



FRESH FORK MARKET

Week 12 Winter 2012-13

Volume IV, Issue 64

www.FreshForkMarket.com



Week 12 Contents:

1 whole chicken
1 package frozen green beans or frozen corn
1 package Luna Burgers (vegan patties)
1 quart frozen melon mix – cantaloupe, watermelon
1 quart Velvet View Yogurt
1 block cheese – goat gouda or swiss
1 pint Roasted Heirloom Tomato Sauce
1 lb Whole Wheat Linguini

Gurnsey Milk

We have a new dairy product available. This week we ordered 100 half-gallons of 100% Guernsey A2A2 milk from a new creamery in Wilmot, OH. The creamery is Wholesome Valley Creamery. You had their goat gouda last fall. Now they are bottling cow's milk.

The good: \$3.50 per half gallon, non-homogenized, minimally pasteurized, and from ONLY A2A2 Guernsey Cows (read below for why this is important)
The bad: only available as "true whole milk." Read below.

The details: I'm very excited about this product from a milk-nerd point of view. Guernsey cows are renowned for their quality of milk. Old timers and artisan cheese-houses love them. They don't produce as much milk as modern Holsteins, but the milk they do produce is rich in butterfat and protein.

As mentioned above, this product is a "true whole milk." This means that it is whatever butterfat comes out of the cow. Most whole milks are actually a calculated formula of fat, usually around 3.25%. You are probably scratching your head asking why. Well it is simple. If a dairy is putting a nutritional label on the side of the carton, then every carton has to have the same nutrition. If the milk changes in butterfat from milking to milking and throughout the year, then your label isn't true. So what dairies do is separate the milk first then mix cream and skim milk together to make a 3.25% butterfat milk.

This Guernsey milk product is not separated in any way. In fact, right now it is testing between 4.5 and 4.7% butterfat. It has a very rich flavor with a full mouth feel. And because this milk is

from grass grazed cattle, the fats are loaded in good Omega 3 fatty acids, including CLAs. This milk is an excellent choice for toddlers and young children who need the extra fat and nutrition.

As I continue to nerd out about milk, I'm also very excited about the quality of this herd. First, milk proteins. Milk proteins are measured as an indicator of the quality of the milk and what the milk is worth. 2.9 to 3.2% protein is normal. This herd is at 3.7%, which is very high and desirable. Second, somatic cell count is an indicator of sanitation and health of the animal. The somatic cells are anti-bodies that fight off infection in the teets of the cow. If the cell count is high, then there is a chance that the cow is sick or has an infection. The industry commonly accepts 500,000 cells per milliliter as healthy. This herd is always at 100,000 cells or below.

Finally, A2A2 Beta Casein. I'll try to stay high level here because you really need to be a biochemistry major to understand all this. There is a milk protein called beta casein. There are two variations of the protein based on the orientation of the 67th amino acid in a string of 290 such acids. The orientation has everything to do with genetics and nothing to do with diet. Think of it as blood type. Some cows are A1 and some are A2. If you cross an A1 with an A1, you get A1/A1. An A1 with an A2, you get A1-A2 (I know this explanation is a little inaccurate because of non-dominate genes, but stick with me).

Anyhow, a very small percentage of dairy cows are A2-A2. This herd has been tested and the milk we are receiving is only from A2-A2 cattle. Why care? Significant amounts of research, particularly in Australia and New Zealand, has been done demonstrating a correlation between A2 milk and decreased prevalence of Type 1 Diabetes, Heart Disease, Autism, and general dietary comfort (some folks can be made uncomfortable by milk).

Smoothies

This week's bag features melon, or possibly another frozen fruit, and yogurt. This is perfect for smoothies. To make a great smoothie, blend your

favorite fruit with yogurt and voila! When I make mine, I like to use frozen fruit, fresh fruit or green veggie like kale, a little apple juice or water and yogurt. I sometimes throw in a little flax seed or even a few spoons of oats. This will change the texture, but is a great way to add whole grains.

Fried Chicken

I made the best fried chicken this week. It was super easy, and really crunchy. First, I cut up my chicken. Next, I mixed some flour and spices. I like to use creole seasoning, as it has salt, pepper, red pepper, and other spices. You can use your favorite blend or just some salt and pepper. I whisked a couple of eggs with some water. I dipped each piece in the eggs and then the flour. Then I dipped each in the egg again. Finally, I tossed them in a paper bag full of panko bread crumbs. I fried them in hot oil until the juices ran clear. Super crispy and tasty.

Coffee

A few weeks back Robert and I were able to spend the afternoon doing a custom coffee roasting at Rising Star Coffee in Ohio City. We started by tasting numerous single origin coffees to identify a trend we liked. We then tweaked the proportions of these coffees in blends and the roasts. In the end, we came up with two blends.

The Trevor Blend:

Intensely rich with a long finish. This coffee starts out very fruit forward and acidic with hints of caramel. It finishes with a distinctively tobacco flavor and earthiness. This is a very full bodied coffee. I recommend drinking it black or enjoying in a French Press. This is a blend of Sumatran and Rwandan beans.

The Robert Blend:

A nice blend of rich, round flavors including the earthiness of South American coffee and the bright notes of Indo-Asian coffees. This is a more medium roast compared to the Trevor Blend. It includes Sumatran, Peruvian, and Brazilian coffees.



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If you have not signed up for summer, please do! We are selling pretty quickly and we want all our existing customers to be on the list for summer! Payments are not due until May.