

Small CSA Contents:

- 1 dz organic free range eggs
- 1 bunch green onions
- 1 bunch baby carrots with tops
- 2 yellow squash
- 2 zucchini
- 2 lbs apricots
- 1 lb garlic chive pasta
- 1 bunch radishes with tops
- 1 lb organic grassfed ground beef

Vegetarian and Vegan Substitutes:

- 1 lb beans, either green, yellow, or snow peas
- 2 lb dark cherries
- 4 ct Luna burgers (vegans)
- 1 head leaf lettuce (vegans)
- 1 bunch collard greens (vegans)

Large Add-Ons

- Grassfed beef smorgasbord....try the cuts you want!

Grassfed Beef

OK, no beating around the bush here. If you like your beef cooked well, just throw this meat out now. It's not meant to be enjoyed well done. Steaks should be medium at most; roasts cooked slow with moisture; and ground is A-OK dark pink in the middle and juicy.

Grassfed beef is extremely lean. The marbling effect that gives conventional, corn-fed beef its buttery flavor is that of fat. That fat comes from putting the animal on diet of corn and soybeans. A grassfed animal is "fattened up" naturally on grass.

How? Well, it's mostly a matter of time. Grain-fed cattle can be harvested at just 15 to 18 months of age and weigh about 1,200 lbs. For a grassfed cow to get to that weight and to have any significant marbling, it takes about 28 to 30 months. Without the high-energy grains, the cow must eat the right mixture of grass to put on any fat layer.

The farmers Fresh Fork works with specialize in only grassfed beef. All the cattle are red angus. They are raised on organic pastures where clover, timothy grass, and alfalfa grass are important parts of the cow's diet due to their high protein levels. These high energy grasses allow the cow to fatten up some. A lot of it is a matter of skill on the part of the farmer. He must move his animals often to ensure they eat the top third of the blade of grass because that is where the most energy is.

I hope you enjoy your meat. I personally prefer grassfed to grain-fed after having had these products. The meat is slightly sweeter, leaner and has a very natural flavor.

Easy BBQ pulled chicken.... by customer Kristy Lantz



Ingredients:

- Onion
- Celery
- Minced garlic
- Onion powder
- 1 cup white wine
- 1 slow cooker/crock pot

Rub the outside of the chicken with minced garlic and onion powder. Stuff the inside of the chicken with onions and celery.

Place the bird in the slow cooker, breast side down. Add 1 cup of dry white wine into the crock pot and cook for about six hours on low heat (approximately 170 degrees).

Once the chicken is cooked, allow it to cool. Shred the chicken with a forks and divide the white and dark meat. The celery and onion can be discarded.

Barbeque Sauce

- 2 tablespoons canola oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 14-ounce can of low-sodium tomato sauce
- ¼ cup tomato paste
- ½ cup water
- 1/3 cup apple cider vinegar
- 5 tablespoons molasses
- ¼ teaspoon ground black pepper
- ½ teaspoon liquid smoke
- (Trevor's addition) chili powder to taste

Heat the oil to medium and add the onion. Cook until soft. Add the minced garlic and let this cook for about two minutes. Slowly incorporate all the other ingredients and allow to simmer for about ten to fifteen minutes. At this point, you can divide your sauce into two pans – one for the dark meat and one for the white meat (if you want to separate it). Add the shredded chicken to the saucepan and allow to simmer for five to ten minutes.

Modifications:

- To sweeten sauce – add brown sugar
- To make hot – add chopped jalapeno

Cooking a grassfed beef steak

Get your grill hot. Real hot. Most grills in restaurants are 500 degrees or greater.

Rub your steak with the seasonings you desire. Only use a little salt if you do. Salt will pull the moisture out of the steak. Allow seasonings to soak in for 30 minutes at room temperature.

Get your grill grate very clean and rub it quickly with oil. Put your steak on the grill and close the lid. Depending on the thickness of the steak, you can flip it in 3 to 4 minutes. One flip is all that is necessary. Remember, you can always put the steak back on...you can't uncook it.

The Aussie Burger

So don't let Outback trick you into thinking any of their food is Australian at all. Australians don't really have their own cuisine that I'm aware of; however, I can tell you one thing about their burgers! I spent a summer in Australia as an exchange student and fell in love with a real Aussie Burger (and fish and chips of course).

An Aussie Burger always has fried egg and beets on it. Oh, and "sauce" is code-word for Ketchup. And ketchup is always Wileys....even though it is made by Hines, they swear it is better.

Simply fry an egg to your liking. I prefer my over easy. For a less messy experience, try medium or medium poached. The beets can simply be roasted and served cold on the burger. Add lettuce and onion, a shake of pepper, and some "sauce." You are good to go!

Cabbage doesn't need to be coleslaw. By P. Bosley

Shred the cabbage in a way that creates long strips rather than in the manner used for coleslaw. Peel and mince a couple of garlic cloves. One half of a large head of cabbage will serve three or four people. Use small portion as a side dish. Use a large serving for a meatless meal. Remove the core before you shred it.

Heat a good portion of olive oil in a saute pan. Keep the heat at medium and add the shredded cabbage. Toss the shredded cabbage with tongs. As it softens you may need a little more olive oil. Raise the heat to medium high and add the garlic. Continue to toss and turn the cabbage. Total cooking time will be 15-20 minutes. Taste a piece. It should be softened but retain a crunch. Season it well with salt and pepper. That's it. Enjoy.

Upcoming Events

Hudson Wine Festival. Sat and Sun, July 17-18.

1 PM and on. Cost: \$20. FFM serving food!

Taste of Tremont. Sun July 18. 1 PM – 8 PM.

Free

Fresh Fork roasting Ohio Sweet Corn!