

Small CSA Contents:

- 1 red watermelon
- 2 large eggplant
- 1 bunch green swiss chard
- 2 zucchini
- ½ lb German white porcelain garlic
- 1 bunch green onions
- 1 half gallon milk
- 2 slicing tomatoes
- 3 ct poblano peppers
- 6 ears super sweet corn
- 1 dozen eggs or 1 piece grassfed swiss cheese

Vegan Substitutes:

- 1 pack luna burgers
- 1 bag granola or puffed corn
- 1 lb cornmeal

Large Add-Ons

- Traditional Small Bag plus the contents below
- 1 pint cherry tomatoes
- 1 lb cornmeal
- 1 lb spelt granola or puffed corn
- 1 lb dragon tongue beans
- Quarter peck Jonathon apples
- Quarter peck gala apples

Farm Tour Quiz

Last Sunday nearly 50 Fresh Fork customers went farm hopping to learn about the production and lifestyles of the Fresh Fork farmers. The farm tour guests were given this quiz to complete for a prize. I hope that those who could not attend will find it interesting and challenging. The answers will be given next week in the newsletter so please hold on to this week's copy.

- 1) Bob Sage at Sage's Orchard attended this university. _____
- 2) After graduating with a degree in Horticulture, focusing on tree fruits, Bob returned to Northeast Ohio. He found a good growing site in Kingsville and purchased the farm. What makes a good fruit growing location:
 - a. Ability to see the lake
 - b. Land sloping down towards the lake
 - c. Land sloping down away from the lake
 - d. Clay soils that hold more nutrients
 - e. All of the above
 - f. Answers A and B
 - g. Answers A and C
- 3) The "snowbelt" running from Ashtabula County into Geauga County is known for its fruit production, including peaches, apples, juice and wine grapes. What is unique about the "micro-climate" that assists in these fruit productions:
 - a. Heavy snow cover prevents air temperatures directly above the ground from dropping significantly lower quickly. The snow actually helps keep a warmer bubble of air above it.
 - b. The snow protects the root stock on tree fruits by not letting the soil get a deep freeze. Again, the snow is warmer than the air.

- d. air a bit cooler so the buds don't blossom as early.
- e. An early blossom is at risk of more damage from sudden weather changes.
- f. The lake creates two weather effects: (1) a steady breeze that prevents cold air from sitting in one location; (2) warmer air off of the lake moves inland as the cooler air over the land sinks down towards the lake. Warm air protects the buds from frost.
- g. All of the above
- 4) What variety of apple did we pick?
- 5) The process of placing the bud from one tree into the root stock of another tree is known as:
 - a. Mating
 - b. Pairing



- c. Grafting
- d. Spawning
- e. Blending
- 6) Scott and Kirsten Boehnline named their farm after what? _____
- 7) The breeds of their animals are:
 - a. Hogs _____
 - b. Chickens (there were two types, name one and that counts) _____
 - c. Cattle _____
- 8) Scott and Kirsten practice a feed and animal husbandry program known as pasture raised. However, this means different things for different animals. Which statement is true?
 - a. Cattle can live entirely off of grass. They are ruminant animals and process cellulose with enzymes in their "forestomach." They regurgitate their meals and re-eat it. Hogs are very similar to humans and do not regurgitate their food and do not have the ability to fully digest cellulose. A hog's diet must be supplemented with grains and other feed.
 - b. Cattle and hogs both require constant attention, including bottle feeding until they are of harvest age and weight.
 - 9) Kirsten delivered a calf when Scott was at work one day. It sucked on her thumb when she reached in the mother's uterus. What is the name of their now pet cow? _____
 - 10) Susan and Kevin Morris are continuing a long family tradition of dairy farming. Their farm has been in the family and been raising dairy cattle since this decade:
 - a. 1860s
 - b. 1880s
 - c. 1920s
 - d. 1950s
 - 11) The price of milk paid to the producer by the handler is set by the Federal Milk Marketing Orders System. Milk is purchased in this unit:
 - a. Gallon
 - b. Hundred
 - c. Barrel
 - d. All of the above

- d. Count (weight, 100 lbs)
- b. Hundred
- c. Count (volume, 100 gallons)

- 12) Mayfield Road Creamery uses milk from Holstein dairy cattle. The milk from this breed has less protein and butterfat than that of Jersey's or Brown Swiss cattle. It is good for making cheeses from this country around the world:
 - a. Germany
 - b. Holland
 - c. Canada
 - d. Switzerland
 - e. China
- 13) Cattle are milked ___ times per day.
- 14) Raw milk is milk that has not been:
 - a. Homogenized
 - b. Pasteurized
 - c. Pasteurized and Homogenized
- 15) At Peters Creek Farm, Mike Hiener complained about the clay soils in Dorset Township. He complained that water did not drain well. Why does the water not drain well?
 - a. It is less permeable than loose, sandy soil
 - b. The clay is packed tight three to four feet deep. This is a result of a glacier setting on Ashtabula County during the Ice Age.
 - c. Mike's Farm used to be a lake and naturally drains into his farm like a basin.
 - d. Answers A and B.
- 16) Diane made everyone brownies. She made them the night before by grinding her own flour from wheat they had grown. This is desirable because fresh ground wheat has over 70% more nutrients when consumed within 24 hours than wheat that has been ground and sold in the stores. What does one grind to make flour:
 - a. Raw wheat
 - b. Wheat flowers
 - c. Wheat berries
- 17) What was the length of one of Mike's rows of black plastic? Each row had the same length. _____ ft
- 18) Produce farmers use "black plastic" because:
 - a. It controls weeds
 - b. It keeps moisture under the plastic
 - c. Mounded shape allows water to drain better
 - d. It attracts heat.
 - e. All of the above.
- 19) Abbe Turner told her story about Lucky Penny Farm with great passion. She's devoted to creating a green creamery using used equipment and building. What were a few of the challenges she faced in doing so:
 - a. Finding the parts required lots of research...but it paid off because she has the largest goat milk processing capacity in the state of Ohio at an affordable price
 - b. Abbe has the capacity to make a variety of goat cheeses and candies.
 - c. Abbe's building used to be a union hall. Years of cigar smoke and spilled beer left yeast behind. She spent lots of time cleaning to remove yeast populations!
 - d. All of the above

WEEK 18: CSA

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Vol II, Issue 18

- 20) Chris Krieger from Chef's Choice Meats in Berea broke down a Berkshire hog on site. The chuck is the area on the hog – mostly referred to this on a beef cow - that can be found:
- a. Behind the neck and in front of the ribs
 - b. Behind the ribs and in front of the hams