

Small CSA Contents:

- 1 whole chicken
- 2 patty pan squash
- 4 ears super sweet corn
- 2 # La Ratte Fingerling Potatoes
- 1 bulb assorted heirloom garlic
- 1 large onion, red or white

Vegetarian Substitutes:

- 1 lb fairy tale eggplant
- 2 honey bear acorn squash
- 2 Goldy zucchini
- 1 lb yellow wax beans
- 1 bunch red beets with tops
- 1 lb purple plums and 1 lb yellow plums

Large Add-Ons

- Traditional Small Bag plus the contents below
- 1 lb yellow filet beans
- 1 pint blackberries
- 1 bunch red beets with tops
- 1 lb purple plums and 1 lb yellow plums
- 1 piece raw-milk havarti (plain, pepper, or dill flavored)

A creative use for corn cobs.

I can only think of three uses for corn cobs. 1) compost. 2) Shoeing stray cats out of the yard. And 3), making vegetable stock.

The cob to sweet corn has a lot of flavor. Use corn cobs, a carrot, a stalk of celery, a small onion and some thyme and bay leaf. Cover with water and simmer for three to four hours. Add more water from time to time. Strain and freeze. This makes a great vegetable stock for winter soups. If you have frozen corn you can prepare a great cream soup.

La Ratte Fingerling Potatoes

Fingerling potatoes have become very popular in high end restaurants. These French heirlooms are renowned for their buttery and somewhat nutty flavor, as well as their tender texture. They also sound fancy on a menu and come with a fancy price!

Fingerlings can simply be roasted in the oven, tossed with garlic, onions, olive oil and salt. Have the oven crumb to 400 degrees for best results.

If you have some good bacon – thicker slices are better – I suggest you roast the potatoes with pieces of bacon and three or four bay leaves. You can also sauté the bacon first and boil the potatoes until they are starting to soften. Then combine all – the potatoes, sliced in half length wise, the bay leaves and the bacon fat. Roast until the potatoes are thorough cooked through. Toss the ingredients together from time to time. The bacon should be near crisp but not crumbling.



Preserving Corn by P Bosley

Remove the husks from the corn and take away the silk. Use a sharp knife or a mandolin to remove the kernels. Do this in a large flat plastic container or cover the counter top with plastic wrap. Scrape the corn cobs with the back of the knife and include with the kernels. Freeze the corn in small plastic bags.

Zucchini by P Bosley

This ubiquitous vegetable of summer can become rather uninteresting. Properly used, however, it can be quite tasty. Slice the zucchini creating round pieces about ¼ inch thick. Fry the rounds in a combination of butter and oil. Keep the heat just high enough to color the edges and make the outside a little crisp without burning pieces. Salt and pepper and add some fresh herbs to give it a little boost.

A Chicken Bone Reminder

Don't throw away carcasses or bones. Freeze them for winter soups and stocks (with fresh fork recipes to come!).

Ratatouille by P Bosley

Be sure to save this recipe for the coming weeks. Eggplants, tomatoes, and basil are all on the horizon. This recipe is quick, easy, and very rewarding.

The challenge with this dish is to cook the eggplant, zucchini, onions, and tomatoes so that none is overcooked or under-cooked. My solution to this is to cook each vegetable separately in olive oil or a combination of olive oil and butter. Cook the onions slowly to thoroughly soften and slightly color. The onions should nearly disappear in the final mélange. I like to do the zucchini in butter and the eggplant in a combination of butter and oil.

The tomatoes require some prep work. Blanch the tomatoes and remove the skins. Blanching is simply the process of dipping the product in boiling water for about 30 seconds to 1 minute. Remove the tomatoes from the boiling water and submerge in an ice bath to loosen the skins. Peel off the skins.

Cut the tomatoes in half and remove the seeds and pulp. Chop the tomatoes and set aside.

Finally, put all the vegetables together with the tomatoes and some basil. Heat to make sure the ratatouille is hot and that the tomatoes have cooked a bit. Season with salt and pepper.

Upcoming Events

Fresh Fork and Lucky's Café Wine Dinner. Sat Aug 7, 6 PM. \$60 per person, \$110 per couple.

Location: Lucky's sister location, Vine and Bean on Larchmere.

On August 7th, join Fresh Fork and the staff from Luckys/Vine and Bean on the patio of the Vine and Bean restaurant on Larchmere in Shaker Heights. This is Chef Heather Haviland's new east side location.

James Beard award winning Chef Heather Haviland and Chef Ky-Wai Wong have prepared an entirely local menu focused around "birds." The feature courses will include both locally raised duck and chicken.

For a full menu, check out the events calendar at www.freshforkmarket.com. **Almost sold out.**

To RSVP by August 2nd, call 216-707-3333.