

Small CSA Contents:

- 4 lb Super San Marzano heirloom roma tomatoes
- 2 balls of frozen pizza dough
- 1 sweet walla wall white onion
- 1 green pepper
- 1 pint of baby bell peppers
- 1 pint of mixed grape tomatoes
- 1 lb of Berkshire pork sausage
- 1 yellow doll watermelon

Vegetarian and Vegan Substitutes:

- 8 ct glohaven peaches
- 1 bunch basil
- 1 pint blackberries
- Red beets with tops (vegan)
- Hot Hungarian peppers (vegan)
- 1 lb yellow filet beans (vegan)

Large Add-Ons

- Traditional Small Bag plus the contents below
- 8 glohaven peaches
- 1 pt blackberries
- 1 / 4 peck collette pears
- 1 large heirloom beefsteak tomato
- 1 bunch basil
- 2 lbs grapes, red reliance variety

About your pizza dough

Your pizza dough was made at Lucy's Sweet Surrender in Shaker Heights. Michael, the pastry chef and owner, got his culinary start in California at a pizza shop in the 1980s. We were shooting the breeze one day and I asked him how he made pizza dough. He said he made batches at the bakery and froze it to take home...and he proceeded to pull a ball of it out of the freezer. The dough was fantastic, so the pizza CSA concept was born.

Your dough is a "living" product. The yeast helps it rise when it thaws. The product has a shelf life of about 3 months frozen before the yeast start to become ineffective. The best way to thaw the product, is to put it in the refrigerator for several hours to thaw, then take it out and let it rise at room temperature or above.

Your dough will not stay frozen on the drive home likely. It thaws quickly. You may immediately refreeze it or simply make a pizza!

Good Pizza Tips:

- 1) HOT HOT oven (or grill): 450 degrees or hotter for the best pizza.
- 2) Fresh ingredients. Use your tomatoes and make a sauce to your liking.
- 3) Oil and/or cornmeal to keep the pizza

Parker's Pizza Sauce Recipe

In the recipe below, Parker Bosley presents a simple and rich pizza sauce. Everyone has their own method of making tomato sauce. I personally take the lazy route and don't bother with taking the seeds out. I chop the entire tomato and cook it, then put it through the blender, and cook it more.

Ingredients:

- 4-5 tablespoons olive oil
- 1 medium onion, diced
- 1 small carrot, peeled and diced (opt)
- 3-4 cloves garlic, peeled and crushed
- 2 tablespoons dried basil
- Large pinch of red or hot pepper flakes (optional)
- 2 lbs roma tomatoes

Preparation Notes: When making sauce, remove the skin and seeds from the tomatoes. To remove the skins, score both ends of the tomatoes with a sharp knife. The score marks should make an X.

Place the tomatoes in boiling water for 2-3 minutes. Remove and submerge in an ice water bath (your hands will thank you). Let rest for 1 minute.

Take the tomatoes out of the ice water and peel the skins off. They should just push off with your thumbs. Cut the tomato in half and scoop out most of the seeds. Chop the tomatoes to make for faster preparation of sauce.

Sauce Procedure: In a heavy bottom pan heat the olive oil over medium low. Add the onions, carrot, basil and garlic. Cover and cook for about 20 minutes. Remove the lid and stir often. Lower the heat if vegetables are starting to color.

While the vegetables are softening, prepare the tomatoes. Slice Romas in half vertically, from stem to base. With your thumb, take out the pulp. Don't worry if a few seeds remain. (If you put the pulp into a strainer you can force the juice and pulp through the strainer and make glass of wonderful tomato juice.)

Add the tomatoes to the sauce pan and raise the heat to medium. Stir the vegetables and the tomatoes together. Cook the sauce just under the boil. It is important to evaporate much of the moisture.

When all the ingredients have cooked and become very soft run the mixture through a food mill or push it through a screen. If using a screen cook

the sauce a little longer to completely break down all the ingredients. If you do not have a food mill, this would be a great time to make that investment. It's not an expensive item.

After passing the sauce through the mill or the screen return it to the pan and place over low heat. Add a little salt and pepper. Stir the sauce occasionally. At this point all you are doing is evaporating liquid and thickening the sauce.

When the sauce has become thick remove it from the stove. Set aside. For pizza a thicker sauce is best.

Options: Cut the Romas in half from stem to base. Scoop out the pulp. Oil and baking tray and place 5-6 peeled garlic cloves on the tray. Lay all the tomato halves on the tray, placing the garlic cloves under a tomato. Roast the tomatoes for 4-5 hours in a 250 oven. Check often to make sure the oven is no too hot. Lower the heat if the juice from the tomatoes is beginning to burn. Use the roasted tomatoes for the tomato sauce. Don't hesitate to adjust the ingredient list to your taste.

Rolling Pizza Dough

First flatten the ball of dough using your hand to create a circle. Dust the surface with a little flour. Lay the rolling pin across the dough as though it were the equator on the globe. Roll the dough from this center to the top and from the center to the bottom. Don't roll off the dough. Give the dough a quarter turn and repeat the rolling. Continue this process—rolling and turning to achieve the thickness you prefer.

Use corn meal when you place the pizza on a pizza pan or on a try. If you are going to slice the pizza from a tray or board onto a baking stone, use additional cornmeal to make it slide more easily. The corn meal will toast and actually added a little taste variation.

You can load the pizza with various toppings before placing it in the oven or you can bake the pizza dough just until it is a bit dry—7-8 minutes then remove it from the oven and cover it with your choice of toppings. Remember, some items are best when cooked—softened—before putting them on the pizza.

Upcoming Events

Farm Tour: Sunday, September 19. \$40 each. Don't forget to buy your farm tour tickets. Only about 20 left. Tickets can be purchased at www.myfreshfork.com or by emailing Trevor. This is an all day event geared towards adults.