



FRESH FORK MARKET

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



Small CSA Contents:

1 whole chicken, approx 5 lbs
1 lb yellow wax beans or green beans
1 shallot
1 candy onion
1 bunch swiss chard
1 pint blueberries
1 quarter peck cling peaches

Large Add-Ons

1 bunch green onions
Approx 1 lb tomatoes
1 bunch kale
2 ct cucumbers
2 ct heirloom summer squash, assorted varieties

Vegetarian Subs

Approx 1 lb tomatoes
1 head broccoli
1 bunch kale
2 ct cucumbers
2 ct heirloom summer squash
1 lb whole wheat linguine

Vegan Subs

(in place of pasta in vegetarian bag)
1 package luna burgers
1 bunch carrots with tops

Crockpot Chicken

Since we work a lot of long days in the summer, the crock pot is my best friend in the summer. I can put dinner in before I leave for work and come home to a decent meal. I especially like roasting a chicken, as the meat falls off the bones. Once I have taken all the good meat off, the bones can stay in the pot, add some water and the crock pot makes my chicken stock. Here is how I do it:

Chop an onion and sprinkle it in the bottom of the crock pot. In a dish, combine your favorite spices or use a premade rub. I like a mix that has 1 tsp each of onion powder, garlic powder, celery salt, and thyme with some hot chili powder to taste. Sometimes I use Mrs. Dash. For a more exotic twist, I will use curry powder. The sky is the limit. After you remove any giblets (which I put in the pot with the onions), Rub the spice mixture all over the outside of the bird. You can rub some inside or under the skin as well. Put your chicken in the pot and turn it up to high. Add other veggies around the sides (cabbage, carrots, potatoes, celery, more onion, anything that will roast well and go with

chicken. I avoid red beets.) Let roast for about 6-7 hours for a 5+ pound bird. Sometimes our chickens are huge, so you may need more time. When cut, the juices should run clear.

A hot roast chicken dinner without turning on the oven and without having to even be home.

White Barbecue Sauce

This recipe comes from Southern Living magazine and makes a really tasty different kind of barbecue. I love Clark Pope's Barbeque sauce and is the only one I will buy for a red sauce, but for an alternative try this tasty white bbq. Best served on the side or only painted on in the last minute of cooking.

Ingredients

1 1/2 cups mayonnaise
1/4 cup white wine vinegar
1 garlic clove, minced
1 tablespoon coarse ground pepper
1 tablespoon spicy brown mustard
1 teaspoon sugar
1 teaspoon salt
2 teaspoons horseradish

Instructions

Stir together all ingredients until blended. Cover and chill 2 to 4 hours. Store in an airtight container up to 1 week.

Wax-Bean Salad with Chorizo

This one is from Martha Stewart and is so great with our chorizo. This recipe would work great with bacon and/or green beans.

Ingredients

1 teaspoon extra-virgin olive oil
4 ounces dried chorizo, halved lengthwise and thinly sliced
1 large shallot, thinly sliced
3/4 pound wax beans, trimmed
4 teaspoons sherry vinegar
1/2 cup chopped fresh parsley leaves
Coarse salt and ground pepper

In a large skillet, heat oil over medium-high. Add chorizo and cook, stirring occasionally, until browned and crisp, 2 minutes. With a slotted spoon, transfer chorizo to a plate.

Add shallot to skillet and cook, stirring, until it begins to brown, 2 minutes. Add beans and 1/4 cup water. Reduce heat to medium, cover, and cook until water evaporates and beans are crisp-tender, about 6 minutes. Return chorizo to skillet and stir in vinegar and parsley. Season with salt and pepper.

Wax Beans with Mint Recipe

I found this recipe on simply recipes. I love the addition of mint to salads in the summer. It makes them so fresh and refreshing on a hot day. To perk up this salad even more, add a few teaspoons of a wine vinegar.

1/2 pound wax beans
Several mint leaves
2 Tbsp extra virgin olive oil
Salt

A little bit ahead of time, crush a few mint leaves (reserve some for garnish) with a mortar and pestle. Put the crushed mint leaves into a small jar and add a couple tablespoons of high quality olive oil to cover. Let sit for at least an hour if you can. The longer the mint is in the olive oil, the better the infusion.

Prepare the beans by cutting off and discarding the tips and ends. Snap the beans in half, if necessary, to have pieces about 2 inches in length.

15 minutes before serving bring an inch of water in a saucepan to a boil. Place the beans in a steamer basket in the saucepan. Cover and cook, until tender, about 10-15 minutes. Check for doneness after about 8 minutes or so. If a fork easily goes through them, they're done.

Remove beans from pan and place them into a serving bowl. Use a strainer to drizzle the mint-infused olive oil over the beans. Sprinkle salt over the beans to taste. (*Fleur de sel* would work really well with this dish.) Chop up a few more mint leaves to add as garnish.

Kale

Did you know that per calorie, Kale has more iron than beef, more calcium than milk and 10x more Vitamin C than spinach? If you don't like the taste or texture, add this important green to your smoothies or juices.