



FRESH FORK MARKET

Week 05 Summer 2013
Volume V, Issue 72
www.FreshForkMarket.com



Small CSA Contents:

1 package Italian Sausage
1 bunch carrots with tops
1 bag snow peas
1 head cabbage
1 fresh candy onion (no skin yet, which would be a dried onion)
1 bunch radishes
1 lb semi-tart cherries
1 pint blueberries
1 bunch curly kale

Large Add-Ons

Approx 1 lb hoophouse slicing tomatoes
1 lb fava beans
1 package spare ribs*
**Be sure to pick up a jar of Popes BBQ Sauce at the back of the truck. \$7*

Vegetarian Subs

2 ct cucumbers
1 piece Siberian Night Beer Cheese
1 head broccoli

Vegan Subs

Vegetarian items except cheese, add
2 ct zucchini
2 ct yellow squash
Approx 1 lb tomatoes

Cabbage

Cabbage is a very versatile vegetable and is perfect for crowd pleasing dishes that don't take a lot of work. Cabbage can be roasted, sautéed, fried, stir fried, used as a filling for buns, perogies, and egg rolls or even made into soup. Here are some great ideas for you on how to use your cabbage-especially if you are having company for the holiday.

Grilled Cabbage

Ingredients

1 medium head cabbage (about 1-1/2 pounds)
1/3 cup butter, softened
1/4 cup chopped onion
1/2 teaspoon garlic salt
1/4 teaspoon pepper

Instructions

Cut cabbage into eight wedges; place on a double thickness of heavy-duty foil (about 24 in. x 12 in.). Spread cut sides with butter. Sprinkle with onion, garlic salt and pepper.

Fold foil around cabbage and seal tightly. Grill, covered, over medium heat

for 20 minutes or until tender. Open foil carefully to allow steam to escape.

Yogurt Coleslaw

Try using Velvet View for a thinner dressing that will let the cabbage shine through. For a more thicker slaw, use the Snowville.

INGREDIENTS

1 medium head green cabbage, shredded (9 cups)
1/2 bunch radishes, shredded
3 green onions chopped
2/3 cup yogurt
1 tablespoon cider vinegar
1 tablespoon Dijon mustard
2 teaspoons honey
Coarse salt and ground pepper

DIRECTIONS

Chop and shred veggies. Mix together other ingredients. Pour dressing over veggies and stir to mix.

Carrot and Kohlrabi Slaw

You can use this dressing with or without cabbage. This slaw us a great way to use up any kohlrabi...

Ingredients

1/4 cup plain yogurt
2 tablespoons olive oil
2 teaspoons Dijon mustard
1 garlic clove, minced
1/2 teaspoon kosher salt
6 carrots, shredded (2 cups)
1 medium kohlrabi, shredded (1 cup)
1 tablespoon fresh chives, chopped

In a large bowl, whisk together the yogurt, oil, mustard, garlic, and salt. Add the carrots, kohlrabi, and chives and toss.

Cold Blueberry Soup

One of my Facebook friends shared this recipe from The Charmed Kitchen. It sounds so cool and refreshing; it would be great summertime treat. Would work great with cherries, too!

Ingredients

1 pint blueberries
1 1/2 c. water
1/4 c. sugar
1 (3-inch) strip lemon peel
1 (3-inch) cinnamon stick
1 cup yogurt

Directions

In saucepan combine all ingredients, except for the yogurt and simmer for 15 minutes. Cool for a few minutes then remove peel and cinnamon. Puree mixture and chill for at least 4 hours. Combine with yogurt before serving. Serves 4-6.

Cucumber and Yogurt Salad

I love this as a dip, sauce, or by the spoonful. I got this recipe from NY Times.

Ingredients

1-2 cucumbers, finely chopped
Salt
2 cups drained yogurt
2 to 3 garlic cloves, cut in half, green shoots removed, and mashed to a paste in a mortar and pestle with 1/4 teaspoon salt
2 tablespoons chopped fresh mint (more to taste)
Freshly ground pepper
2 tablespoons extra virgin olive oil (optional)

Directions

Toss the cucumber with a generous amount of salt and leave in a colander in the sink to wilt for 15 to 30 minutes. Rinse and drain on paper towels. Beat together the yogurt, garlic, mint and olive oil, and salt and pepper to taste. Stir in the cucumbers. Adjust seasonings and serve.

Carrot and Radish Salad

Adapted From Taste of Home

Ingredients

3 cups shredded carrots
7 radishes, sliced and cut into strips
1/4 cup raisins
LIME VINAIGRETTE:
2 tablespoons lime juice
2 tablespoons olive oil
1/2 teaspoon sugar
1/2 teaspoon salt
1/2 teaspoon grated lime peel
1/4 teaspoon pepper

Directions

In a small bowl, combine the carrots, radishes and raisins.
In a jar with a tight-fitting lid, combine vinaigrette ingredients; shake well. Drizzle over carrot mixture and toss to coat.