Package Contents:

- 1 head Jumbo White-stem bok choy
- 1 head cheddar cauliflower
- 2 ct huba-hubba squash
- 1 buttercup squash
- 1 red cabbage
- 1 dozen eggs
- 1 half gallon milk
- Quarter-peck empire apples
- 1 sweet potato cheesecake
- Pork Combo: choose one
    - Boston Butt
    - 3 pks pork chops and 1 lb Italian Sausage
    - 2 baby-back ribs and 1 lb Italian sausage
    - 1 pack spare ribs and 1 lb Italian Sausage
    - 2 Tenderloins
    - 4 pork hocks, 1 lb Italian sausage, and 1 lb bacon

A little about meats…

Many of you have participated in the summer CSA and have coemt o expect a newsletter each week. The newsletter usually includes reicipes and some announcements about events.

Over the witner, because we'll feature more meats, I'll spend some time educating you on meat production and the distribution challenges associated with locally raised meats. By subscribing to Fresh Fork, I think it is pretty safe to say that you believe in changing our industrial food-system and that you are voting for change through your purchases. I'm hoping these articles are of interest.

This week I've provided a "pork combo" and am letting you select what you want on a first come, first serve basis. In the summer, usually everyone gets the same thing. That's easier to do with produce. In this article, I'll touch on processing and costs by telling a story.

One of the biggest challengs I have with selling to restaurants is their demand for specific cuts and specific sizing. This expectation has been created and catered to by large meat packers, most notably IBP (Idaho Beef Packers). IBP specializes in servicing restaurants and grocers. For example, they can order 75, 14 oz ribeyes each week, each with a ¾ inch cap on them (fat cap/trim).

I recently had a restaurant ask me for 75, 14 oz grassfed ribeyes each week. They were willing to make a "commitment" to purchasing them every week. Sounds like a great deal right?

I quickly said no. I've been down that path befoore. Each cow has two sets of ribs, the ribeye is cut from rib 2 to rib 12. So in total you can get 20 ribeyes per animal. However, to get that specific size of 14 oz with a specific

cap, you may only get a dozen. Why? The "rib-roll" is thicker at one end and thinner at the other end.

So for me to get 75, 14 oz ribeyes per week, I'd have to harvest about 7 cattle. A cow walks into the processor around 1,200 lbs. It then hangs at about 750 lbs. You end up getting about 550 lbs of usable meat. So for me to sell from each cow 12, 14 oz ribeyes, I'd have 540 lbs of meat left. Multiply that by 7 and and you see that I'd be sitting on two tons of beef to sell 75 steaks.

Add to that equation that a grass-fed beef cow takes 30 months to raise. A confined animal feeding operation (CAFO) can finish a beef cow out on grains in 14 to 16 months.

You can see in that example that even without punching the numbers…a locall y raised, organic and pasutre raised beef cow is going to cost a bit more.

Same goes for hogs. This week I'm featuring pasture raised, organic Berkshire pork. Berkshire hogs are prized for their good inter-muscular marbeling. However, they are leaner overal (less bacon) and slower growing. This doesn't make them a good "commercial" hog. Instead, they are a heritage breed raised by small scale producers. You won't find Berkshire pork in the grocery store.

This week's Berkshire pork was raised by an organic dairy farmy in Holmes County. I was able to work with him on the feed program, the breeding program, etc, to ensure him a fair market price and me a price I can resell. Still, the price per lb on Berkshire hogs is $3.50 per lb hanging weight…that's the weight of the carcass before it is cut and trimmed. There is loss after that. Then you must pay $0.60 lb to have the meat cut and packed.

Overall, the cost of the finished meat product is around $4.50 per lb. Commodity feeder hogs (99% of all pork) are going for $0.57 per lb right now.

Why do I bring this all up? When I first learned what I was up against I was astonished. I want to pass this knowledge to you and thank you for being willing to vote for change with your dollars and to be flexible in

accepting the cuts I give you and how I must "bundle" the products to move the inventory in an affordable manner.

Thank you again. In the coming weeks I'll describe more about the processes for raising yoru food.

Squash Bisque

Winter squash are usually not the most exciting products. To many, their use is limited. But if you have visited any Cleveland independent restaurant lately, you'll notice that everyone is making butternut squash soup.   This can be achieved at home with similar results to a restaurant with about any winter squash.

In a large stockpot or heavy bottomed pan, sauté one onion in approximately 2 tablespoons of butter and one tablespoon of canola oil.

Take the squash and roast as indicated above. For each cup of cooked flesh, you want to use approximately 3/4 cup of vegetable stock. Add the vegetable stock and the flesh to the onions and simmer on the stove for approximately 30 minutes. At this point, the soup will begin to thicken.

Remove the soup from the heat and puree it with a blender. Put the soup back on the stove and bring to a simmer again. Add approximately 1 cup of heavy whipping cream to 8 cups of soup. Add cream until the soup is the consistency and flavor you desire. Add salt and pepper to taste.

This recipe can be modified by adding more cream or more vegetable stock (to dilute squash) until the flavor you desire is achieved. I made this last week and actually roasted the golden beets and added them to the soup for a nice sweet but earthy flavor. Carrots are another possibility.

Sneak peek at next week's Turkey Talk

Year in Review Happy Hour

Join Trevor and the Fresh Fork Team at the Grovewood Tavern on East 172nd and Grovewood Avenue on **Tuesday, November 2nd from 5 to 7 PM**. Trevor will do a short presentation on this season and answer any questions you have. $5 Happy Hour food and drink menu featuring local foods and special cocktails just for Fresh Fork customers.