



Summer Newsletter

Week 7



Time for week 7 already! It is hard to believe how fast the summer is going by! It doesn't even feel much like summer outside. Still, summer means canning. We have a couple of events coming up that might interest you, whether you have a new interest in canning or have been canning for years!

First, we have a canning club. You can join, but going to the Fresh Fork Market Canning Club page on [Facebook](#). Here is where I put out deals on pecks, flats etc on fruits and veggies for preserving for the winter. Even if you just want some to freeze for a rainy day, this is the place to watch.

Secondly, our first Canning Club Meetup is this Saturday. At this meet up we will engage everyone that signs up in the process of canning. Our plan is to can pickles, dilly beans, zucchini bread and butter pickles, and blueberry jam. This is the first time we have attempted anything like this, but we expect that everyone will go home with 9 quarts of pickles and a few pints of jam. There are still some spots free, [sign up here](#).

Then at the end of the month is our favorite class, Preserving the Bounty. It is a class all about putting food away. We talk about canning, freezing, dehydrating, and fermenting. This year the class will be at Market Garden Brewery Tasting Room across from Dave's grocery store in Ohio City. We hope that you will join us! [Register Now](#).

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## Trevor's Corner

### Small Cabbage

If you can't guess, the long, cold winter, cool summer weather, and heavy rains have been hard on the farmers. For me as a buyer, this has been the most frustrating year in five years of doing this. By now we are usually seeing our first peaches, first sweet corn, and more abundance on everything.

This week's cabbage is a good example. I have a network of organic farmers in southern Medina county and north-central Wayne county who are baffled at their cabbage performance.

One grower, in Homerville, had ambitious goals this year. He planted 8,000 heads of cabbage. He is expecting to harvest 1,500. The rest – well, they just aren't growing.

The excessive moisture has prevented the plants from forming deep roots. The deep roots are necessary for big growth. The plants he has look very healthy, have very crisp leaves, and no insect challenge. However, they have formed approximately 2# heads and are stopping. The cabbage head is the size of a softball. I was really torn this week on what to do with the cabbage. Part of me said to disc it into the ground and look elsewhere for cabbage. Another part of me said why punish the farmer. Let's work with it!

So that's what we are doing. I cut a couple heads of cabbage open and I think you'll be impressed with how dense they are and how crunchy. To make up for the small size, we are giving each customer 2 of the small ones or 1 of the big ones (that grew to complete size). Thank you for understanding the situation Mother Nature has presented us.

### Taste of Tremont

The Taste of Tremont is this Sunday, July 20th. If you have never been, you need to come to it. All the fantastic restaurants of Tremont setup on the streets and sell their best food. Fresh Fork Market is included in that.

This will be our 5th year with a booth at the Taste of Tremont (back from the days when my office was next to Lilly Chocolates).

As has become a tradition, we will doing a pig roast and the fixings. You can expect:

- roast pork and bbq sauce
- fire roasted sweet corn
- coleslaw
- vegetarian options like luna burgers and grilled veggies

The festival is free to the public but you will need to bring cash for food and drink. We will be setup along Professor Ave between Starkweather and Jefferson. You can't miss our stand or the smell of roasting corn in the air.

The event is Sunday, July 20th from Noon to 8 PM, but come early for the best selection. More details can be found here:

<http://tasteoftremont.com/>

### Kombucha

We are very excited to offer a new product this week. Fellow customer and now food entrepreneur Aaron Powell of Parma recently started the Bearded Brew Company. His brew – fermented tea called Kombucha.

## Social Media

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## Ingredient Spotlight

### Zucchini

This is such a versatile summer squash. I know we have had a lot of this one lately, so here are some ideas for other ways to use this tasty and versatile veggie.

Noodles: You can try this with a knife, but I recommend a spiralizer. They are pretty cheap from places like Amazon or your favorite retailer. Basically they take your zucchini and turn it into

Kombucha is renowned for its enzymatic health benefits that encourage a healthy GI tract. Aaron started making this product at home for his family's consumption and soon everyone was demanding it. From their website:



- Highest quality – All of our ingredients are organic, non-GMO, and truly natural.
- Locally sourced, when available
- No artificial flavors
- Low sugar
- Naturally effervescent – We don't artificially carbonate.
- Never in plastic – Our kombucha never touches plastic.

The flavors he has are concord grape and ginger snap. Each flavor is packaged in a 12 oz bottle and must remain refrigerated. You don't need to drink the whole thing. Just a little bit each day can help. These are being sold for \$4.5 each and you can preorder them online [here](#).

## What's In The Bag?

### Small Omnivore

- 1 pork roast
- 1 head green cabbage
- 1 bunch carrots
- 1 candy onion
- 1 head leaf lettuce
- 1 bunch beets with tops
- 1 bunch Swiss chard
- 2 zucchini or yellow squash
- 1 pound slicing tomatoes



### Small Vegetarian

- no pork, add:
- 1 quart yellow or green beans
- 1 bunch kale
- 1 pint blueberries
- 1 head cauliflower or 1 pint cherry tomatoes

### Small Vegan

- no pork, add:
- 1 quart yellow or green beans
- 1 bunch kale

something that resembles spaghetti. You can then serve it like pasta, with your favorite sauce.

Lasagne: Slice thinly lengthwise and you can layer this with other ingredients to make a tasty pasta free lasagne.

Raw: I like raw zucchini in salads, and for an easy party app, slice and stack your favorite toppings. Who needs crackers?

Here are some other ideas for zucchini:

### [Zucchini Recipes](#)

### [Pork Roast](#)

This is one of the things that I always do in the crockpot. I am the king of easy dinners, so pork roast is well suited for me. I like to cut small slits in the skin and put cloves or slivers of garlic into the slits. Next I brown it on all sides in some oil on the stove. Once browned, I put into a crock pot with a bottle of dark beer (Guinness works great) and top with some veggies. Put it on low and about 8 hours later, dinner is ready. Try some of these pork recipes from our website:

### [Pork Recipes](#)

### [Cabbage](#)

I may have talked about this before, but cabbage freezes well. I like to shred my cabbage and put it in small baggies by the cup or two. Whenever I feel the need for a stir fry or just a side of sauteed cabbage, I pull out a baggie and we are half way through. Shredded, it will thaw super fast, so no need to thaw it ahead of time, just drop it in a wok or skillet. Try

1 pint blueberries  
1 head cauliflower or 1 pint cherry tomatoes

### Large Omnivore

small omnivore plus:

2 pounds Red Norland potatoes  
1 candy onion  
1 pack bacon breakfast patties  
1 pack goat feta

### Large Vegetarian

small vegetarian plus:

2 pounds Red Norland potatoes  
1 candy onion  
1 pack cherry tomatoes  
1 pack goat feta  
1 pint black raspberries

## Recipes

### Parker's Stuffed Cabbage

Using Cabbage Leaves for Making Rolls

Remove the bruised or discolored outer leaves of cabbage. Heat a large pot of water to boiling. While the water is heating, place the cabbage on the cutting board with the root end up. With a very sharp knife remove the core. The piece you remove should be in the shape of a cone about three inches from base to tip.

Add a tablespoon of salt to the boiling water. Plunge the cabbage into the boiling water and move in around slowly and carefully with a pair of tongs. As soon as the outer leaves begin to loosen, carefully remove these leaves and lay them on a towel to drain. Continue removing the leaves as they release from the head of cabbage. When the head of cabbage has been reduced to a large ball, remove it from the water and set aside for another use.

[Fillings for Cabbage Rolls](#) (You will need about two tablespoons of stuffing for each leaf.)

#### [Rice and Pork](#)

1 cup cooked rice  
2 TBS oil or butter  
2 cups ground pork, sautéed before mixing with other ingredients  
1 cup minced onion, sautéed with the pork  
1 TBS minced flat leaf parsley  
1 tsp dried thyme  
salt and pepper  
(substitute hard cooked eggs for pork to make a meatless dish)

making this recipe:

[Cabbage and Carrot Noodles](#)

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Remove the onions and pork from the heat and allow to cool completely. Mix all the ingredients, including the fat from the sauté pan, in a bowl. Season well with salt and pepper.

Lay cabbage leaves on the cutting board and remove the thick central rib. Place a portion of the rice and meat stuffing on each leaf and roll the leaves into packages, tucking in the edges.

Add stock to nearly cover the rolls. Cover the baking dish with foil and bake at 325 for about 45 minutes.

Serve with a thin tomato sauce seasoned with thyme rather than basil or oregano or a basic white sauce.

#### Bechamel Sauce

2 TBS butter

2 TBS flour

3 TBS minced onion

½ tsp dried thyme

2 cups milk or 1 cup of milk and 1 cup of the cooking liquid from the cabbage rolls.

Melt the butter in a small heavy bottom pan. Add the onion and flour and cook over medium-low heat for 3-4 minutes. Stir continually with a whisk.

Add the milk or milk and liquid from the braising pan. Raise the heat to high and continue whisking. When the sauce thickens, lower the heat to medium-low and continue cooking for another 4-5 minutes.

Season the sauce with salt and pepper. And strain through a screen. Arrange the cabbage rolls on a platter and pour the sauce over them. Sprinkle minced flat leaf parsley over the dish.

#### Almost Stuffed Cabbage

For a less arduous preparation but equally good dish do a layered casserole of cabbage and filling.

Butter an 8 x 11 casserole and add 2-3 TBS spoons of water from the pan in which you boiling the cabbage to separate the leaves.

Place an over-lapping layer of cabbage leaves in the dish. It is not necessary to remove the thick ribs from the leaves.

Place a layer of stuffing on the leaves. Add another layer of leaves and stuffing. Finish with cabbage leaves as the last layer. Brush the top layer with melted butter and add enough water to nearly cover the cabbage and meat layers. Cover with foil and bake for about 45 minutes at 300 degrees.

Cut the cabbage layers as you would lasagna to serve. Serve with Bechamel Sauce or thyme flavored tomato sauce.

#### Other Fillings for Cabbage Leaves

A mixture of sauerkraut and cabbage shredded from the small ball that remains after the large leaves have been removed from the head.

2 TBS butter, lard or oil

2-3 cups of sauerkraut

½ cup sautéed diced onion

2 cups shredded cabbage, sautéed with the onion

Salt and pepper

Another stuffing could be diced blanched broccoli and/or cauliflower mixed with bread crumbs and melted butter, seasoned with thyme and salt and pepper. Use for a vegetarian presentation.

Your favorite bread stuffing is another alternative.

## Colombian Cabbage Cake

*from My Colombian Recipes. com*

1/2 cup melted butter  
3 scallions, finely chopped  
1 large cabbage, cored and thinly sliced  
1/2 pound white cheese, shredded (mozzarella or queso blanco)  
5 beaten eggs  
1 cup of milk  
1/2 cup of bread crumbs  
1/4 cup fresh parsley  
Salt and pepper

### Directions

1. In a large sauté pan over medium heat melt the butter. When the butter is hot, add the scallions and sauté, stirring occasionally, until tender, about 5 minutes.
2. Add the cabbage and cook, stirring occasionally, until tender, 15 to 20 minutes. Season with salt and pepper, transfer to a bowl.
3. Add the cheese, eggs, milk, bread crumbs, parsley and season with salt and pepper.
4. Transfer to a baking dish and bake for 30 minutes or until is set at 350 F.
5. Serve warm with tomato sauce on the side.

## Homemade Sauerkraut

For this recipe, you will need a crock or food-safe plastic bucket with a plate that fits right down inside the vessel. Coarsely chop your cabbage. You may also add onion, apples (large chunks or whole), or shredded carrots to your kraut, so it is up to you if you want to add those items to be fermented. Place your chopped cabbage in the crock/bucket. Sprinkle with sea salt or kosher salt, about a tablespoon per two lbs of cabbage. Press the cabbage down aggressively. I use my fists and push very hard. You want to break the cabbage up some and squeeze out the water. The salt will continue to draw out the water and make the brine in which the kraut ferments. Continue process until you use up all the cabbage. Add your chunks of apple if you are using apple (you don't want to smash them in). Pack cabbage tightly and cover with plate, place a weight on the plate to keep it down. As the brine evaporates, add more salt water to keep the cabbage covered. Scrape any scum or "bloom" off of the top layer.

Depending on temperature and volume of cabbage, you should have kraut in about a month.

## Vegan Swiss Chard Frittata

Serve this alongside sautéed mushrooms topped with green onions and your favorite hot sauce.

### Ingredients

- 5 cloves garlic, minced
- 1 bunch of red chard, rough stems removed, chopped
- 2 teaspoons Italian seasoning
- 1 pound extra firm tofu, drained
- 1 tablespoons tamari or soy sauce
- 1 teaspoon Dijon mustard
- 1/2 teaspoon turmeric
- 1/3 cup nutritional yeast flakes
- salt and fresh black pepper to taste

Baked until golden brown

### Directions

1. Preheat oven to 400 F.
2. Add some water and the garlic and cook for about 3 minutes over medium low,
3. Add the chard, Italian seasoning and turn the heat up to medium high. Sauté for about 5 minutes, until chard is completely wilted.
4. Crumble the tofu and squeeze it in a large mixing bowl. Add the mustard, tamari, turmeric, nutritional yeast, salt and pepper to the tofu and mix well. Then mix in the chard.
5. Press your frittata mixture into a greased 8 or 9 inch pie dish. Bake for 20 minutes, until firm lightly browned on top.

## Zucchini Garlic Soup

This recipe comes from Kitchn.com and is super tasty. Looks like it would freeze well, too. makes 1 1/2 quarts

- 4 tablespoons unsalted butter
- 1 white onion, sliced
- 8 to 9 large cloves garlic, sliced thinly
- 4 medium zucchini, about 1 1/2 pounds
- 4 cups chicken or vegetable broth
- 1/2 teaspoon powdered ginger

Salt and pepper

Melt the butter in a heavy 4-quart pot over medium heat. When it

foams, add the sliced garlic and onions and cook on medium-low heat for about 10 minutes, or until the onion is soft and translucent. Keep the heat low enough that the garlic doesn't brown; you want everything to sweat.

When the onions are soft, add the zucchini and cook until soft. Add the broth and bring to a simmer. Simmer at a low heat for about 45 minutes.

Let cool slightly, then blend with an immersion blender until creamy, or transfer to a standing blender to puree. Be very careful if you use the latter; only fill the blender half full with each batch, and hold the lid down tightly with a towel.

Taste and season with ginger, salt and pepper. Like most soups, this is significantly better after a night in the refrigerator to let the flavors meld.

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