

Small CSA Contents:

- 1 red seedless watermelon
- 2 yellow squash
- 1 heirloom tomato (big and ugly)
- 1 red slicing tomato
- 1 head green leaf lettuce
- 1 dozen eggs
- 2 lbs red haven peaches
- 1 lb roasted red pepper and cilantro fettuccini
- 1 green bell pepper
- 1 flamingo bell pepper (light green and half the size between banana pepper and green pepper)
- 1 poblano pepper (dark green, smaller than green pepper)
- 1 hot Hungarian pepper (banana shaped)
- 1 bunch basil

Vegan Substitutes:

- 6 ears super sweet corn
- 1 pint blackberries
- 1 yellow doll watermelon

Large Add-Ons

- Traditional Small Bag plus the contents below
- 1 yellow doll watermelon
- 1 pint blackberries or 2 lbs purple plums
- 6 ears super sweet corn
- 1 bunch leeks
- 1 yellow slicing tomato
- 1 4-oz tub goat chevre cheese
- 1 lb bacon
- 2 ct goldy zucchini

Plums – Desserts and Savory Side

There are many kinds of plums ranging from sweet to sour, with skin that can be thick or thin. Colors vary—dark purple, red, yellow and green with many shades in between.

It is best to make sure the plums are ripe. Let them rest on a tray where they will get plenty of sun. Try one to determine what degree of juice and sweetness you have.

Plums, like many fruits, are good for savory dishes as well as desserts. Pork or duck are great partners for plums. Plums can be used to create interesting chutneys to be served with meat dishes.

If you find that the plums you have are a little sour don't fret. Just cut them in half—following the seam and remove the stone. Arrange all the plum halves on a baking tray or dish. Place a dot of butter in each half along with a ½ teaspoon of sugar. Place the tray in the oven—at about 275—just until the plums soften. Remove the plums and cool.

If you choose, you could freeze the roasted plums and use them for a cobbler or up-side-down cake during the winter.

Plum Tart

Here is a recipe for a plum tart that might seem a little daunting at first but it is not that difficult. Roll out a single recipe of pastry crush/pie crust. Refrigerate for an hour.

Make an almond cream: 1 cup almonds; ½ cup sugar; 1 TBS soft butter; 1 egg; 2 TBS cream.

Grind the almond with the sugar in the food processor. Add the butter and process. Add the egg and the cream and process to make a creamy paste.

Cover the chilled pastry with the almond cream. Heat the oven to 400 degree.

Arrange the plum halves that have been roasted as described above. Place the tart in the lowest level of the oven. After 20 minutes, move it to the middle of the oven and lower the heat to 350. Bake the tart for about 45 minutes. Dust with powdered sugar. Let it cool. Dust again with powdered sugar just before serving.

Bread Salad

Cut bread—day old baguette is best—into one inch pieces. Place in a mixing bowl. Remove the core at the stem of the tomatoes. Cut the tomatoes in half and squeeze the pulp into a strainer set over the bowl with the bread. Chop the tomatoes and add them to the bread. Chop the basil and add it to the bread mixture. Add small amounts of vinegar and mix and press the bread and tomatoes together. Season with salt and pepper. Add a very little olive oil. Press ingredients together. It is best if the salad rest for an hour to moisten the bread. Add more vinegar and a little water if there is not enough moisture from the tomatoes

Pastabilities

A good way to use the pasta that will be in this week's offering would be to use it with tomatoes and peppers.

For the tomatoes I'd suggest taking out a little of the stem, using a sharp knife. Drop the tomatoes into boiling water for about ten seconds. Remove to ice water. Chill and peel. Cut in half and squeeze out most of the pulp.

Chop the tomatoes. Pay attention to the heat of the various kinds of pepper. Add the hot peppers in relationship to your tolerance. Sauté the chopped peppers in olive oil just to soften. Add the chopped tomatoes and the cooked pasta. Season with salt and pepper.



An early Fresh Fork photo shoot with Chef Heather Haviland at Luckys...critiquing our early sales fliers.

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.

Don't Miss out! RSVP Today! call 216-707-3333 www.freshforkmarket.com. **Almost sold out.**