



Summer Newsletter

Week 8



Dear Robert,

Finally, the weather seems to be heating up and we hope this means the ripening of some of the summer foods we love so much. We are finally starting to see some sweet corn and more tomatoes. It is beginning to feel a little more like summer!

Last Sunday was the Taste of Tremont. It is one of our favorite events of the year. It is also the beginning of a whole bunch of events and classes that we have going on.

First is our Preserving the Bounty class. It is a workshop all about putting food away. We talk about canning, freezing, dehydrating, and fermenting. This year the class will be at Great Lakes Brewery Tasting Room across from Dave's grocery store in Ohio City. We hope that you will join us! [Register Now](#). Clark Pope will talk all about canning, Molly from Wake Robin will talk about fermenting, and we will discuss freezing and dehydrating as well. We hope to see lots of folks there learning how to put food away for the winter.

On Saturday, August 2, is our Thresher's Day event. Aiden and the folks at Wholesome Valley will be crack the steam powered thresher and harvest week, grind flour, and a host of other activities-including lunch in a converted 19th century barn. This event is a great one for the kids! Check out some of the pictures

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from previous years [here](#). It is sure to be a lot of fun for the whole family. Wholesome Valley Farm is in Wilmot on Rt 62. Save your spot now!

Trevor's Corner

This week we are excited to offer new skin potatoes in the vegetarian bags (similar to the large bags last week). You might ask what do I mean by new skin.

Potatoes form a skin naturally in the ground. However, it is very soft and rubs off easily unless it "cures." There are several ways to cure a potato, and often potatoes are cured more than once.

Traditionally, large commercial growers kill off the potato plants when they want to harvest. They do this with a chemical then let the potato in the ground for a few days. Once the plant is dead, the potato skin thickens (called skin set). In our case, our growers are not spraying to kill the plant.

Another method is to kill the plant mechanically (aka mow it). This is what our growers do. The plants ideally are dead for two or three weeks before the potatoes are harvested to allow skin set.

In our case, we are harvesting some now before skin set. The reasons: they taste darn good and we need the land to plant crops for the fall.

So your potatoes may not have a shiny, fully "set" skin. The skin may literally rub off in your fingers or when they were washed, so it is to be expected that your potatoes are quite scuffed up looking.

What's In The Bag?

Small Omnivore

- 1 wedge Charloe cheese
- 1 bunch kale
- 1 shallot
- 1 pack breakfast patties
- 1 head leaf lettuce
- 1 dozen eggs
- 2 cucumbers



- 1 pint blueberries
- 1 pound slicing tomatoes
- 1 quart beans

Small Vegetarian

- 1 wedge Charloe cheese
- 1 bunch kale

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Ingredient Spotlight

Charloe

One of the highlights of this week's bag is a wedge of Charloe cheese. We love this cheese! It is rich and nutty and distinctive in flavor. It is great on its own with crackers or toast points, or would make a nice sandwich on a French roll.

This cheese is made in

1 shallot
1 head leaf lettuce
1 dozen eggs
2 cucumbers

1 pint blueberries
1 pound slicing tomatoes
1 quart beans
2 pounds potatoes
6 ears sweet corn

Small Vegan

2 bunches kale
1 shallot
1 head leaf lettuce
2 cucumbers

1 pint blueberries
1 pound slicing tomatoes
1 quart beans
4 pounds potatoes
6 ears sweet corn
1 bunch beets
1 bunch carrots

Large Omnivore

small omnivore plus:
1 pound chorizo
1 bunch carrots
1 head broccoli
1 package fresh salsa

Large Vegetarian

small vegetarian plus:
1 bunch carrots
1 head broccoli
1 package fresh salsa
1 bunch beets

1 bunch kale

Recipes

Cucumber Rotelle with Onions

INGREDIENTS

- 6 tablespoons extra-virgin olive oil, divided
- 3 sweet onions, sliced crosswise into 1/2-inch-thick rounds
-

Defiance. While this is outside our usual 75 mile range, we feel it is worth the drive. Why? Simply because of the unique nature of this product. This cheese is made at Canal Junction Creamery. They are doing some crazy cool stuff! First they have a mostly Normande cow herd. Every breed of cows has distinctive characteristics and this one produces a rich milk that is high in both fat and protein, making it perfect for making cheese. This herd is 100 % grass grazed. In the winter, Canal Junction even sprouts fresh grass in a converted out building, so the cows can continue to produce high quality milk all year round.

All this makes it a good reason to support these farmers and makes the drive to pick up the cheese worth it.

Clark Pope Salsa

Clark Pope started with Fresh Fork Market making our famous BBQ sauce. He has since made us dozens of products. Some have been so popular, he has managed to make it into stores. His Bloody Mary Mix is amazing and zippy and is now featured on the menus of many local restaurants.

This salsa is made with the tomatoes that we carry. It is from nearly all local ingredients in small batches. It was so popular when we put it in the bag, we had to bring it back for the larges.

We hope to have some extra that we can sell as well.

Carrot Tops and Beet Greens

Most of the items in the bag are edible. That means the

- Coarse salt and freshly ground pepper
- 1 pound rotelle (wagon-wheel pasta)
- 2 cucumbers, unpeeled, very thinly sliced crosswise (about 1 cup)
- 2 cups packed fresh herbs, such as mint, tarragon, basil, and parsley, leaves torn into pieces if large
- 1/4 cup Champagne vinegar

DIRECTIONS

1. STEP 1

Preheat oven to broil, with rack about 8 inches below heating element. Brush a rimmed baking sheet with 1 tablespoon oil, and arrange [onions](#) on it in a single layer. Brush onions with 2 tablespoons oil; season with salt and pepper. Broil onions until golden brown on top, about 15 minutes. Flip onions and broil until golden brown on other side, 5 to 7 minutes more. Transfer to a large bowl.

2. STEP 2

Meanwhile, bring a large pot of generously salted water to a boil. Add pasta and cook until al dente; drain. Transfer pasta to bowl with [onions](#). Let cool 15 minutes. Gently stir in [cucumber](#), herbs, remaining 3 tablespoons oil, and vinegar and toss to combine. Season with salt and pepper to taste.

Blueberry Zucchini Muffins

If you have zucchini left over in your fridge, this is a great way to use them up. Paired with the blueberries in this week's bag, you get a dose of veggies AND fruit for breakfast.

- 1 1/2 cups white whole wheat flour
- 1/2 tsp salt
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1 1/2 tsp cinnamon
- zest of 1 lemon
- 1 cup sugar
- 2 eggs
- 2 tsp vanilla
- 1/2 cup greek yogurt
- 1 1/2 cups zucchini, shredded

tops of the carrots and the greens of the beets as well. I love to saute the beet greens in a little butter or olive oil with garlic. I will finish them at the end with a little hot sauce or balsamic vinegar, depending on my mood. Carrot tops are edible, too.

Try a carrot top pesto. Save them for stock, or puree them into smoothies. I have also pureed them and put them inside and under the skin of a chicken before roasting. I love them. Try this recipe:

[Carrot Top Soup](#)

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- 1 1/2 cups blueberries

In a small bowl, stir together the flour, baking powder, baking soda, salt, and lemon zest. In a large bowl, beat together the eggs, greek yogurt, vanilla, and Truvia. Slowly stir in the flour mixture until just incorporated. Fold in the zucchini and blueberries.

Scoop 1/4 cup batter each into the wells of a lined muffin tin. Bake at 350°F for 20-25 minutes, until a toothpick comes out clean.

Cool slightly in the pan, then remove to a wire rack to cool.

Store in an airtight container – can be frozen, well wrapped, for up to two months.

adapted from [My Baking Addiction](#)

Beet Hummus

Ingredients

- 1 pound beets- roasted, peeled, cubed
- 1 can garbanzo beans drained
- 2 tablespoons Tahini
- 5 tablespoons lemon juice
- 1 clove garlic
- 1 tablespoon ground cumin
- 1 tablespoon lemon zest
- 1/3 cup east flakes
- salt and fresh black pepper to taste

Directions

Place all ingredients in a food processor or Vitamix and blend until smooth. Adjust seasonings to your taste. Great with chips, pita, or sliced veggies.

Carrot Top Pesto

- 1 cup lightly packed carrot leaves (stems removed)
- 6 Tbsp sunflower oil
- 1 large garlic clove
- 1/4 tsp sea salt
- 3 Tbsp pine nuts, toasted

1/4 cup freshly grated hard cheese, like Burr Oak.

In a food processor, combine the carrot leaves, oil, garlic, and salt and process until finely minced. Add the pine nuts and pulse until finely chopped. Add the cheese and pulse just until combined. Taste and adjust the seasoning. Use immediately, or cover and refrigerate for up to 2 days.

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