



Dear Trevor,

This week we are excited to introduce a few new dairy products. Brian at Lake Erie Creamery has been working on cow's milk cream cheeses lately. The product he came up with is fantastic. It's rich and creamy and flavorful with a firmer, more natural texture than you are used to seeing. We have two different flavors this week - plain and garlic and chive. Both should go nicely with the tasty apples in this week's bag.

If you are looking to try some of Brian's other cheeses, we also are stocking up this week on his goat chevre, goat chevre "pearls" packed in oil, and blomma, which is a bloomy rind aged goat cheese (kind of like a goat brie that will sweep you off of your feet). It is amazing, but unfortunately due to the aging and complexity to make, Brian's supply is limited and we'll never be able to feature it in a weekly bag.

The "pearls" are essentially an amazing appetizer in jar. Brian hand-rolls the chevre balls then packs them in olive oil with black peppercorns. Pour them on a serving plate and get a good loaf of crusty bread. Wa-la, you have an instant appetizer.

## **Announcements**

Summer 2015 registration is open! 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](mailto:info@freshforkmarket.com).

## **In This Issue**

[Trevor's Corner](#)  
[What's In The Bag?](#)  
[Recipes](#)  
[Rustic Corn Chowder](#)  
[Winter Green Bean Soup](#)  
[How to Cook Beets](#)  
[Quick Pasta Night](#)  
[Roux How To](#)  
[Links](#)

## **Links**

[Our Website](#)  
[Your Account](#)  
[Blog](#)  
[Vacation and Ordering Policy](#)  
[Pick Up Locations](#)

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## Trevor's Corner

### New Milk Options

I think by now you guys are all aware that I'm a huge fan of the Guernsey whole milk. The cows and the way that Edward Keim grazes them produces the best milk around. It is rich in flavor and nutrients. In fact, as I'm typing this I just realized we may have a bigger fan of the milk than I. A young Fresh Forker at our Tremont stop takes Guernsey whole milk with him to school each day. Last week when his family ran out of Guernsey milk, they tried sneaking some organic milk from the grocery store into his thermos. When mom showed up at school to pick him up later that day, the teacher had to explain that this young guy had a rough day. At lunch he got all worked up about his milk and erupted, "This isn't my milk!" He refused to drink it and proceeded to put on a show!

But I know that whole milk isn't for everyone. Historically, we have offered skim and 2% via the Snowville brand. At the end of this month, however, Snowville is raising their price by \$0.40 per unit. We will have to pass this price hike along to the customers.

But we have another alternative for you now to help keep the cost of your milk down. The guys at Wholesome Valley Farm have been making a 2% and Skim milk or the last year for the universities we sell to. We haven't bottled it yet though for retail because of some logistics issues inside the plant. Those issues have been resolved and starting this week the Guernsey 2% and Skim milks are now available at \$3.50 per half gallon. Snowville will remain \$4.25 per half gallon until the end of the month, then it will go to \$4.75 (easy change making).

You can purchase the new milks at the back of the truck or preorder at <http://csalogin.freshforkmarket.com> by Tuesday at midnight.

### **Upcoming Cooking Class: Soups, Stews & One-Pot Meals** **Wednesday, February 18th, 6:00-8:30pm**



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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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([Check out the recipe for the soup above here!](#))

Next Wednesday is our first class of the year. It is with Chef Parker and the topic is one that will warm the soul on a cold winter day. Full details can be found below at the class. Please register soon so you can get in on an informative class and lots of good food, including French Onion Soup, 1-pot simmered pork, Turnip Soup (yes, it's amazing), and vegetarian stew (to name a few of the dishes).

The class is \$30 and seats are limited. Learn more and register at: [Soups Stews and 1 Pot Meals](#)

## What's In The Bag?

### Omnivore

- [Italian Sausage Links](#) - 1 package
- [Carrots](#) - 1#
- [Apples](#) - quarter peck
- [Beets](#) - 1.5#
- [Eggs](#) - 1 dz
- [Ohio City Pasta](#) - 1#
- Heirloom Tomato Sauce - 1 pint
- [Frozen blackberries](#) - 1 pint
- [Frozen sweet corn](#) - 1 quart
- Cream Cheese - choice of plain or garlic chive - 12 oz

## Recipes

### Rustic Corn Chowder

This chunky corn soup is vegetarian and delicious. Check out the link below for the step by step technique!



Click here for the full recipe: [Rustic Corn Chowder](#)

### **Winter Green Bean Soup (Green Bean Velouté)**

This vegetable-based soup has a creamy texture and a deep rich flavor that'll win you over. This is also the perfect use for our frozen Green Beans, which still have a hearty snap even when thawed but cook up perfectly in this soup.



Click here for the full recipe: [Winter Green Bean Soup](#)

### How to Cook Beets

Read Parker's notes on how to cook beets-- boiled, braised, roasted and raw, these sweet little roots are deliciously versatile.



Click here for the full instruction on: [Beets](#)

Think you got it down? Try our recipe for [Beet and Cranberry Bean Hummus](#).

And if you're still holding tight to healthy 2015 resolutions, **check out these [10 Deliciously Healthy Beet recipes](#).**

### **Quick Pasta Night**

The Ohio City Pasta that we carry provides the canvas for a perfect last-minute meal. The rest of the ingredients are pretty typical staples, so we'll be going through the technique for rocking Pasta Night.



To view the blog post, click here: [Quick Pasta Night](#)

### **Roux How To**

A roux is a classic thickener in French Cuisine. Curious how it works? Check out this step-by-step tutorial on how to make and incorporate a roux into your cooking!



View the full recipe here: [Roux How To](#)

### Links to Other Recipes on the Web

- [Apple-Blackberry Muffins](#)
- [Italian Sausage Bake](#)
- [Cranberry Bean Soup](#)

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