



Summer Newsletter

Week 14



Dear Robert,

This is PIZZA WEEK! You will receive in your bag all the goodies you need to make a nice veggie pizza. Of course, we will have extra meats on hand that you can buy to pump your pizza up just the way you like. A favorite of mine is andouille with hot peppers and topped with fresh tomatoes when it comes out of the oven.

Speaking of meat, this week is a vegetarian bag. We do this several times a year. Not every week will have meat in the bag. This is part of our concept, that some weeks will feature other center of the plate items that are not meat. Pizza is one. Eating less meat in general is good for the planet and for your health, but if you want meat we have some for sale.

Vitamix is excited to announce a new promotion on the Standard Certified Reconditioned Blenders. From today through November, you can purchase a Certified Reconditioned Vitamix Standard blender starting at \$299. This is a \$30 savings off our normal reconditioned price and hundreds off a new Vitamix blender. These reconditioned blenders come with a new container and a 5 year warranty. As always, when you purchase a model using our code above, you will receive free shipping and a credit to use on FFM products. 06-009808 FRESH FORK MARKET LTD

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You can find more information on this model here:

[Reconditioned model](#)

Trevor's Corner

I just wanted to remind everyone that we have opened up sales for both Winter 2014/2015 and for Thanksgiving packages.

Winter season is very different from the summer season. As you know, we don't have much in the way of local produce. Not much grows under the blanket of Ohio snow. We will start out the season doing 3 weeks in a row. This way we can take advantage of the end of year crops and fall veggies. Then we go to every other week for the rest of the season. In total there will be 15 pickups and the total is \$675. You can also pay in 2 payments of \$367.50.

The winter season features more meat items, more value added items and some products that we put away in the freezer this summer for use in the winter packages. It is a great way to eat local all winter.

Now for the turkeys. We sell fresh turkeys every year. This year is no exception. I have a record number of them being raised right now.

We also did an early run to test out our heritage breeds. Last year, they grew very slowly, and we ended up with some small birds. This year, we raised a couple of batches early to see just how long this guys would take to get to the size we want. So this year, the heritage breeds will be smaller than the regular birds, but should be much bigger than last year's birds. Heritage breeds are sold by weight and thus we only take a deposit with full payment due at pickup.

In addition to just turkeys, we offer 3 different sizes of packages as well as pies. You can get just what you need for your family whether there are 4 of you or 14. To read all about our packages and turkeys, go here: [Thanksgiving Packages](#)

You can reserve your turkey or package with just a \$25 deposit.

What's In The Bag?

Small Omnivore

2 pizza dough balls
3# roma tomatoes
8 oz mozzarella cheese

Social Media

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You can get our blog posts delivered to your email address, too. Just fill in your address below.

Ingredient Spotlight

Beets

You know we love our beets at Fresh Fork Market. They are so good for you and delicious, too.

Beets are the second most important source of sugar behind sugarcane.

2 green peppers
handful of hot hungarian peppers
1 cucumbers
1 onions
1 bunch beets
1 head green leaf lettuce
1 bulb garlic
1 bunch dill
2 acorn squash
1 quarter peck bartlett pears

Small Vegetarian

2 pizza dough balls
3# roma tomatoes
8 oz mozzarella cheese
2 green peppers
handful of hot hungarian peppers
1 cucumbers
1 onions
1 bunch beets
1 head green leaf lettuce
1 bulb garlic
1 bunch dill
2 acorn squash
1 quarter peck bartlett pears
1 bunch basil

Small Vegan

2 pizza dough balls
3# roma tomatoes
1# black beans
2 green peppers
handful of hot hungarian peppers
1 cucumbers
1 onions
1 bunch beets
1 head green leaf lettuce
1 bulb garlic
1 bunch dill
2 acorn squash
1 quarter peck bartlett pears
1 bunch basil
1 watermelon

Large Omnivore

2 pizza dough balls
3# roma tomatoes
8 oz mozzarella cheese
2 green peppers
handful of hot hungarian peppers
1 cucumbers



Swiss chard is technically a type of beet.

Beets were originally cultivated just for the greens- although ancient Romans considered beet juice to be an aphrodisiac. Ancient greeks used beets as medicine for a variety of ailments. Beet root makes a decent dye, too.

If you are having trouble getting the family to eat beets, try this recipe:

[Harvard Beets](#)

Acorn Squash

Acorn squash is another favorite of ours! We love the rich nutty flavor. Acorn squash comes in a variety of colors, too. You are likely most familiar with the dark green, heart shaped variety. But you will also see yellow, orange and even spotted multicolor types. they all have the same basic flavor and are good roasted, but can also be steamed or sauteed. Save the seeds and roast them-they are good on top of soups or as a simple snack.

You will most commonly see acorn squash cut in half and baked with a filling. Here are some recipes to get you started:

[Acorn Squash Recipes](#)

Barlett Pears

Williams pears are known as bartlett pears in the US. They

- 1 onions
- 1 bunch beets
- 1 head green leaf lettuce
- 1 bulb garlic
- 1 bunch dill
- 2 acorn squash
- 1 quarter peck bartlett pears
- 1 pound Italian sausage
- 1 bunch Swiss chard
- 1 head broccoli
- 1 pint cherry tomatoes
- 6 ears sweet corn

Large Vegetarian

- 2 pizza dough balls
- 3# roma tomatoes
- 8 oz mozzarella cheese
- 2 green peppers
- handful of hot hungarian peppers
- 1 cucumbers
- 1 onions
- 1 bunch beets
- 1 head green leaf lettuce
- 1 bulb garlic
- 1 bunch dill
- 2 acorn squash
- 1 quarter peck bartlett pears
- 1 bunch basil
- 1 pound black beans
- 1 bunch Swiss chard
- 1 head broccoli
- 1 pint cherry tomatoes
- 6 ears sweet corn
- 1 watermelon

Recipes

Roasted Beet Flatbread

- 1 ball pizza dough, divided into 4
- 4 large beets, roasted, peeled, sliced and cooled
- 8 oz chevre
- olive oil
- greens from the beets
- balsamic vinegar

Preheat grill to medium-high heat and oil grill rack.

Stretch divided balls of dough by rolling on a lightly floured surface. Brush top of each with oil. Transfer to rack of grill, oil side down.

are often considered the pear that has the truest “pear” flavor. They are green, and turn to yellow as they ripen. If your pears are green and still pretty hard, we recommend putting them in a brown paper bag on the counter for a day or two. Check them often, because they will go from ripe to overripe rather quickly.

Pears make a great snack. They are also delicious with cheese. If you like to bake, pear tarts are my personal favorite. Otherwise try them with blue cheese or goat cheese in a salad and toss in some local black walnuts for crunch. These flavors go together very nicely.

An elegant, yet fairly easy dessert is poached pears.

Here is Parker' recipe:

[Parker's Poached Pears](#)

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Lightly brush with oil. Grill crusts covered until undersides are golden brown-about 4 minutes.

Flip crusts over using pairs of spatulas and top each crust with one quarter of the chevre and roasted beets. Grill covered about 5 minutes more until undersides are golden brown and cheese is melted. Toss chopped beet greens on top and drizzle with balsamic. Cut and serve immediately.

What to do with Hungarian Wax Peppers

I found these tips on a food forum. I wanted to share them for those of you who don't know what to do with the Hungarian peppers.

I like to take my de-seeded Hungarian peppers, which have a nice black pepperish kick, and slice them lengthwise and extremely thin and add them to other veggies especially cucumber, white onion, and tomato wedges all soaked in plain rice vinegar. I slice all of the veggies except for the tomatoes extremely thin. The dish lasts for up to two weeks in the fridge, but is best within a couple of hours when chilled and still quite crisp.

Although I live in Ohio now, I come from New Mexico-Las Cruces to be exact, which is a stones throw from Hatch, the chile capital of the world. I have roasted those wax peppers along with many others. Then they can be frozen whole or diced. It is simple to do. Either in the oven set to broil or on the grill, put them in a single layer and watch for the skins to blister and burn. Turn them until the skin is burned all over. Take them out as they are done and put them in a [pan](#) covered with a damp towel. This steams them. When they have cooled enough to handle, peel the skins off. You can do this by hand or use a paper towel or lint free cloth (I use a dishtowel) to take off the skins. Take the stem off and freeze them singly or in a size you would use at one time. Roasting changes the flavor, but I much prefer the taste, and out there in NM at the chile farms, they usually have the grills going to roast peppers that you have picked.

Roasted Roma Tomatoes

This recipe is on All Recipes.com

8 roma (plum) tomatoes, cut in half and seeds removed
1/4 cup
2 tablespoons chopped garlic
1 teaspoon chopped fresh parsley
1 teaspoon chopped fresh basil

1 teaspoon chopped fresh oregano
salt and black pepper to taste
1/2 cup crumbled feta cheese

Preheat an oven to 375 degrees F (190 degrees C).

Mix together the tomatoes, olive oil, garlic, parsley, basil, oregano, and salt and pepper in a bowl, working the seasonings into the cavities of the tomatoes. Place the tomatoes, cut sides up, on a baking sheet, and sprinkle each tomato with about 1 tablespoon of feta cheese.

Bake the tomatoes in the preheated oven until cooked but still firm, about 15 minutes.

Stuffed Hungarian Peppers

1 pound ground Italian sausage, cooked, drained and chopped fine
1/2 cup harder cheese (any harder cheese will work well here)
1/2 cup bread crumbs
Salt and pepper to taste
1 large egg
Oil to saute
4 banana peppers
1 cup pasta sauce, heated for service
Mozzarella cheese

Directions

Mix sausage, hard cheese, bread crumbs, salt and pepper, and egg together in mixing bowl. Season to taste. Adjust mixture with additional cheese and bread crumbs if too dry or moist – medium moisture for stuffing desired. Make a radial slice around the top of the banana pepper leaving the top intact. Pull back top and remove seeds. Gently stuff mixture into peppers. Place oil in hot saute pan. Gently place peppers in the pan and fry each side until browned. Place marinara sauce in middle of plate. Arrange peppers on top of marinara and grate the mozzarella cheese on top of the hot peppers.

adapted from the Food Network

Apple Dessert Pizza

This recipe would be equally good with pears!

Ingredients:

1 tablespoon butter
2 apples (peeled, cored and sliced)
1 tablespoons brown sugar

1 teaspoon cinnamon

1 [pizza dough](#)

1/4 cup icing sugar

* milk

Directions:

1. Melt the butter a pan.
2. Add the apples, brown sugar and cinnamon and saute until apples are nice and caramelized.
3. Spread the apple mixture over the pizza.
4. Bake in a preheated 500F oven until golden brown, about 5-10 minutes.
5. Mix some milk into the icing sugar to make a glaze and drizzle it over the pizza.

Fresh Fork Market Farmhouse Ale

Style: Belgian Saison

Description: A well balanced pale/amber Belgian Style Farmhouse Ale, with medium body, herbal and floral notes from local ingredients, and a complex mingling of fruit and spice flavors from a blend of Belgian yeasts.

Batch Size: 5.5 gallons

Original Gravity: 1.060 (assuming 75% efficiency)

IBUs: 32

ABV: 6%

SRM: 6.5

Malt:

Pale Malt: 7lb 8oz

Spelt Berries*: 1lb

Rolled Oats*: 8oz

Caramunich Malt: 8oz

Single infusion mash @ 148F for 60 minutes.

Other ingredients:

Honey*: 1lb (added post boil)

Fennel fronds*: qty at brewer's discretion added @ 5min

Hops:

Nugget0.50oz@60min(8.0%AA)

Nugget0.50oz@20min

Crystal0.25oz@20min(4.5%AA)

Crystal0.75oz@5min

Yeast: White Labs Belgian Style Saison Blend (WLP568)

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[Fresh Fork Market website](#)

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