



Dear Trevor,

It looks like spring is about to happen. Soon we may be able to see the grass in the yard and the curbs along the side of the streets!

For the farmers, this means it is time to get busy. Many greenhouses already have onions, tomatoes, cabbage, and more, already started in trays. These transplants will be planted in the field after the last chance of a frost, probably mid-April.

At Fresh Fork, we are busy with our spring event schedule. You have probably already seen the emails come out about things like the Casserole Class (huge success last night, thanks everyone who came out!) We have many other fun classes coming soon as well. The event calendar can be found here: [Events at Fresh Fork.](#)

It is also time to get signed up for the Summer Season, which starts the first week of June. [Here is our cheat sheet for the Summer Share 2015](#) with information on how to get registered-- but basically all you need to do is add your new subscription to your cart and your first payment isn't due until May 18th.

Also, we are a word of mouth organization! Please pass along [this information](#) about our program to your family and friends.

Trevor's Corner

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The Weather & Our Summer Crops

It is possibly too early to tell the damage from this winter and how it will influence this summer, but a few things are certain. Every fruit farmer I talk to says no peaches this summer. They also think small fruits like blackberries may have been hurt as well.

For the peaches, the trees set their buds in the fall. When the temperatures get below 0, there is a high probability of damage. The buds will freeze down into the branch and split the branch. In the spring, the trees will have foliage but no flowers. This was the case last winter as well. This winter, like last winter, had countless days below 0 for extended periods of time. Some farmers south of the lake (such as Wooster area), reported mornings in the negative 20s. Ouch. These farmers are all shocked by the winter as this will be the first time in their lives that the peach crop has been lost two years in a row.

For the blackberries, we are hoping they survived. The good thing is that our biggest blackberry grower has his plants on a collapsible trellis. He lays the trellis on its side and covers with burlap. This winter with the snowfall that came down and never melted, he should be relatively well off, because the snow insulated the berry plants.

We do still have a long way to go until we are in the clear. The best thing that could happen is that we have a slowly warming spring (no 70 and 80 degree days in March and April), and moderate moisture. My biggest concern with the extremely warm days is that the apple trees will blossom early and then get frosted to death. Sorry to be a downer, but this part of our mission at Fresh Fork-- to bring you closer to the people who make your food, and to support the small farmers who feed us here in Northeastern Ohio. Keep our fruit producers in your thoughts, and hopefully there will be better news down the line.

Also, in case you need anything extra for your cooking this week, don't forget to place your special order online at <http://csalogin.freshforkmarket.com> by Tuesday at midnight.

What's In The Bag?

Omnivore

- Apples - quarter peck
- Frozen Chopped tomatoes - 1 qt
- Whole Chicken
- Frozen Sweet Corn - 1 qt
- Eggs - 1 dz
- Carrots - 2#
- Frozen Snow Peas - 1 qt



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Cooking Dried Beans

- 1 cup dried beans
- ½ cup each of diced onion, carrot and celery
- 1 bay leaf and ½ of dried thyme

Spread the beans on a tray. Pick out any broken pieces or pieces that look damaged. Shake the tray to look for pieces of bean shell or other impurities. Place the beans in a bowl and cover with water. The water should be 2 or 3 inches above the beans. Soak overnight or for 6 or 8 hours.

Strain the beans and rinse. Place the beans in the cooking pot, cover with water and bring to the boil. Boil for a couple of minutes and strain. Rinse the pan and add the rinsed beans and clean water. Bring to the boil again. Skim for a couple of minutes. Reduced the heat to medium and add all the other ingredients. Do not add salt until the beans for cooked.

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- **Black Beans** - 1#
- **Corn Crackers** - 1 bag
- **Frozen Green Beans** - 1 qt

Recipes

French Chicken in a Pot

The low, slow cook of a whole chicken in a tightly-sealed dutch oven keeps the bird super tender. Make a sauce from the juices in the pan and save those bones to make stock!



To view the blog post, click here: [Chicken in a Pot](#)

Check out all the other awesome chicken recipes on our website [here](#), and this beautifully simple [Weeknight Chicken Soup](#) from Food52 (sub spelt berries for orzo!)

Carrot Applesauce Muffins

Try these sweet and chewy muffins to incorporate loads of carrots into your morning routine.



Click here for the full recipe: [Carrot Applesauce Muffins](#)

German Apple Pancake

This traditional heartland recipe tastes like an upside down apple tart-- rich and buttery, but not overly sweet. Makes for a quick dessert at the end of a Sunday lunch.



Click here for the full post: [German Apple Pancake](#)

Flip it and reverse it-- [Brown Butter Apple Tart](#)

Snow Pea & Lemon Pesto

A delicious and quirky take on pesto using our frozen snow peas! Mix it into cooked spelt berries, ladle on top of pasta, or mix with yogurt for a healthy veggie dip.



View the full recipe here: [Snow Pea & Lemon Pesto](#)

Or, try out this simple [Snow Pea with Toasted Sesame Seeds](#)

Slow-Cooked Cuban Black Beans

This simple and flavorful vegetarian black bean dish can easily be made into soup or a side dish, or even a filling for tacos with some cooked chicken!



View the full recipe here: [Slow-Cooked Black Beans](#)

or, browse through one of our other great [Black Bean Recipes](#)

Links to Other Recipes on the Web

[Deviled Eggs](#)
[Challah Loaf](#)
[A Pan-Cake](#)

[Ina Garten's Corn & Cheddar Chowder](#)

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