



FRESH FORK MARKET

Week 20 Summer 2013

Volume V, Issue 87

www.FreshForkMarket.com



Small CSA Contents:

3 # red norland potatoes
1 head broccoli
1 onion
1 bunch beets with tops
1 head lettuce
1 butternut squash
1 head baby bok choy
1 dozen eggs
1 # grassfed ground beef

Large Share

Small package plus:
1 quart fingerling potatoes
2 ct red peppers
2 ct zucchini
1 # pumpkin sage linguine
1 bulb kohlrabi

Vegetarian Substitutions

1 bunch red turnips
2 ct red peppers
2 ct eggplant
2 ct zucchini

Vegan Substitutions

Approx 1.5# heirloom tomatoes
1 bunch kale

Beets and Beet Greens

Beets are great for you. From my days in the health food industry, beets were a go to item for cleansing the liver and blood. I drank beet juice mixed with other juices-especially after a night with a few glasses of wine. This detox effect can be traced back to something called betalains-the substance that gives beets their color. Betalains are known for beneficial antioxidant and anti-inflammatory support.

But just as exciting are the greens. High in carotenoids, the greens can help promote health-especially eye health. Greens are very low in Saturated Fat and Cholesterol. It is also a good source of Protein, Folate, Pantothenic Acid, Phosphorus and Zinc, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Thiamin, Riboflavin, Vitamin B6, Calcium, Iron, Magnesium, Potassium, Copper and Manganese.

So, even if you don't like beets, you should eat the greens.

Warm Beet Salad with Beet Greens and Yogurt Sauce

Braised Beets adapted from Mark Bittman. Beet Salad and Yogurt Sauce adapted from David Tanis.

Ingredients

Braised Beets

1 pound small beets, trimmed and peeled (if large, cut into smaller pieces to cook faster)
2 tablespoons extra virgin olive oil
2 tablespoons white wine
2-3 sprigs fresh thyme
water

Beet Greens

Beet greens from beets (above), washed well, stems trimmed

Toasted Cumin-Coriander Mixture

1 teaspoon coriander seeds
1 teaspoon cumin seeds

Vinaigrette

1/4 cup shallots or red onion, minced
2 garlic cloves, minced
3 tablespoons red wine vinegar
1 teaspoon toasted cumin-coriander mixture
salt and pepper, to taste

Yogurt Sauce

1 cup yogurt
1 garlic clove, minced
1 teaspoon toasted cumin-coriander mixture
2 tablespoons chopped cilantro, scallions, or other herbs
1 tablespoon extra virgin olive oil
dash of cayenne
salt and pepper, to taste

Directions

Braised Beets

Place beets, olive oil, white wine and thyme in a medium pot, single layer. Add enough water to just cover the beets. Bring to a boil, then reduce heat and cook for 30-40 minutes until beets are tender. Remove beets from pan. Cut into bite size pieces and toss with some Vinaigrette.

Beet Greens

Cut Beet Greens into 1" strips. Place Beet Greens in a saute pan and add 1/4 cup water. Bring to a boil, then reduce heat to medium and cover. Cook 2-3 minutes until wilted and just tender. Drain well.

Toasted Cumin-Coriander mixture

Place coriander and cumin seeds in a small saucepan. Toast on medium heat until fragrant. Remove from heat. Cool and then grind in a spice grinder or in a mortar and pestle.

Vinaigrette

Mix Vinaigrette ingredients together and let sit for a few minutes for flavors to meld and mellow.

Yogurt Sauce

Mix all Yogurt Sauce ingredients together in a small bowl.

To Serve

Place a portion of cooked Beet Greens on salad plate. Drizzle with some Vinaigrette. Place some Braised Beet on Top. Dollop some Yogurt Sauce on top. Garnish with dill, scallions and cilantro or any other fresh herbs you have on hand.

Bok Choy Chips

If you like Kale chips, try these...

1 bunch of bok choy
2 tbsps sunflower oil
1/2 tsp each of spices of your choice, unless it's pungent. I'd only do 1/4 tsp of something like curry or garlic powder.

Preheat oven to 450. Wash the bok choy. Strip the leaves from the stalk and rip in to 2 inch pieces. Place in a bowl, toss with oil and your spices. Lay flat on the cookie sheet. Cook for 8-10 minutes or until it starts to brown. Serve hot.

Spice ideas:

curry+coriander, garlic
powder+parmesan, red pepper flakes
and sea salt

Caramelized Butternut Squash

Ingredients:

2 medium butternut squash (4-5 pounds)
6-8 tablespoons unsalted butter, melted
1/4 cup light brown sugar, packed
1 1/2 teaspoons kosher salt
1/2-1 teaspoon ground black pepper

Preheat the oven to 400°F.

Cut off the ends of each butternut squash and discard. Peel the squash and cut in half lengthwise. Remove the seeds. Cut the squash into 1 1/4" to 1 1/2" cubes (large and uniform is best), and place them on a baking sheet. Add the melted butter, brown sugar, salt and pepper. Toss all of the ingredients together and spread out in a single layer on the baking sheet. Roast for 45 minutes to 55 minutes, until the squash is tender and the glaze begins to caramelize. Turn the squash while roasting a few times with a spatula to be sure it browns evenly.