



Dear Trevor,

Welcome to the season of mud. That's the sad truth on the farms. When the snow melts, in comes the mud. This year, however, the melt was gradual and we have had gentle freeze-thaw cycles overnight into the mornings. This has helped the soils drain well without becoming complete swamps.

Last week I was visiting several farms. I actually saw one farmer in Homerville plowing the land, getting ready for spring planting. I couldn't believe it! The soil was loose and moist, not clumped and mucky. He's getting ready to plant that field into pasture (mixed grasses) in hopes of finishing beef on it this fall. That same farmer, who is legendary among our staff for his hard work, was out building fence. One would think if you were fencing in a 75 acre field you might use a post hole auger or hire someone to drill the holes. Not David. He and one other young Amish man were digging the holes with a manual post-hole digger and spade. My conclusion. Don't arm-wrestle with David.

We have a great bag lined up for you this week-- a pork shoulder roast, slowly roasted in the oven alongside the kraut, will heat up a chilly early-Spring evening. Corn and tomatoes, sausage and pasta, and a bunch more great stuff coming your way.

Reminders

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Events

Sauces and Stocks Class with Parker: Monday, March 30th



Parker is teaching a no-holds-barred kind of cooking class- Sauces and Stocks. We will be going over vinaigrettes, béchamel, the basics of making a rich stock, and much, much more. Come with an appetite and a notebook-- it's sure to be a great evening! [Sign up here.](#)

Sign up for Summer & Spread the News!

Check out our [cheat-sheet online](#) to learn more about the fantastic Summer Farm Share 2015. Also, we are a work-of-mouth organization, so please pass this along to your friends and family and tell them how they can eat fresh and local all summer long!

Easter and Passover

If you celebrate Easter or Passover, we wish you very happy holidays. If you placed an order for a Ham, you should have received an email confirmation of your order and pick up details. Be sure to [contact us](#) if you have any questions.

Special Orders

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

- Pork Shoulder Roast



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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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- Sauerkraut
- Eggs: 1 dz
- Apple Cider - 1 quart
- Frozen Tomatoes - 1 quart
- Frozen Green Beans - 1 quart
- Frozen Corn - 1 quart
- Italian Sausage Bulk - 1 lb
- Leaf Lettuce - 1 sleeve
- Whole Wheat Linguine - 1 lb

Recipes

Braised Pork Shoulder with Apples & Sauerkraut

This juicy, easy preparation of our hearty pork shoulder is tangy from the sauerkraut and sweet from the apples. Cook it in a dutch oven or in a slow cooker for a fall-apart meal.



To view the blog post, click here: [Braised Pork Shoulder with Apples & Sauerkraut](#)

For another recipe using this week's bag, check out Parker's delicious [Sauerkraut Goulash recipe](#).

Deviled Eggs, two ways

We included two recipes in this post-- a simple, lemony "Basic" recipe, and a "Greens & Bacon" Deviled Egg. Try these out, or use the base recipe to improvise to your heart's

content.



Click here for the full recipe: [Deviled Eggs, two ways](#)

Veggie-dyed Easter Eggs

Follow these fun directions on how to use your Fresh Fork ingredients and other staples in your kitchen to dye your eggs the natural way.



Click here for the full recipe: [Vegetable-Dyed Easter Eggs](#)

Sausage and Spelt Berry Risotto

This savory dinner is sure to be a crowd-pleaser-- just be sure to read through all the directions before you get started and give yourself about an hour to put it on the table.



Click here for the full post: [Sausage and Spelt Berry Risotto](#)

Quick Pasta Night

Dinner in less than 30 min? It's a snap-- just follow this guide for a quick pasta night.



Click here for the full post: [Quick Pasta Night](#)

Here's another springy pasta dish: [Carbonara with Ramps](#)

How to Glaze your Easter Ham

Your Easter Ham (bought from Fresh Fork), is already smoked, but the traditional preparation requires the addition of a glaze on top. Check out our recipe here on how to take it the next step: [Easter Ham Glaze](#).

Links to Other Recipes on the Web

[Flourless Dessert Ideas for Passover](#)

[Challah Loaf](#)

[Lemon Cream Tart](#)

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