

Small CSA Contents:

- 1 whole roasting chicken, 4-5 lbs
- 1 bunch green onions
- 1 bunch red beets w/ tops
- 1 bunch white radishes
- 1 bunch garlic scapes
- 1 bunch spinach
- 1 head soil grown romaine
- 1 dozen free range organic eggs
- 1 quart strawberries

Large Add-Ons

- Small bag plus items below
- 1 lb smoked Berkshire Bacon
- 1 half gallon milk
- 1 20-oz loaf of 6 grain bread
- 1 head red sails or Waldorf leaf lettuce
- 1 lb tart cherries
- 1 piece cheese (your choice)

An egg-stravagant treat. (by P Bosley)

Prep time: 5 mins

Cook time: 10 mins (approx)

Real eggs have yellow-orange yolks. Don't miss the many opportunities to make eggs a part of any meal. Wilted spinach with a bacon dressing topped with a poached egg makes a great lunch. Bacon, egg and lettuce sandwich is another way to go. Melt a little butter in a non-stick frying pan. Keep the heat at medium high. Break the egg into the pan. Use a rubber spatula to break and spread the yolk. Spread it out a little and cook it just until it is set but not firm.

If you want to invest a little time and little more effort in an egg dish consider making a fluffy omlette that is somewhat like a soufflé. Use a eight inch non-stick saute pan. Heat the oven to 350 degrees.

- 3 eggs, separated
- 2=3 TBS sugar or to taste (You can use less.)
- 2 drops of vanilla
- fresh mint or tarragon (optional)
- 1 TBS butter
- 1 cup sliced strawberries

Beat the egg yolks with half the sugar. Use a mixer or do it with a whisk as part of your morning workout. Beat until the yolks are light in color and have increased in volume. Yeah it takes time. Add the vanilla to the yolks. Beat the whites with the remaining sugar. Beat until the whites form soft peaks. Whisk 1/3 of the whites into the yolks. Heat the butter in the saute pan over medium-high heat. Fold the remaining whites into the yolks.

The butter should be bubbling. Add the egg

mixture to the pan. Cook until the omlette is set and starting to dry around the edges. Remove the saute pan to the oven for a few minutes until the top is cooked. Check often. This will take only a few minutes.

Slide the omlette onto a plate. Cover with the strawberries. Serves two or two adults and a child or just eat it all yourself. That was a lot of work. You deserve it.

How about a frittata? Whisk three eggs with a little salt and pepper. Heat the non-stick frying pan with enough olive oil to cover the bottom. Pour the eggs

Into the pan. Use a spatula to push the edged of the frittata toward the center. This lets the uncooked portion flow out to the sides. You can run it under the broiler for a minute to cook the top.

Top the frittata with grated cheese, crumbled feta cheese, fresh herbs on top. Add some pieces of bacon. Slide the frittata on to a plate.



Using a Whole Chicken

...multiple times (by P. Bosley)

What are you going to do with that whole chicken? Set it on the counter for a half hour. Dry it well. Heat the oven to 450 degrees. Place a rack in a roasting pan or cover the bottom of the pan with chopped onions, carrots and celery. Season the chicken inside and out with salt and pepper. Lather it with soft butter. Place the bird breast side up in the roasting pan and put it into hot oven. Reduce the heat to 400. After 20 minutes reduce the heat to 350. Roast the chicken for about 1 hour and 30 minutes. Remove from the oven. Don't over cook the chicken.

Set the roasted chicken on the counter and let it cook for two or three hours. Now you have the center piece for a perfect summer meal. Salad, potatoes with olive oil and herbs. You don't have to fire up the grill or the stove. Cook in the morning. Enjoy in the evening.

Here is another idea. This involves a little work. Place the chicken on the cutting board, breast side up. Remove the thigh-leg pieces. Push the thigh away from the body by placing your thumb and fingers between the thigh and the body and then

opening your hand. Carefully cut the skin that should be stretched by this action. Once the flesh is exposed put the knife aside. Hold the carcass with one hand and break the thigh-leg piece from the body. It should pop at the joint. Now you can cut across and remove it from the body. Do the same with the other side.

With the point of the knife and keeping the knife perpendicular to the body cut along the breast bone to remove the breasts. The knife blade should be scraping on the bone. Carefully peel away the meat from the rib cage. Cut between the wing bone and the carcass leaving the wing attached to the breast. Remove the first two joints from the wings. Now you have two leg-thigh pieces and two boneless breasts—four portions.

You may choose to separate the thigh from the leg to create four pieces.

Choose your favorite method for preparing the thigh-leg pieces. For the boneless breasts you can be a little more creative. Goat cheese, herbs and butter with a little minced garlic scape placed under the skin works well. Blanche some spinach. Mix it with goat cheese and herbs. Place this mixture under the skin.

Brown the chicken breasts skin side down in some butter and olive oil. Get a good brown crust on the skin. Turn the breasts and cook for one or two minutes. Place them on a plate and let them finish in the oven.

Weather you roast the chicken whole or take in apart, you have the makings of a good batch of chicken stock. Place all the bones on cooked or from the roasted chicken in a heavy-bottom pan. Add some chopped onion, celery and carrot. Add enough water to cover the bones and vegetables. Bring to the boil and skim for a couple of minutes. Reduce the heat to low. Add some dried thyme and a bay leaf. Cook for 4-5 hours. Add more water to keep the level above the bones and vegetables.

Let the stock cool for a few minutes then strain it through a damp towel. Refrigerate the stock over night. The next day, remove the fat from the top. Strain again. Return the stock to the pot and boil until the volume is reduced by 1/3. Cool the stock. Freeze it in small containers for future use.

Upcoming Events

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 20 seats left on our bus.

Purchase online at www.myfreshfork.com before Thursday, June 17th. Or email trevor@freshforkmarket.com or call 800-861-8582 ext 1 to purchase.