

Small CSA Contents:

- 1 lb crushed red pepper pasta
- 2 lbs salted butter roll
- 1 bunch Chioggia beets or carrots
- 2 ct cubanelle peppers
- 2 ct longhorn peppers
- 2 lb peaches or Jonathon apples
- 2 lb Bartlett pears or Gala apples
- 1 quarter peck Cardinal apples
- 1 lb yellow beans
- 2 ct purple bell peppers
- 1 lb San Marzano roma tomatoes

Vegan Substitutes:

- 1 pint ground cherries
- 1 quarter peck Honeycrisp apples

Large Add-Ons

- Traditional Small Bag plus the contents below
- 1 lb fresh kielbasa sausage
- 2 ct heirloom tomatoes
- 1 lb mixed hot peppers
- 2 ct eggplant
- 1 bunch swiss chard

Turkey Talk



Above: turkeys at Martha's Farm in Ashland last week

It is just a little over 10 weeks from now that we'll all be sitting down carving a turkey for the first time in nearly a year.

We are all familiar with the pilgrims and Thanksgiving and how they were giving thanks for a bountiful harvest. I just want to know what they were harvesting the last week of November, especially in New England.

Ohio's "bounty" tapers off quickly after October. Without any heat, we are often left with winter squash and storage crops like potatoes and onions. Those aren't the most fun.

I've been working with our producers to offer you a wider selection of products for your Thanksgiving feast. Besides pasture raised turkeys, Fresh Fork will also be offering braising greens, carrots, beets, onions, garlic, sweet

potatoes, pumpkins, apples, lettuces and more.

Next week there will be a binder at pickup. We'll be distributing fliers with information about our Thanksgiving packages. We'll offer turkeys for sale and turkey's bundled with everything you need for Thanksgiving, including homemade apple pie and sweet potato pie!

Orders for Thanksgiving turkeys will be taken through Oct 23rd. The fliers next week will include information about the turkeys, the fixings, the price and the required deposit. We will take orders at pickup and online at www.myfreshfork.com.



Biodiversity

This weekend on the farm tour, we'll be visiting producers and learning about their production methods. One of the organic production methods is called "biodiversity."

Biodiversity can be applied to both produce production and animal production, or a mixture. It's a rather broad term that essentially means that a healthy ecosystem is created using complimentary plants, animals, and processes that help build fertile, organic soils, reduce or eliminate the need for pesticides, and produce nutrient dense foods.

In the case of New Creation Farm in Chardon, farmer Scott Boehnline has taken advantage of the natural biodiversity on his property.

Scott's farm looks like a piece of property in central Pennsylvania. There isn't a flat piece of ground on his property. Most farmers would be discouraged; however, Scott saw it as an opportunity to imitate Joel Salatin's Polyface Farm in Virginia.

Scott has used his hilly terrain and forests as the perfect forage grounds for Berkshire hogs. Scott lets his heritage hogs roam freely up and down the hillsides, eating acorns, berries and nuts. Amongst the hogs he has free range chickens. The chickens take advantage of the hogs' work. When the hogs

break the ground looking for buried food, it allows the chickens more easy access to insects.

At the end of the season, Scott takes the manure pile and spreads it over his garden. Before he does that, he spreads corn and other grains around the garden. Once the garden is buried, the hogs start digging for the rotting vegetables and grains below the manure. In the process, they stir the manure, organic matter (leaves, plants, etc), and soil together. This creates a rich layer of compost that will be the base of Scott's garden for next year.

On organic produce farms, biodiversity usually refers to the use of certain herbs and plants that attract predatory insects. These insects protect the other crops from bugs that may cause crop damage. It also includes using crop rotation methods that build the soils naturally.

Pears

Don't refrigerate the pears. Set them on the counter or on the window sill. Purchase a piece of Gorgonzola or other type of blue cheese. When you can make a slight mark on the pear with your thumb nail, the pear is ready to eat. Pears deteriorate from the inside out. Don't wait until the pear is very soft. You may discover a rotten inside. Wash the pear and quarter it from stem to base. Carefully remove the core. Don't peel it. Enjoy pears and Gorgonzola.

Caramelized Apples

If you find yourself not able to eat all the apples, consider caramelizing some and putting them away for the winter.

Peel the apples and slice them. Caramelize the apple slices in butter and sugar with a little cinnamon or a few drops of vanilla. Add some sweet white wine like a Riesling and reduce the liquid completely. When the apples are cool, store in plastic bags and freeze. Warm caramelized apples with ice cream make a great winter dessert.

Below: some beer cheese being made at Mayfield Road Creamery...look for it in late October. Made with Akron's Thirsty Dog Siberian Night IPA

