

Small CSA Contents:

- 1 lb 100% organic grassfed ground beef
- 6 ears miniature mira sweet corn
- 2 slicing cucumbers
- 1 pint mixed cherry and grape tomatoes
- 3 lb Yukon or red norland potatoes
- 1 candy onion
- 1 red slicing tomato
- 1 bunch cilantro
- 1 medium seedless watermelon
- Eggs or Havarti

Vegetarian and Vegan Substitutes:

- 1 lb Luna Burgers (vegetarians and vegans)
- 2 lbs peaches (vegans)
- 1 head broccoli (vegan)

Large Add-Ons

- Traditional Small Bag plus the contents below***
- 1 loaf zucchini bread
- 1 Muscovy pasture raised duck OR
- 3 packs pork chops and 1 lb ground pork
- **Larges: next week will have less value in the large add-ons...this week far exceeded the budget but was the only way to get you these exclusive ducks and/or grill items for the holiday

Cherry Tomatoes

Your bag this week has a variety of heirloom cherry tomatoes. The colors alone demonstrate the variety. Below is a quick guide to identify them:

White Cherry – translucent greenish-white, very round tomato

Brown Cherry – brown hue, also very round

Black Cherry – dark reddish brown, round but much smaller than brown cherry

Pear Tomato – has bell shape

Deviled Eggs

Note: If you have a favorite deviled egg recipe, please share online on the Fresh Fork Market Facebook fan page.

P. Bosley: I use the Julia Child method when making hard cooked eggs. Place the eggs in a pan and cover with cold water. Choose a pan that has a tight fitting lid. Bring the water to a boil. Turn off the heat and place the lid on the pan. Allow the eggs to sit for 18 minutes. Remove the eggs to a bowl of ice water. When the eggs are completely cooled remove the shells. Slice the eggs in half.

Try some variations of deviled eggs. Separate your yolks so that you may make multiple “batches” of filling. Try to mix the yolks with olive oil, salt, pepper and minced fresh rosemary or thyme. Fill the cavities of the whites with this mixture. Another possibility is to use cream or a combination of olive oil and cream to mix with the yolks. You might consider a couple of drops of hot oil or Tabasco if you like a little heat. I like hard cooked eggs with salt and pepper. Keep them in the fridge for a snack.

When you can't eat any more deviled eggs, chop the hard cooked eggs and mix with a small amount of mayonnaise, some fresh herbs and season with salt and pepper for a good egg salad sandwich.

Trevor's variations: add shredded cheese, chopped raw onion, bacon, and/or mustard.

Potato Salad

Use the potatoes with or without the skins removed. If you choose to remove the skins do this after you have boiled the potatoes. Olive oil and/or cream with or without a little vinegar combined with Dijon mustard will make a nice dressing for the potato salad. The flavor of the potatoes will not be overwhelmed as it would with traditional Mayonnaise. Add minced parsley or minced fresh sage. Add sliced hard cooked eggs.

Cucumber Salad

Give the cucumber a little more respect. Often this neglected vegetable appears as an afterthought—a couple of uninteresting slices on the salad.

With just a little attention you can “upgrade” the cucumber. Use it peeled or unpeeled. Slice the cucumber lengthwise. Use a small spoon to remove the seeds. Place the halves on the cutting board skin side up. Slice across to create half circles.

Blanch the cucumber slices in boiling salted water for a minute. Refresh in ice water. You can now proceed to use the cucumber in a variety of ways. Heat in butter with salt and pepper. Add some minced parsley or any combination of fresh herbs. Serve as a hot vegetable with most any poultry or fish.

Use the blanched cucumber to make a salad with yogurt or sour cream, some fresh mint, salt and pepper.

Consider using cucumber slices with water melon. They have a similar texture. In this combination,

with fresh mint, it would be best to peel and blanch the cucumber slices. A few drops of Balsamic vinegar would add some interest to this combination.

Peeled, seeded tomatoes combined with cucumber slices would be a good combination for a picnic salad.

Salsa (or burger topping!)



Above: Fresh “salsa” on open face BLT.

There is no correct way to make a salsa. Some prefer it chunky. Some like the salsa put through a blender to make it smooth. In short, your salsa can have any number of variations. In general though, salsa is chopped tomatoes, herbs (usually cilantro being herb of choice), salt, pepper, onions/garlic, peppers, and seasonings of your choice. You can use cherry tomatoes or large tomatoes – seeds in or seeds out, skins on or skins off.

Chop your tomatoes and start combining ingredients until you reach the consistency and flavor you desire. Try adding kernels of corn (or other leftovers you may have from the previous weeks).

When you cook too many burgers...

I often find that my eyes are bigger than my stomach (and I have a large stomach and matching hollow leg too). And I usually hate reheated burgers...but I refuse to throw away any food.

So I've “repurposed” them from lunch/dinner to breakfast. Chop some onions and crumble the burger. Add those two ingredients to a skillet with butter and cook until the onions are tender and slightly browned. Add some cheese, peppers, or seasonings if you like.

Serve on a plate with sunny side up eggs. Break the yolks over the beef and enjoy!