scapes.

About 2 1/2 cups garlic scapes [cut into 1 inch pieces]
1/2 cup almonds and/or walnuts
3/4 cup extra-virgin olive oil
3/4 cup shredded dry cheese
Lots of fresh ground pepper
Salt to taste

Process in a food processor until very smooth. Freeze what you are not planning on using within a week.

Baked Mustard Pork Chops

Ingredients

2 slice(s) white sandwich bread
Coarse salt
Ground pepper
4 (6-ounce) boneless pork loin chops
1 teaspoon(s) horseradish mustard

Directions

Preheat oven to 450 degrees F. In a food processor, pulse bread with 1/2 teaspoon coarse salt and 1/4 teaspoon ground pepper until coarse crumbs form.
Season pork loin chops on both sides with salt and pepper; place on a baking sheet. Spread top of each chop with horseradish mustard; sprinkle with breadcrumbs, patting in gently. Bake until crust is golden and an instant-read thermometer inserted into pork registers 150 degrees F, 7 to 10 minutes.

Reminder

Please bring back your bag each week and when making payments, add your email address to the memo line of your checks. Thanks!