

## Package Contents:

- 1 lb kielbasa
- 1 lb grassfed ground beef
- 1 lb Krispy Treat granola
- 1 ham steak
- 1 pint maple syrup
- ½ lb mixed greens
- 1 head cabbage
- 1 loaf whole wheat bread
- Quarter peck Melrose apples
- 1 gallon apple cider
- 8 oz cream cheese

## Melrose Apples

The Melrose apple is the official state apple of Ohio. It was developed in the 1940s just south of Wooster, Ohio at one of the Ohio State University's Experiment Stations (now the OARDC). This farm today is Moreland Fruit Farm, a big supplier of apples to Fresh Fork.

The Melrose was developed by crossing the Jonathon and Red Delicious. It creates a large, sweet apple. The apple is really prized for its versatile uses. Not only is it a good eating apple, it also makes delicious sauce and because it is tender, can be a great baking apple as well. Try it in place of more sour apples in an apple pie. Don't use as much sugar, and you may need to adjust the baking time because the apple is softer already.

## Country Corncakes from the desk of Mrs. S. Walter Washington

In the winter months I travel a lot to conferences up and down the east coast. The conferences help me stay on top of the latest trends in agriculture and bring home new information to the farmers. They also introduce me to the most interesting people (who then contribute recipes to the newsletter).

At a conference in Winchester, VA a few years back I met gentleman who was very impressed with the Fresh Fork concept, and through a short conversation, discovered that our networks overlapped in Cleveland. We have become good friends and I often board at his home when traveling through the area.

Anyhow, he made me breakfast once from an old family recipe. Besides the flavor, the best part about the recipe is the family history. The Washington's are indeed relatives of George Washington. In fact, when I visit Walter I stay in the 1790's estate built by George's

brother, Samuel, in Charles Town, WV (named after George's other brother, Charles).

This simple recipe only requires a few ingredients and it is recommended that if you have a cast iron skillet, you use that as well.

### Ingredients:

- 1 / 4 cup corn meal
- 3 / 4 cup buttermilk
- 1 / 4 tsp + 1/8 tsp baking soda
- 1 / 2 to 1 tsp salt (to taste)
- 1 tsp sugar
- 1 tsp flour

Mix all the ingredients together with a whisk. Pour into a hot skillet greased with either bacon grease or oil. Cook until slightly browned.

## Making Sauerkraut

Sauerkraut is a great way to preserve cabbage, add flavor, and increase some of its health benefits by introducing healthy enzymes. "Fresh" sauerkraut is kraut that has not been heat processed. It is still alive. Any sauerkraut you buy off the shelf in the grocery store is dead and therefore lacks the healthy enzymes.

To make sauerkraut, you will need:

### Ingredients:

- Cabbage
- Sea salt
- Water

### Equipment:

- A food grade plastic bucket or ceramic crock
- A plate or device that fits inside the bucket to weigh down the kraut
- Patience

First, chop your cabbage. You can do this by hand, in a food processor, or with a box grater. I prefer my sauerkraut rough cut. This also affects how quick it ferments. Finely grated or chopped cabbage ferments faster.

As you cut the cabbage, throw it in your crock. Add sea salt as you go. Generally, a tablespoon or so per lb of cabbage is a good guideline. The salt extracts moisture from the cabbage and creates a protective brine. For most of the heads of cabbage this week, 5 tablespoons of salt will be plenty.

As you put the cabbage in the crock, start packing it down tight. Use either your fists (which may burn from the salt) or any utensil you can to crush

pack it down. Continue this process until all the cabbage is in the crock.

Let the cabbage sit for about 24 hours. As you walk by, periodically crush it down more. The salt should start to pull out moisture. Cover the cabbage with the plate or stopper to keep it down.

If on the next day, there isn't enough moisture to cover the cabbage, add salt water. The brine should completely cover the cabbage and the plate. Place a weight on the plate to keep the cabbage down. You can improvise on the weight. I have a gallon of windshield washer fluid sitting on top of mine!

Keep the crock in a room temperature area. At cooler temperatures, it will take much longer to ferment. After about a week, you will notice a foam at the top of the water. This scum is a reaction between the air and the water. Your kraut is fine. Just scrape that off and add more salt water if needed.

After a few weeks, start to taste the sauerkraut. You can start to eat it at anytime, but it will get softer and stronger in flavor as it ages longer. You can eat the kraut raw or cook it.

## Braised Sauerkraut

I adapted this recipe from Mastering the Art of French Cooking. Start by washing your kraut (5 cups). Let it soak in a bowl of cold water for about 20 minutes. Drain the kraut and squeeze out excess moisture.

Chop a half lb of bacon up into large chunks, about 2 inches. Simmer the bacon in 2 qts of water for 10 minutes. Drain the water. Add thinly sliced carrots and a cup of sliced onions. Add about 4 tablespoons of butter. Cook on medium heat for 10 minutes in a covered pan. Add the kraut, toss with other veggies and fat, and cover and cook for 10 minutes more.

Create a spice packet with cheesecloth. Use a bay leaf, 6 peppercorns, 4 sprigs of parsley, and 10 juniper berries. If you don't have juniper, use ¼ cup of gin. Bury the spice packet in the kraut, add 1 cup dry white wine, and 2-3 cups beef stock. The kraut should be covered. Season with salt and bring mixture to a simmer. Remove from heat, cover with a piece of buttered parchment paper.

Place casserole in 325 oven. Cook for 4 to 5 hrs, or until kraut absorbs all the liquid. Season as needed.