

Small CSA Contents:

- 2 bags Mrs Miller's dried egg noodles
- 1 red onion
- 1 candy onion
- 4 oz piece of brie cheese
- 1 half gallon milk
- ¼ peck Early Gold Apples
- 1 lb cling peaches
- 1 large green cabbage
- 1 green goddess cantaloupe
- 2 zucchini
- 2 squash

Vegan Substitutes:

- 2 lbs fairy tale eggplant
- 1 delicata squash
- 2 honey ear squash

Large Add-Ons

- Traditional Small Bag plus the contents below
- 1 lb Italian Sausage, 4 links
- 4 sausage buns
- 6 ears sweet corn
- 4 hot Hungarian peppers

Brie Cheese

OK, our "brie" isn't a "real brie." Only cheeses made in the French province of Brie may be called Brie cheese. This is similar to wines from France and other "old world" regions.

But we'll call it Brie anyhow to keep from confusing you. Brie is a soft, salty cheese made from cow's milk. The rind is edible. The cheese is great served uncooked as well as cooked.

A popular way to prepare brie is to wrap it in a pastry crust with toppings. Try spreading raspberry jam or other fruit preserves inside the pastry when baking. It will be a sweet and savory treat.

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.

Pasta with zucchini and bread crumbs by P Bosley

Slice the zucchini and/or yellow squash in thin circles. Use two saute pan. While the pasta is cooking saute the zucchini in butter. In the second pan combine a generous

amount of bread crumbs with olive oil. Heat this pan. The combination should have the consistency of a sauce. When the pasta is cooked and drained add it to the bread crumb sauce. Add the zucchini and plenty of salt and pepper. This is a great example of cooking like a poor person. It reminds us of the Italian cookbook author Carol Fields comment: We were better off when we were worst off. In other words when one is forced to create with no frills he is forced to make the dish flavorful and filling.

Steamed Cabbage by P Bosley

Wedges of cabbage, trimmed of the core but still held together is a great vegetables. Place the wedges with a quarter inch of water in a pan for which you have a tight fitting lid. Place over medium heat. Bring the water to a boil and lower the heat. Check often and add more water if necessary. There must always be water covering the bottom of the pan. Cook until the cabbage is tender but still retains a little crunch. Remove the wedge of cabbage and let them drain for a minute. Season with salt and pepper and plenty of butter.



Peach trees growing on Sages Orchard, Chardon. They aren't very big trees at all.

Caramelized Onions by P Bosley

Making caramelized onions takes some time and patience. Cut the onion(s) in half vertically, from top to the root, and peel. Lay the onions halves, flat side down, on the cutting board. Slice very thin. Saute the onions over medium heat with butter. Stir constantly using a spatula to turn the sliced onion over and over itself. Adjust the heat

and add more butter from time to time. It is very important the onion doesn't burn or become really brown. Continue this process until the onions are very soft. They will take on color.

Add some red wine or Balsamic vinegar to deglaze the pan. Raise the heat and evaporate the liquid. Add water and reduce again. Repeat this process—adding water and reducing. Use the spatula to scrape the bottom of the pan. When the onions are very soft, completely cooked, evaporate all moisture.

Store in the fridge or freeze for later use. A very good combination is to use red onion and a generous amount of Port or sweet vermouth.

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.

Cabbage and Noodles

You can use butter or olive oil. Shred some cabbage, about 2 cups per person/serving. Saute the shredded cabbage over medium heat. Soften the cabbage slowly. It should retain a little crunch. Adjust heat to avoid burning edges of the cabbage. Cook the noodles in boiling salted water. Drain the noodles and combine with the cabbage. Season the cabbage and noodles with salt and pepper. Add some minced parsley. This is a good dish if you prefer a meatless meal. It would also be good with grilled meats or chicken.

Upcoming Events

Fresh Fork and Lucky's Café Wine Dinner. Sat Aug 7, 6 PM. \$60 per person, \$110 per couple.

Location: Lucky's sister location, Vine and Bean on Larchmere.

On August 7th, join Fresh Fork and the staff from Luckys/Vine and Bean on the patio of the Vine and Bean restaurant on Larchmere in Shaker Heights. This is Chef Heather Haviland's new east side location.

James Beard award winning Chef Heather Haviland and Chef Ky-Wai Wong have prepared an entirely local menu focused around "birds." The feature courses will include both locally raised duck and chicken.

For a full menu, check out the events calendar at www.freshforkmarket.com.

To RSVP by August 2nd, call 216-707-3333.