

Small CSA Contents:

- Spinach, 8 oz
- Radishes, 1 bunch
- Cilantro, 1 bunch
- Leaf Lettuce, 1 head
- Pea Shoots (4 oz)
- Grass-grazed Milk, ½ gallon
- Free Range Brown Eggs, 1 dz
- Grassfed Blue Gouda, 8 oz
- Italian Sausage, 1 lb (4 links)
- 4 Sausage buns
- ¼ peck of jonagold apples

Large Add-Ons

- Small bag plus items below
- Broccoli sprouts, 1 lb
- Romaine lettuce, 1 head
- Hickory Syrup, 12 oz
- Grassfed ground beef, 1 lb
- Sandwich buns, 2 ct
- Green tomatoes, 1 lb

Rigatoni w/ Sausage and Spinach (by P. Bosley)

Prep time: 5 mins

Cook time: 20 mins (approx)

Roast/bake sausage in a 350 degree oven. Cook Rigatoni in boiling salted water. Warm some olive oil in a saute pan (a pan large enough to accommodate the pasta.) Add the cooked sausage, cut in pieces, to the olive oil. Add the cooked pasta, spinach and a few tablespoons of the pasta water. Toss the pasta, spinach and sausage mixture. Season well with salt and pepper.

Sausage Sandwich with Spinach and Cilantro (by P. Bosley)

Prep time: 5 mins

Ingredients:

Cilantro (to flavor)
Spinach removed from stems
Sausage and buns

Cook the sausage to your liking – grilled, roasted, or fried. Remove the stems from the spinach, wash, spin, and dry. Layer spinach on bun, add sausage, and top with cilantro as a garnish.



What do I do?

Each week we try to introduce you to different and unique ingredients...and sometimes things that you just don't know what to do with or might not even like. It's our job to change your mind!

Pea shoots or pea tendrils are the "climbers" on a pea plant. They grow up the netting vertically and don't have flowers on them. Flowers form pods.

Pea shoots are extremely popular in the UK as a salad green. They are tender and flavorful raw. They are also useful in a stir fry or as garnish on a pasta dish.

Also, radishes have more uses than just in salads. The French enjoy radishes cooked slowly in butter. They can be eaten for breakfast or as a tasty side for any meat dish.

Further, try slicing the radishes thinly, cook slowly in butter in a frying pan, and layering on thick, white bread with butter. This strange sandwich can be tasty and a light snack in the afternoon.

About our writers:

Parker Bosley is the original local food guru in Cleveland. It is a clear understatement to say that Parker's life has been an adventure. After growing up on a dairy farm in Ohio, Parker moved to France to be a teacher. There, he studied the cuisine and culture. When he returned to the US, he opened Parkers New American Bistro in Ohio City (where Light Bistro is now). There, Parker treated guests to a seasonal and almost entirely local menu.

Trevor Clatterbuck is the founder of Fresh Fork Market. Trevor studied business and

political science at Case Western and graduated in 2008. Since, he's learned from on-the-job experience, talking to hundreds of farmers, visiting conferences nationwide, and working with his customers.

About the recent animal cruelty headlines:

Many of you likely saw the piece on the internet or evening news this week about a dairy farm in southern Ohio viciously beating their animals. The footage and what happened is terrible.

It was so terrible that I don't think I need to dwell on how bad it was. I personally don't know that farmer at all. I do find it shocking and surprising. Overall, dairy farmers of all size tend to be some of the best farmers I've met.

Why? Dairy farmers see each of their animals twice per day at the least. They often have a very personal relationship with the animals. In fact, I can often tell if a beef cattle farmer once worked dairy because he spends so much time with his animals and knows everything about them.

Discussion continued online at www.freshforkmarket.com/coldcoffee or Facebook (search Fresh Fork Market).

Upcoming Events

Holistic Health Panel: Mon, June 7 at 6:30 at Studio 11 Yoga in Tremont. Cost \$0 Learn about physical, mental, and dietary health.

Local Food Wine Dinner: Tues, June 15 at 6:30 PM, Grovewood Tavern (E185th and I-90). Join Fresh Fork and the Grovewood for a dinner of all local ingredients paired with local wines. Guests leave with a recipe book.

Wine Country Tour: Sun, June 20, 9 – 6 Cost: \$75. Tour 4 Ohio wineries, bus transportation, lunch, snacks, and wine tastings included. Learn about growing grapes, making wine, tasting and pairing. Only 30 seats left on our bus.