



FRESH FORK MARKET

Week 05 Summer 2013
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Small CSA Contents:

1 lb sweet pea linguine
1 large candy onion
1 bunch beets
1 head green leaf lettuce
1 quart Velvet View Yogurt
2 ct zucchini
2 ct cucumbers
Approx 1 lb slicing tomatoes
1 pint sweet cherries
1 pint black raspberries (select stops depending on weather)

Large Add-Ons

1 bunch basil
1 kohlrabi
1 head broccoli
1 quarter peck cling peaches (approx 8)
1 bottle sunflower oil

Vegetarian Subs

None this week

Vegan Subs

Small except yogurt and pasta, add
1 quarter peck cling peaches
1 extra onion
1 lb fava beans
1 pint blueberries

Glazed Beets

This was one of the more popular items from Sunday's beet class....Beth used it on crostini, but great as a side dish, in salads, or even rolled up with some spelt berries in a wrap.

Ingredients

3 beets (3/4 lb)
4 sprigs of thyme
1 tsp black peppercorns
1 tablespoon red wine vinegar
½ cup sherry vinegar
2 tablespoons sugar
1 sprig rosemary
salt

Instructions

In a medium saucepan, cover the beets with cold water. Add thyme, peppercorns, red wine vinegar and bring to a boil. Simmer partially covered until tender, about 45 minutes. Drain, peel, and dice beets.

Return diced beets to saucepan. Add sherry vinegar, sugar, rosemary, and ¼ cup water. Bring to a boil and cook over moderately high heat until a syrupy

glaze forms-about 12 minutes. Discard the rosemary and add salt to taste.

Pasta Primavera

This is one of my favorite things to make. Why? You can use nearly any thing in it. It is the perfect was to use up veggies in the fridge and if you have a little ground beef, a couple of sausages, or some leftover chicken, you can toss that in, too.

So, scour the internet and you will see a large number of recipes using different sauces and ingredients. Primavera typically means spring veggies, but has now evolved to mean any vegetables. The traditional olive oil sauce has been replaced with alfredo, marinara, or any one of a number of different sauces. Here is how I make mine:

Start a pot of boiling water for the pasta. In a large skillet, add oil. Olive oil is standard, but I am now big on the sunflower oil that we sell. Peel some fresh garlic and chop or smash it and add it to the oil as it is heating up. Once it is medium hot, add some chopped veggies. Use your favorite combo, and if you are using ingredients from your bag, most of the veggies will work together. Snow peas, broccoli and cauliflower work well together. I like onion, peas, chopped greens and zucchini. Anyhow, chop harder veggies smaller (carrots, etc) and start with them as they take longer to cook than say, snow peas. When the veggies are nearly cooked, turn off the heat and cook the pasta. Fresh pasta takes only a couple of minutes, so if you are using dried, start cooking it a little sooner. Once the pasta is cooked to al dente, drain and stir into the veggies. Add some more oil and season to taste.

Cucumber Salad

This comes from my Akron customer.

Ingredients

1 cucumber cleaned of skin and seeds-diced
1 tomatoe diced
1/2 onion chopped
2 tablespoons dry parsley or 1/4 cup fresh
1 tablespoon of vinegar

Mix all ingredients and chill for at least one hour to meld flavors.

Pura Vida Wine Dinner

Next week is our first wine dinner with Pura Vida by Brandt. Downtown by Public Square, this is one of my favorite spots to eat. I love the food here, and they will be using Fresh Fork Market ingredients for this dinner. The dinner is 6pm, Tuesday July 16th. The cost is \$60 +tip and reservations are required. Call 216-987-0100 or email Katie@puravidabybrandt.com. The menu is here-

<http://freshforkmarket.com/2013/07/02/wine-dinner/> -

but here are some sample dishes:

BLT with compressed tomato

Korean Fried Chicken

Ohio Beef Brisket.

The wines will be exciting as well! There are limited spaces available, so get your reservation now!

Lemon Beets and Herbs

From Parker Bosley

1 ½ lbs beets, cooked and cooled
Grated zest from one lemon
2 TBS lemon juice
2-3 TBS finely diced red onion, shallot or green onion
Salt and pepper
Olive oil
2-3 TBS minced cilantro, mint and parsley—any combination

Toss and mix all the ingredients in a bowl. Taste and then add more herbs, lemon, salt or pepper to your taste. Serve over salad greens or as a side dish.

Honey Ginger Salad Dressing

Adjust the ginger to your own taste.
From SUMPTUOUS SPOONFULS

1/8 cup plain yogurt
1 Tablespoon rice vinegar
1 Tablespoon freshly grated ginger root (if you're not a ginger fanatic like me, cut it down to 1/2 – 1 teaspoon)
1/4 teaspoon granulated garlic
1 teaspoon of honey
Mix all ingredients until well blended. The dressing will not be smooth because of ginger root in there.