

Small CSA Contents:

- 6 ears Super Sweet Corn
- 1 slicing cucumber
- 2 Lancelot Leeks
- 1 lb romano green beans
- 1 lb romano gold beans
- 2 pieces patty pan squash
- 1 lb Berkshire pork Chorizo sausage
- 1 bunch arugula or cilantro
- 1 pint cherry tomatoes
- 1 head red leaf lettuce
- 6 oz grassfed raw-milk gouda

Vegetarian and Vegan Substitutes:

- Multi-grain bread, 20 oz loaf (in place of sausage)
- Kaboka Cabbage (vegans)
- 1 lb shallots (vegans)
- 3 lbs Yukon gold potatoes (vegans)

Large Add-Ons

- Traditional Small Bag plus the contents below
- 3 lbs Yukon gold potatoes
- 2 ct "goldy" zucchini
- 2 lbs cling peaches
- 1 whole chicken

Sweet Corn

Summer in Ohio means sweet corn to many of us. However, not all sweet corn is created equally.

Many of you who shop the farmers markets likely have been seeing sweet corn for a few weeks now. Some of the farmers may advertise it as "Marietta" or "Rancine" sweet corn. Those are two big river towns where sweet corn is grown due to the sandy yet rich soils.

I refuse to buy these products. Three reasons:

- 1) There is very very little organic sweet corn in Ohio. Corn needs more nitrogen than our soils offer. Therefore, fertilizer is used....and when used in the soils along the Ohio River, you can only guess where it goes.
- 2) I don't know the farmer....and it's too far of a distance from Cleveland.
- 3) It's usually a sugar enhanced variety.

The last one probably sounds foreign to you. Sugar enhanced? When farmers are picking out their seeds, they have a couple options. A sugar enhanced corn variety is one of them.

The sugar enhanced is desirable to the farmer for two reasons – it's cheap and it grows fast. A sugar enhanced seed has been bred to create a seed that is high in starch. The starch is the fuel for the plant to get started. Seeds with high amounts of starch have higher energy. They may then sprout from colder soils and grow faster.

To the farmer, the sugar enhanced seeds mean more corn faster – and at a lower price. Who wouldn't want that?

Well there is a tradeoff. Sugar enhanced seeds have all their starch at the beginning of the plants life, not at the end. As consumers of the corn, we want the starch in the kernels of corn on the cob. That's where the flavor is. It also allows the product to taste better for longer.

This week's corn is the season's first "super sweet" corn. Super sweet is a type of corn that has less starch in the seed but puts a lot of starch into the finished product. You'll taste the difference!

This corn was grown at Maize Valley Farm in Hartsville OH in their rich muck soils. In my opinion, they grow hands-down the best sweet corn. It's so good you can even eat it raw and enjoy it.

Easy Roasted Corn

Take the whole ears of corn and start soaking them in water. No need to husk them at all. Just put them in water for 30 minutes or more.

Take the wet ears of corn and place on a hot grill. Close the grill and start roasting the corn.

There is no magic trick to when it is ready. It's all preference. Because your corn is so fresh, you will only need 15 minutes or so on the grill. After 20 or 25, you may start getting some burnt ends, depending on how hot your grill is.



Stuffed Patty Pan Squash

Patty Pan squash is one of my favorites. It's very flavorful and easy to cook with. You can chop it and sauté it like summer squash. You may also carve out the seeds and roast it in the oven until done as well.

I prefer the latter. I quickly brown some of the chorizo in a skillet – not to the point that it is fully cooked. Then, I remove the chorizo and using the remaining grease, sauté some onions or chopped leeks. When the onions are just tender, add the

chorizo back in and mix them together. Add seasonings to taste. My favorites are a little chili powder, salt and pepper. The chorizo is already seasoned so no need for much.

Take the onions and sausage and stuff it in the squash. Add cheese on top or a little tomato sauce or chopped tomatoes. Roast it in the oven at 350 degrees for 45 minutes.

Scrambled Eggs and Ground Beef

Being a Clevelander, you have likely had corned beef hash and eggs. Of course, you crush your eggs over your corned beef hash, right? Well why not cook over beef? Or just cook them in?

Here is a simple breakfast treat. Break up some ground beef and sauté it with olive oil or butter. This may be done with old hamburgers too. Just add more oil/butter for moisture.

When the beef is browned, add some beaten eggs. Stir and toss with a spatula. Add salt and pepper. Done!

Upcoming Events

Hudson Wine Festival. Sat and Sun, July 17-18.
1 PM and on. Cost: \$20.

Location: near library in downtown Hudson
Come visit Fresh Fork serving up local favorites.

Here's our menu:

- 1) Berkshire Sausage bar with homemade beet horseradish sauce, arugula honey Dijon mustard, zucchini relish, and grilled onions and peppers.
- 2) Housemade Crostini with apricot jam, arugula, crumbled feta, and aged balsamic vinegar
- 3) Grilled Sweet corn with butter bath and salt
- 4) Hartzler's ice cream with locally made chocolate sauces

This is our local menu. It has been a busy week preparing for these two events. Stop by, have some fun, and try our fantastic foods!

Taste of Tremont. Sun July 18. 1 PM – 8 PM. Free. On Professor Ave between Fairfield and Jefferson. FFM will be in front of the Treehouse.

Anyone who was here last year knows about our sweet corn. We are doing it again and all the items listed under Hudson Wine Festival.

The Good Fork/Sexy Fork: www.thegoodfork.net

I came across "The Good Fork" last month through one of my customers. Chef Mary Wills is a classically trained chef who has returned to Cleveland to do something different. She's doing all local and sustainable catering, focusing on home dinner parties. Mary is partnering with us in Hudson this weekend to promote her business and home dinner parties...check out her website!