



Dear Trevor,

This is week 5 of our winter season. This is also our delivery week for holiday orders, including gift packages, turkeys, hams, and cheese boards. If you haven't ordered any of our holiday items yet, please do so by Midnight tonight (Tuesday) to receive it this week. You may order at <http://csalogs.freshforkmarket.com>.

Important Note: Our next delivery day is the week of Dec 29th. This does mean that we do delivery on New Year's Eve and New Year's Day. There are only two changes to our delivery schedule on New Year's week:
 1) If you are at a corporate location and your office is closed (such as American Greetings), we will not be delivering
 2) Downtown 5th Street Arcade location is canceled due to New Year's Eve downtown madness. Please pick up at another location. The most popular backup location is Tremont on Saturday, 10 to 2.

Also, please remember that any customer may pickup at another pickup location without notifying us. If your holiday week schedule requires a change in pickup time/location, please see the schedule and different locations: [Click Here for Winter Pickup Locations](#)

Trevor's Corner

Raw Sauerkraut

One of the feature items in this week's bag is a raw

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sauerkraut. This means that it has not been canned (heat treated) or frozen. The kraut is still "alive" and has living enzymes that are converting the sugars from the cabbage into lactic acid, which preserves the food.

The benefit of this is that the good bacteria and enzymes in the kraut help your digestive track.

Because it is raw, you should store this in the refrigerator to slow the fermentation. The kraut will hold there for up to 3 months without noticeable quality deterioration. You may also notice that the "safety button" on the lid is popped. This is normal as the kraut is not canned. If there is also pressure on the lid, either twist harder or puncture it to release some of the gas. This will make it easier to remove.

What's In The Bag?

Omnivore

Pork Shoulder Roast
 Sauerkraut - 1 quart
 Spelt Berries - 2 lb
 Apple Cider - half gal
 Pumpkin Sage Linguine - 1 lb
 Broccoli Leaves - 1 bunch
 Kale - 1 bunch
 Brussel Sprouts - 1 pint
 Napa Cabbage - 1 head
 Carrots - 2#
 Onion - 1 large

Recipes

Carrot, Date and Spelt Berry Salad

The full recipe is on our blog this week, complete with "how-to" pictures of each step along the way. Leave a comment if you try it out, and let us know what you think!



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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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To view the blog post, click here: [Carrot, Date and Spelt Berry Salad](#)

Toasted Spelt Berry and Squash Risotto

This is a recipe I've probably made 5 times this month and for some reason never have the time to shoot a few photos of it. It is really quite simple and delicious. The key, in my opinion, is good rich chicken stock (a slight nod to those who save their chicken carcasses and make rich stock, refer to Parker's procedure for rich stock at the end of the Chicken 101 document).

Ingredients:

- 2 cups spelt berries
- 2 tablespoons oil
- 1 large onion, diced
- Approx 1 quart chicken stock
- 1/4 cup butter
- 1 large acorn squash or medium butternut squash
- 1 bunch kale or similar greens

Step 1: Toast the Spelt Berries. In a large bowl, toss the spelt berries with approximately 2 tablespoons of oil. They will appear shiny. Place them on a sheet tray in the oven at 400 degrees for approximately 20 minutes (stirring once in

the middle). They will darken and appear toasted.

Step 2: In a heavy bottomed pan (I prefer a 12 inch deep-walled cast iron skillet), add a tablespoon of oil or butter to the hot pan. Add your onions and saute until just a little color is noticeable on the onions. Add the toasted spelt berries and stir. Add enough chicken stock to just cover the spelt berries.

Bring to a boil and reduce to a simmer. Occasionally stir. As the liquid is absorbed or evaporated off, add more chicken stock, a cup at a time, until the spelt berries are mostly cooked but still a little firm. Probably about 1.5 to 2 hours. I've made this recipe in different sizes each time so the timing tends to vary.

When the spelt berries reach their desired done-ness, continue cooking and stirring to evaporate most of the liquid. The bottom will still be a little soupy. That's fine.

Step 3: While the spelt berries are cooking, split an acorn squash or butternut squash in half. Scoop out the seeds and add a hefty scoop of butter into the seed cavity. Place on a sheet tray with the open side up. Roast in the oven at 400 degrees until the squash are soft. Depending on the size of the squash, this could be as short as 30 minutes or up to an hour.

Remove the squash and allow it to cool.

Step 4: Wash some greens. Remove the thick center rib of the greens and tear the greens into smaller portions. At this point, you can either use the greens raw or do a quick sauted greens. I tend to saute them to bring out the bright green colors.

In a covered pan on medium high heat, saute the greens with some oil, apple cider vinegar (a tablespoonish), a pinch of salt, and a splash of maple syrup. Cook until slightly tender.

Finish: When the squash have cooled, scoop out the flesh and the butter and pour it into a blender. Add enough water to get it spinning and puree the flesh. The flesh should be very smooth and slightly runny, like the consistency of apple sauce.

Pour the squash puree into the cooked spelt berries. Stir and bring the heat up to start a simmer again. Cook until the mixture is thick and not soupy. You may not need all the squash puree. You'll have to make a judgement of your own.

Finally, season with salt and stir in the greens. Serve hot.

Cider-Braised Pork Shoulder with Caramelized Onions

This is an easy, every night kind of meal that can be made as follows in the oven, the day before and reheated for dinner, or in a crock pot for 6 hours on high. Serve with a

spinach or kale salad and some mashed parsnip-potatoes. The leftovers (if there are any!) make great sandwiches the next day.



Ingredients

1 Pork Shoulder (set on counter to come to room temp)
5-6 Onions cut into half-moons
3 tbsp oil
3 cloves of garlic, sliced
1 cup apple cider

Heat oven to 325. Dry pork shoulder, and season both sides with a respectable amount of salt and pepper. In a large, oven-safe pot like an enameled cast iron dutch oven, heat up the oil. Brown the pork shoulder on both sides, about 8 min total. Remove to a plate.

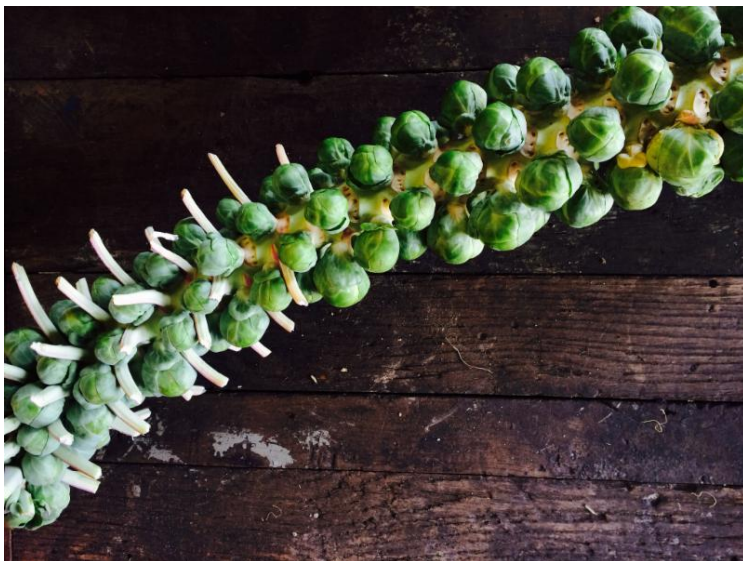
Add onions and garlic and a teaspoon of salt to the pot and saute over medium heat until golden in color, about 10 min. Nestle the pork shoulder on top of the onions and pour the cider over top. Cover the top with aluminum foil and then the lid to ensure a tight seal, then put into the oven. Cook 2.5-3 hours, depending on the size of the shoulder.

Once done, remove pork shoulder to serving dish, and bring the cooking juices and onions up to a boil and reduce, serve alongside pork.

Braised Brussels Sprouts, Two Ways

Many people who dislike brussels sprouts have just had unfortunately been exposed to poorly-cooked sprouts-- mushy, over-cooked, and bitter. But these tiny cabbages can

have a wonderful bite, a nutty flavor, and are packed with healthful benefits if prepared well. Oven roasting at a high temp is one great method, but here are two variations on braising them on the stove-top.



Cream-Braised Brussels Sprouts

Ingredients

1 lb brussels sprouts, outside leaves and stem end trimmed
 1 cup cream
 1/2 tsp salt
 Dash nutmeg and black pepper

Bring sprouts, cream and salt to a boil in a small saucepan. Then cover with a tight-fitting lid, lower the heat, and cook until you can easily pierce the sprout all the way through with a sharp knife-tip (12 minutes.) Remove from heat and spoon sprouts and cream into a serving dish, and crack some pepper and nutmeg over top.

Brandied Brussels Sprouts and Cranberries

Ingredients

1 lb brussels sprouts, outside leaves and stem end trimmed
 1/2 cup brandy
 1/4 cup water
 1/4 cup fresh or dried cranberries (if using dried, pre-soak in 1/2 cup boiling water.)
 1/4 tsp salt
 1/2 cup toasted and chopped chestnuts or hazelnuts

Bring all ingredients (except nuts) to a boil, and then cover with a tight-fitting lid and reduce heat to a simmer. Simmer until sprouts are easily pierced with a knife all the way through, about 10 min. Drain, toss with nuts and a splash of oil, and serve warm.

Broccoli Leaf Pasta

Broccoli leaves are delicious and an amazing source of

Vitamin A, and are as easily (and deliciously!) cooked as any other tough green, like Kale or Collards. Simply remove the sturdy middle rib, slice up and saute. Or use in a smoothie, or a casserole, or quiche... just don't throw them away or you'll be missing out.

Ingredients

Broccoli leaves, washed and center rib removed
2 tbsp oil
2 cloves garlic, minced
1/2 onion, sliced into thin half-moons
1/2 tsp red pepper flakes
juice from half a lemon
Pasta
1/2 cup pecorino or parmesan, finely grated

First, parboil your leaves. Bring a small pot of salted water to a boil, and drop in your leaves. Stir and cook only about a minute or so, until bright green. Remove with a slotted spoon, and squeeze dry with paper towels. Chop them thinly. Fill your pot back with salted water and salt for the pasta and bring it back to a boil.



In a deep and wide skillet, heat up your oil. Add in the onion and cook over medium heat until golden. Add in the red pepper flakes and garlic, and then the broccoli leaves and stir quickly so they don't burn. Cook for about a little less than ten minutes with the heat low. Cook your pasta according to directions (Ohio City Linguine is 2 minutes or less), drain but reserve at least a half cup of pasta water. Add the pasta to the broccoli & stir together with a big splash of the pasta water (keep adding in if it's looking too dry). Turn off the heat and add in half of the the cheese and stir. Plate the pasta and sprinkle with the reserved cheese.

Links to Other Recipes on the Web

[Napa Cabbage Salad](#)
[Quick Kimchi](#)
[Carrot Cake Pancakes](#)

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