



FRESH FORK MARKET

Week 08 Summer 2013
Volume V, Issue 75
www.FreshForkMarket.com



Small CSA Contents:

1 lb grassfed ground beef
1 bulb fennel
3# red skin potatoes
1 candy onion
1 head red cabbage
1 lb beans, some will be green, some yellow, some purple*
1 cucumber
1 dozen eggs
1 pint sweet cherries
1 quart apricots or a quarter peck peaches

Large Add-Ons

1 bunch tuscan kale
1 bunch leeks
1 pint grape tomatoes
2 ct heirloom zucchini/squash
1 bunch carrots

Vegetarian Subs

1 bunch tuscan kale
1 bunch candy beets
Approx 1.5 lb hoophouse tomatoes

Vegan Subs

(not in place of anything)
1 cantaloupe

ROAST CHICKEN WITH FENNEL AND CELERY

If you still have chickens in your freezer, I wonder, WHY? So, to get you going, here is a great recipe from Parker Bosley to use up a chicken and this week's fennel.

Trim the fennel bulb of any outer layers that are discolored or damaged. Cut the bulb into 4-6 wedges depending on size. Place the wedges in the cavity of the chicken with equal amounts of onion (in wedges) and celery cut into 2 inch pieces. Season the vegetables with salt and pepper before putting them into the cavity. Add a little butter or oil to the cavity if you choose.

Roast the chicken as you prefer. Carefully remove the vegetables from the cavity and serve with the chicken.

SWEET CHERRIES, APRICOTS, PEACHES...

Why fire up the oven to make a dessert when fresh fruit is available. Ohio peaches, apricots and cherries along with blue berries and raspberries provide us with a taste of the real thing.

Harvested at the peak of ripeness. Brought to us directly from a local farm. This kind of fruit has never suffered the torture of cold storage or a journey across the country.

To make an after dinner treat with this fruit the very best, serve it with one of Ohio's artisan cheeses. Recent offerings from Canal Junction are now available to Clevelander thanks to Fresh Fork Market. Chaloe and Abundance are Canal Junction winners. Don't pass up fresh ricotta. Add just a little sugar or honey and eat it with a spoon. Serve ricotta on top of a peach half. The combinations are endless. Hull Trace from Blue Jacket Creamery is a outstanding, true artisan farmstead cheese.

Roasted Red Skin Potatoes with Onion and Bay Leaf

1 onion
8-10 small red skin potatoes or halves and quarters of larger potatoes
5-6 bay leaves
1 tsp dried thyme
3-4 garlic cloves unpeeled
olive oil or a combination of sunflower seed oil and butter
salt and pepper
minced flat leaf parsley

Scrub the potatoes. Place the potatoes in a baking dish. The potatoes should nearly touch and fill the dish. Pour oil over the potatoes. There should be about ¼ inch of oil in the roasting pan. Crush the bay leave and sprinkle over the potatoes along with the thyme. Place the garlic cloves around the potatoes. Season well with salt and pepper.

Roast the potatoes in a 350 degree oven until they can be easily pierced with a knife point. During the roasting, turn the potatoes from time to time and baste with the oil.

To serve, remove the potatoes from the roasting pan to a warm serving dish. Brush the pieces of bay leaves from the potatoes. Check the seasoning and add more salt or pepper to your taste.

Optional: Pinch the garlic cloves from their skins. Mash the clove and mix

with some of the oil from the roasting pan. Pour this over the potatoes just before serving.

Summer Vegetable Stew

In the peak of summer bounty nearly any combination of vegetables can be combined to make a tasty one dish meal. We needn't restrict our creative urge to making the classic ratatouille.

Sweet peppers, fennel, tomatoes, zucchini, eggplant and onions in any combination served with crusty bread beg for a glass of red wine. All on a summer's evening. We needn't omit green beans or yellow waxed beans, summer squash or cucumber or potatoes.

The trick is simple. Use a sauté pan that is large enough to hold all the vegetables. Choose the kind of oil or oils; or a combination of oil and butter. Prepare all the ingredients ready for the pan. Keep the pieces similar in size.

Cook each item separately until it is very close to done. Remove that item to a plate and proceed with each item in the same way. Add more oil to the pan as needed.

When all the items are finished, return all of them to the pan. Toss to reheat and finish their cooking. Season with salt and pepper. Add any combination of fresh herbs.

Fry slices of bread in olive oil to create the perfect partner for the stew. Shagbark corn chips are also quite good for this kind of dish.

Remember that both goat and sheep feta go well with a vegetable stew. Fresh cheese—goat or sheep—spread on garlic toast is a sure winner.

Missing Something?

Of course we hope that there is never anything missing from your bag. However, we are human and mistakes do happen. It is best if you check your bag before you leave so we can get you your missing items on the spot. If you notice after you get home, be sure to tell us at the stop the next week and we will try our best to make it up to you.