

Small CSA Contents:

- 1 bunch beets with tops
- 2 ct green zucchini
- 2 ct summer squash
- 1 slicing cucumber
- 1 sweet onion
- 1 lb green beans
- 1 bunch "red lights" swiss chard
- 1 head red oakleaf lettuce
- 2 lb white cherries
- 2 lb organic cornmeal
- 1 half gallon organic milk

Large Add-Ons

- Small bag plus items below
- 1 lb red slicing tomatoes
- 1 head green cabbage
- 1 lb snow peas
- 1 bunch red bunching onions
- 16 oz pure dark maple syrup
- 4 oz goat's milk chevre

Photos below: zucchini blossoms. The zucchini forms below the blossom.



Beets...Nature's Candy

Remove the beets from the leafy stems. Don't peel the beets. Place them in cold water, bring to the boil and cook until the largest of the beets can be easily pierced with a knife. Remove the beets and place in an ice bath. Trim the tops and bottoms with a knife and slip off the skins. Store until ready to use. Cold beets with goat cheese and on lettuce with a balsamic vinaigrette is a summer treat.

Save the beet greens for another use. Braise the greens in a little water in a heavy bottom pan with a tightly fitting lid. This will take only a few minutes. If you are serve beets hot—just warmed in butter with salt and pepper—reheat the greens. Put the greens on the plate and placed the beats on top.

The greens are a wonderful base for a The greens make a wonderful base for a vegetable salad. A nest of greens with carrots, green beans, snow peas, fresh parsley and just a sprinkle of vinegar. Hard cooked eggs go well with this and of course some goat cheese would be very good.

American Cucumber Salad

Try a classic American preparation. Slice the cucumbers peeled or unpeeled. Add a little vinegar to a bowl with the slices and add some very thin slices of onion. Add salt and pepper. After an hour fold in some sour cream or yogurt.

Ratatouille

Ratatouille is a traditional French vegetable dish. This dish is essentially without rules. There is a basic procedure...but many vegetables can be omitted, added, or changed. Throughout the rest of the summer, I'll try to plan a "ratatouille" bag each few weeks. Why? Because the ingredients here may compliment things still in your fridge from the week before or the ingredients in this bag may compliment some of the proteins you may have frozen.

Below is a photo of ratatouille tossed with pasta.

Here is a basic ratatouille recipe supplied by Chef Richard at Tri-C Culinary School.



Ingredients:
 2 onions, diced
 3 pieces garlic
 3 ounces olive oil
 3 green bell peppers, diced
 3 red bell peppers, deiced
 3 eggplants, diced
 3 zucchini, diced
 3 pounds tomato concassee
 1 ½ ounces basil or basil pesto
 1 tsp salt and pepper (to taste)

Directions:

- Directions
- 1) Saute the onion and garlic in the olive oil and cook until transparent.
 - 2) Add the peppers, eggplant and zucchini and sauté until tender, approximately 10 minutes.
 - 3) Add the tomatoes, fresh basil and seasonings.
 - 4) Cook until tender and allow flavors to develop. Taste to determine when it is ready.

Upcoming Events

**Fresh Fork Farm Tour: Sun, September 20, 8 – 8
 Cost: \$40**

Come visit our farms and have a hands on experience in the height of harvest season! Last year we picked apples, picked raspberries, and even went to a winery. The day starts at the coffee shop and ends firing pumpkins from an airgun on a fire engine. We may also add a bonfire this year, time depending.

This event is designed particularly for adults or children 15 and up. It is a long day.

Our focus is education. The stops include an organic farm, an orchard, a grass-fed beef ranch, a creamery, and an agritourism enterprise/winery.

Tickets are \$40 and available on www.myfreshfork.com. Only 50 seats available.

Last weekend's winery tour:

Fun Fun Fun. Thanks to those who came on the winery tour. In our adventures, we proved that some Ohio wines can go toe to toe with the best in the world. Oh, and we had fun discovering that!

Here's a photo of the vineyards at South River Vineyards in Geneva. On this property they had reconstructed an 1892 church that they moved from Shalersville. On the back of the church, the built a 300 person patio. This property looked like it was dropped out of Napa Valley. Thanks Gene and Heather for having us!



