



Dear Trevor,

I had to laugh last week when I was visiting farmers planning out production for this coming summer. The contrast between the Amish lifestyle and ours sometimes makes me remember the things we take for granted.

While at David's house reviewing our crop plan for this next summer, his wife walked into the room and brings me a heaping bowl of home-made ice cream and maple syrup. It was 8 am. Usually I'm offered coffee or water when I have meetings in Cleveland!

For David's family who does not use electricity, they only enjoy ice cream in the winter when it is cold enough to make ice cream. David's wife and three young children had just churned it for me. They scraped the cream off of the top of their mason jar of milk (from the family cow) and used ice that they had made by leaving water outside the previous evening. The maple syrup I drizzled on top was from David's sugaring operation back in the woods.

But back to the real business. This month and next month I'll be on the road a lot planning production for this year. In general, the advice I'm giving growers is: more brussel sprouts, larger and more consistently sized sweet potatoes, plant red raspberries, more spaghetti squash, less bok choy and napa cabbage (we only have 1 planting planned for 2015). If you have a wish list of thing's you'd like to see,

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please send it my way.

On the protein and dairy side, I'm working on a hot dog recipe, mozzarella and cottage cheeses, jerky and smokies, and a few ready to eat items like pierogies, pies, and quiches.



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Announcements

Summer 2015 Open Now for Current Members

We are currently opening Summer 2015 registration to existing members only. We will open up Summer 2015 to the general public at the end of the month. Please reserve your spot ASAP by logging in at

<http://csalogin.freshforkmarket.com>. When you login, select "Signup for New Subscription." If you have any problems, please write Lyn at info@freshforkmarket.com.

What does it take to hold your spot? Really nothing much. As long as you are current on your bill, there is no deposit required on Summer 2015. We just need to get an idea of who is in.

Trevor's Corner

This week's selection.

I'm quite excited about this week's selection. I encourage you to not even put the meats in the freezer. Instead, make it your goal to work with them this week. The pork neck bones, for example, can yield an extremely tasty dinner. These cuts are not your usual retail cuts; however, with proper preparation and a little time you'll convince your family that they are dining in a fine restaurant.

Please reference the recipes below as Parker has spent a lot of time in the kitchen in the last few weeks working on recipes for you. Also, please be sure to reference his historical posts about rich stock. Rich stock is the key to building great dishes, so be sure to check out the recipe below.

Braised Carrots

Last night I think I made the best carrots I've ever made. We had a dinner party/potluck with some friends from out of the country. We gathered really to enjoy some foie gras that they had smuggled back with them. The gras was wonderful and a great way to start the dinner.

Parker then provided a fantastic beef pot roast (recipes below) and others brought beets, risotto, sweet potato soup, and salmon stuffed deviled eggs. It was quite the event.

I made the sides - braised red cabbage, mashed potatoes, and braised carrots. The carrots were so simple. I started by peeling the carrots and cutting the top and root end off. I cut any large carrots into smaller pieces so they would all cook at

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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about the same speed.

In a large, deep skillet I added about 3 cups of pheasant stock (you can use beef stock or chicken stock, but that's what I had handy). I whisked in about 3 tablespoons of honey, a pinch of salt, and a generous amount of butter. I didn't measure, but probably a good 1/2 cup. Once all the butter was melted and mixed together with the stock, I added the carrots and let them simmer, uncovered, in the mixture, stirring occasionally, until the carrots were tender but not mushy. I removed the carrots, reduced down the stock mixture (stirring occasionally), and finally added back the carrots to coat them evenly in the thick, syrupy glaze. I corrected the seasoning with salt and pepper.

I transferred the carrots to a serving bowl platter and drizzled the glaze over the top of them. I served the carrots with a spoon so the guests could scoop up some extra juices.

Game Day

We heard that there's a football game happening this weekend, so here are some links to recipes on our website for dips, snacks, and other fun half-time eats. Don't forget to pick up salsa, chips and whatever else you need from your stop this week!

[Squash Enchiladas](#)
[Crock-Pot Pulled Pork](#)
[Cuban Black Bean Dip](#)
[Beet Hummus](#)

What's In The Bag?

Omnivore

- 1 half-gallon [apple cider](#)
- 1# [vermont cranberry beans](#)
- 1 quart [frozen chopped tomatoes](#)
- 1 pint frozen [blueberries](#)
- 1 quart frozen [green beans](#)
- 3# [yukon gold potatoes](#)
- 3# [turnips](#) or [rutabagas](#) (or a mix)
- 2# [carrots](#)
- 1 doz. [eggs](#)
- Choose one of the following pork options:
 - [Pork Neck Bones](#) **or**
 - [Smoked Ham Hock](#)
- Choose one of the following Beef Pack options:
 - Soup Pack: 2 [Crosscut Shanks](#) **and** 1 lb [ground beef](#), **or**
 - Grill Pack: 1 Strip Steak (12oz) **and** 1 Filet Medallion, **or**
 - Braising Pack: [Beef Roast](#), appx 3#

Recipes

Beef Roast with Tomato Sauce

The full double 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!



To view the blog post, click here: [Beef Roast with Tomato Sauce](#)

Quick Blueberry Skillet Cobbler

For a slice of summer on a cold winter day, womp up this dish in a couple of minutes. This recipe is for a small (6-8") skillet, but double (or triple!) if you've got a big cast iron.



Click here for the full recipe: [Quick Blueberry Skillet Cobbler](#)

Double-Rich Stock

Curious about how to use this week's Pork Neck Bones, or Beef Shanks? Check out Parker's two stock recipes: Rich Winter Stock & Double-Rich Stock:



Click here for the full recipe: [Rich Winter Stock](#) and [Double-Rich Stock](#)

Turnip Cakes

These deliciously crunchy-on-the-outside, chewy-on-the-inside pancakes are a cinch with a food processor fitted with the shredder blade. Just try to keep little fingers away from them until they cool down!



View the full recipe here: [Turnip Cakes](#)

Links to Other Recipes on the Web

[Blueberry Breakfast Bars](#)

[Root Vegetable Slaw w/ Orange-Cumin Dressing](#)

[Cranberry Bean Soup](#)

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