

Small CSA Contents:

- 2 lb Hartzler salted butter
- 1 lb fresh spinach linguini
- 1 bunch garlic scapes
- 1 bunch green onions
- 1 head Nancy leaf lettuce
- 1 bunch spinach
- 1 quart honeyoye strawberries
- 8 oz goat milk feta cheese
- ¼ peck assorted apples (yellow are goldrush, red are holiday)
- Vegetarian: no substitutes
- Vegan: 1 bunch easter egg radishes, 1 bunch celery, 4 oz parsley, 1 head endive, 1 lb green tomatoes, 2 heads leaf lettuce

Large Add-Ons

- Small bag plus items below
- 4 oz basil
- 1 lb Berkshire bone in pork chops
- 1 bunch broccoli tops
- 1 lb raw honey
- 1 bunch white radishes
- 1 lb rhubarb

Classic Pasta Primavera (by P. Bosley)

Prep time: 5 mins

Cook

time: 20 mins (approx)

In a pot of boiling water (with salt), cook the pasta. Unfrozen pasta takes approximately 3 to 5 minutes to cook.

In a large saute pan that will accommodate the cooked pasta melt some butter over low heat. Add tomatoes (if you want to make this in a few weeks when fresh tomatoes arrive, simply freeze the pasta and wait...or order more!) that have been cut in half with most of the pulp squeezed out. Toss to warm the tomatoes. Don't cook them. Add some basil torn in pieces. Add the cooked pasta and toss all ingredients together. Crumble feta cheese over the pasta. Add salt and pepper to taste—go a little heavy on the pepper. Toss again and serve.

Simple Salad Dressing (by P. Bosley)

Prep time: 5 mins

Ingredients:

- 1 tsp Dijon mustard
- 1 tsp honey
- 1 TBS vinegar
- 3-4 TBS olive oil

Whisk the honey and mustard together in the salad bowl. Whisk in the vinegar. Add a little salt and pepper. Slowly whisk in the oil. This combination will produce enough dressing for 2-3 salads. You can double, triple the recipe keeping the ratio: 1 part vinegar to 3-4 parts oil.

To grill or not to grill? A study on pork chops...

Heat the oven to 350. Sauté the pork chops in butter over medium high heat. You want to get a nice golden brown on each side of the chops and then move them to the oven to finish cooking. The cooking time will depend on the thickness of the chops. Check often after placing the chops in the oven. Press the center of the chop. When it begins to firm up it is cooked enough. Try to avoid over cooking. Bring the chops from the oven. Season with salt and pepper. Place a teaspoon or a few drops of honey on each chop.



Grass grazed dairy cow at Eli Barkman's farm in Holmes County. Used for Heritage Grass Cheese.

Skim vs 2% vs Whole:

Last week I was fascinated by the demand for skim milk...so I thought this week might be a good time to start a conversation about milk.

In this section, I'll cover 3 topics which I find fascinating:

- Federal Milk Market Orders
- Pasteurization and Homogenization
- The health effects of milk-fat

FMMOs: The most fascinating fact about milk is that the price is fixed by a quasi-government organization known as the milk marketing board. In the 1930s, the USDA set up milk market orders to ensure that everyone could afford milk. Up until the late 1960s, there were over 500 localized market orders. A market order is the price which a farmer is paid for his milk, based on "hundred-count," or 100 lbs of milk. The price is set by a board of producers, buyers, and those selling the inputs (grains, etc). The goal is that farmers can get a price that pays the bills. With over 500 market orders, the price was very localized and reflective of the local production costs.

Today, there are under 20 market orders. And because these market orders are so large, they tend to favor large, conventional dairies. Here's how. The price for Class I (fluid milk) is set at say \$13 per hundred-count. The conventional guy might only be able to sell his for \$11 per hundred-count to the handler. The organic guy, such as Snowville, might be able to get \$17 per hundred count. Because the FMMO philosophy is that all milk is the same, Snowville pays into a pool for selling their milk too high...they pay \$4. The conventional guy gets \$2 so that he makes the same amount on his milk.

Pasteurization and Homogenization:

Pasteurization is the process of heating milk to kill bacteria. The minimum temperature which a fluid milk must be heated is 170 degrees F. In the state of OH, all fluid milk must be pasteurized. Cheeses may be made from raw milk only if aged 60 days or greater, which also kills the bacteria.

Homogenization is the process of forcing fluid milk through a very fine filter. This literally breaks the fat molecules up and allows them to suspend in the milk as opposed to rising to the top. Snowville milk is not homogenized.

Health effects of milk-fat: Think about a tennis ball and a bowling ball. A tennis ball has the same amount of contact with the floor as a bowling ball. However, the bowling ball has greater volume and size. It would probably take a dozen or more tennis balls to equal the volume of a bowling ball.

So let's pretend that the bowling ball is natural milk-fat and that the tennis ball is the milk-fat after homogenization. The dozen tennis balls have a dozen times more surface contact than the bowling ball. These molecules will stick to your arteries and cause more damage than non-homogenized milk fat molecules.

Further, homogenization and pasteurization break down a chemical referred to as "XO." It's a chemical found in milk that helps your body digest lactose. Without it, your body may reject lactose...hence, lactose-intolerant. Minimally pasteurized milk has more XO in it than ultra-pasteurized. Some lactose-intolerant folks can drink our milk!

Upcoming Events

Holistic Health Panel: Mon, June 7 at 6:30 at Studio 11 Yoga in Tremont. Cost \$0 Learn about physical, mental, and dietary health.

Wine Country Tour: Sun, June 20, 9 – 6 Cost: \$75. Tour 4 Ohio wineries, bus transportation, lunch, snacks, and wine tastings included. Learn about growing grapes, making wine, tasting and pairing. Only 30 seats left on our bus.