



Summer Newsletter

Week 13



Dear Robert,

We are super excited to announce our Vegan Popup Dinner registration is open! Our chef for the evening is Anna Harouvis of Anna In The Raw and the Good to Go Cafe. Eating vegan and eating raw have never tasted so good! We will experience a variety of culinary dishes from around the world—flavors from Mexico, Italy, Thailand, Greece.... I know that I can't wait!

The location for this event is the secret courtyard of the Hoyt Block. Few people even know that this space exists and we are looking forward to having a super lovely evening dining under the stars in this hidden hideaway. Cost for the dinner is \$45 and is BYOB. If you have been to one of our pop up dinner, then you know what a blast it is. If you have not, check out the images from previous pop ups at the [Transformer Station](#) and at [5th Ave Arcades](#).

Don't miss your chance to enjoy this night, as tickets are sure to go quickly.

[Register Now!](#)

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Trevor's Corner

Smoked turkey lunch meat is in, just in time for school. You can feel good about making a sandwich for your kids with this high quality product. We make it from our Broad Breasted Bronze turkeys that we featured in the almanac. We simply cut it off the bone, smoke it and slice it. It is an all white meat product that is fully cooked. It has no nitrates. Because it is smoked, it will look a little pink, but don't worry that is normal. It comes frozen, so simply allow to thaw in the fridge, then it is ready to go.

What's In The Bag?

Small Omnivore

- 1 spaghetti squash
- 2 zucchini (or summer squash)
- 1 pound purple filet beans
- 1 bunch carrots
- 1 eggplant (2 if they come in small)
- 1 half dozen corn
- 1.5 lb tomatoes (heirloom or slicers)
- 1 lb bacon
- 1 quarter peck Gala apples
- 1 head red leaf lettuce



Small Vegetarian

- 1 spaghetti squash
- 2 zucchini (or summer squash)
- 1 pound purple filet beans
- 1 bunch carrots
- 1 eggplant (2 if they come in small)
- 1 half dozen corn
- 1.5 lb tomatoes (heirloom or slicers)
- 1 kohlrabi
- 1 quarter peck Gala apples
- 1 head red leaf lettuce
- 1 half pint ground cherries (gooseberries)
- 3 lb red Norland potatoes

Small Vegan

- 1 spaghetti squash
- 2 zucchini (or summer squash)
- 1 pound purple filet beans
- 1 bunch carrots
- 1 eggplant (2 if they come in small)
- 1 half dozen corn
- 1.5 lb tomatoes (heirloom or slicers)
- 1 kohlrabi
- 1 quarter peck Gala apples
- 1 head red leaf lettuce
- 1 half pint ground cherries (gooseberries)
- 3 lb red Norland potatoes

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Ingredient Spotlight

Spaghetti Squash

This is one of our favorites here at Fresh Fork Market. If you have not yet had spaghetti squash, then you are in for a treat.

Spaghetti Squash is a large yellow squash. The flesh is stringy like pasta-hence the

1 canary melon

Large Omnivore

1 spaghetti squash
 2 zucchini (or summer squash)
 1 pound purple filet beans
 1 bunch carrots
 1 eggplant (2 if they come in small)
 1 half dozen corn
 1.5 lb tomatoes (heirloom or slicers)
 1 lb bacon
 1 quarter peck Gala apples
 1 head red leaf lettuce
 1 half pint ground cherries (gooseberries)
 1 package smoked turkey lunch meat
 1 onion
 1 pint grape tomatoes

Large Vegetarian

1 spaghetti squash
 2 zucchini (or summer squash)
 1 pound purple filet beans
 1 bunch carrots
 1 eggplant (2 if they come in small)
 1 half dozen corn
 1.5 lb tomatoes (heirloom or slicers)
 1 kohlrabi
 1 quarter peck Gala apples
 1 head red leaf lettuce
 2 half pint ground cherries (gooseberries)
 3 lb red Norland potatoes
 1 onion
 1 pint grape tomatoes
 1 pound linguine
 1 canary melon

Recipes

Spaghetti Squash Stir Fry

1 3-pound spaghetti squash
 1 pound pork tenderloin, trimmed
 2 teaspoons toasted sesame oil
 5 medium scallions, thinly sliced
 2 cloves garlic, minced
 1 tablespoons minced fresh ginger
 1/2 teaspoons salt
 2 tablespoons reduced-sodium soy sauce
 2 tablespoons rice vinegar
 1 teaspoons Asian red chile sauce, such as sriracha, or chile oil

name. It is popular among folks who are avoiding wheat or gluten, or who are on special paleo diets. To cook spaghetti squash, you can cut it in half and scoop out the seeds. Brush with a little oil, then cook on a baking sheet, cut side down until tender. You can also cook it whole. Simply prick the skin with a fork in numerous places. Roast until tender, about an hour, then cut in half and scrape out the seeds. (Careful its hot!)

Once your squash is cooked and the seeds are removed, take out the flesh by scraping the inside of the squash with a fork. The flesh will come out in strands that are similar in size to spaghetti. Now you can serve it any way you would use spaghetti, from a tomato sauce to tossed with oil and veggies.

[Spaghetti Squash Recipes](#)

[Purple Filet Beans](#)

These are simply bush beans that are purple. They are similar to green beans or wax beans and can be used the same. In fact, purple beans will lose most of their color when cooked and turn green.

Great steamed, boiled or raw.

[Perfect Green Beans with](#)

[Bacon](#)

[Canary Melon](#)

Canary melons are similar to a honeydew or cantaloupe. It got its name because of its bright yellow skin. The flesh inside is pale green to white and sweet. It is a little more flavorful than a honeydew. It

Preheat oven to 350 degrees F.
Roast squash and shred from shell (directions on the right).
Cut pork into small pieces-matchstick size.
Heat a large wok over medium-high heat. Swirl in oil, then add scallions, garlic, ginger and salt; cook, stirring, until fragrant, 30 seconds. Add the pork; cook, stirring constantly, until just cooked through, 2 to 3 minutes. Add the squash threads and cook, stirring, for 1 minute. Add soy sauce, rice vinegar and chile sauce (or chile oil); cook, stirring constantly, until aromatic, about 30 seconds.

Clark's Ultimate BLT

Baguette

Goat Cheese

Roasted Cherry Tomatoes

Bacon

Leaf Lettuce

Slice the baguette lengthwise. Slather on a layer of goat cheese.

Add a layer of roasted tomatoes. Add bacon and top with lettuce. If you have a Panini grill press, use it to toast the sandwich.

Potato and Purple Bean Salad

This recipe comes from Honest Cooking and features Yukon Gold potatoes. Red Norlands will work just as nicely, but you will want a few more.

8 medium yukon potatoes

1 large bunch of purple beans

1 large tomato

2 tblsp of olive oil

½ a fresh lemon

salt & pepper

fresh parsley

Start by cleaning and quartering the potatoes. Boil them til tender. Cut the beans in one inch pieces and trim the ends off. Steam the beans for a few minutes – until slightly cooked, but still crunchy. Once ready allow the potatoes and beans to cool on the counter. Dice the tomato and toss with oil and juice from lemon. Toss in potatoes and beans. Salt and pepper to taste. Top with fresh chopped parsley.

Place in refrigerator for at least an hour (the longer the better).

Allyson's Appalachian Apple Cake

has the same texture as most melons.

Canary melon pairs well with citrus and ginger. Use canary melon in fresh preparations such as cold soups and salads. To store, keep uncut melons at room temperature until fully ripe then refrigerate up to five days. Refrigerate cut melon in a covered container for up to three days.

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3 – 4 large apples, peeled, cored, and chopped (depending on size and juiciness, you will want to use 3, otherwise the middle takes too long to cook)
1 cup butter, softened,
2 cups sugar,
3 large eggs,
1-2 tsp vanilla,
2.5 cups flour,
1 tsp baking powder,
1 / 2 tsp baking soda,
1 / 2 tsp salt
Top: brown sugar/ cinnamon to liking

1. Preheat oven to 350 degrees, grease and flour a 13" by 9" pan.
 2. Cream butter and sugar in a mixer. When well mixed, mix in eggs one at a time. Add vanilla.
 3. Sift together flour, baking soda, baking powder, and salt. STIR this into the butter mixture (no mixer).
 4. Using a spatula (or hands – my preference because it can difficult to get the apples mixed in well with a spatula) fold in the apples until well mixed.
 5. Scrape batter into pan and sprinkle with cinnamon and brown sugar to liking.
- Bake approximately 45 minutes, or until top is brown and toothpick can be removed clean from the center.

Spaghetti Squash Pad Thai

1 small spaghetti squash (1.5 to 2 pounds)
2 tablespoons fresh lime juice
1 1/2 tablespoons rice vinegar
1 1/2 tablespoons fish sauce
2 tablespoons sugar
1/2 jalapeno, minced
1 tablespoon water
1 tablespoon canola oil
3 cups thinly sliced green cabbage
1 14-ounce container extra-firm tofu, cut into 1/4-inch cubes
4 large eggs, whisked
1/2 cup peanuts, chopped
1/2 cup cilantro, chopped

1. Preheat the oven to 375 degrees . Prick squash all over with a knife and roast on a rimmed baking sheet about 1 hour, or until tender when pierced.
2. Whisk together lime juice, vinegar, fish sauce, sugar, jalapeno and water in a small saucepan. Bring to a simmer; keep warm over low heat, whisking occasionally.
3. Heat oil in a large skillet over medium-high heat; add cabbage and saute 1 minute. Stir in tofu and cook, stirring occasionally, 3 minutes. Reduce heat to low and pour in eggs. Let sit 30 seconds, then stir constantly until eggs are just cooked, about 2 minutes more. Turn off heat.

4. Halve squash lengthwise and scoop out seeds. Using a fork, scrape squash from shell. Place strands in a large bowl and gently untangle with fork; transfer to skillet and fold into egg mixture. Drizzle with sauce, stirring to incorporate. Garnish with peanuts and cilantro.

from Fitness Magazine

Grilled Carrots with Carrot Top Pesto

This recipe comes from a blog called Not Eating Out in NY. It showcases one great way to use the carrot tops.

1 bunch carrots (as fresh as you can find, and preferably thin)
greens from that bunch of carrots
1 large clove garlic
about 1/2 cup and 1-2 tablespoons good extra-virgin olive oil
salt and pepper to taste
optional, for the pesto: nuts such as pine nuts, walnuts, pecans, almonds, etc., and parmiggiano-reggiano

Snip the carrots from the greens leaving about 1/2-1 inch of the stem on the root. Set carrots aside. Remove any long stems and wilted leaves from the leafy greens. Bring a pot of salted water to a boil and boil the greens for about 1 minute. Drain well for at least 5 minutes. Coarsely chop the garlic clove and the greens, and transfer to a food processor as well as salt, pepper, the 1/2 cup of olive oil and optional pesto ingredients. Pulse for a few seconds, stopping to scrape down mixture with a spatula as needed, until well blended. Taste for seasoning, adding salt and pepper as desired.

Cut carrots lengthwise so that they're about equal in size and thickness (you may want to halve skinnier carrots lengthwise, or quarter them). Drizzle with olive oil just to coat and season with salt and pepper. Get a grill hot (note: or substitute heating a cast-iron or heavy-bottomed pan) and place carrots cut side-down. Let cook for 1-2 minutes, or until charred marks form on the underside, and flip. Cook another 2-3 minutes, turning occasionally, until each side is slightly charred and remove from heat. Serve with the pesto.

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