

Package Contents:

- 2 lb hamloaf
- 1 lb ground pork
- 1 lb grassfed ground beef
- 2 lbs Hartzler salted butter
- 1 pint mild Hungarian peppers
- 1 lb turnips
- 3 lbs sweet potatoes
- 1 lb organic granola
- 1 lb whole wheat linguini
- 1 dz eggs

Hamloaf

Hamloaf is nothing more than a meatloaf using ground ham and a sweet glaze on top. There are countless variations...below I'll list a few I've seen and some proportions to keep in mind when making your ham loaf.

Ground Ham and Ground Pork

Mix together, in a 2-1 ratio, the ground ham and ground pork. The meat should be cold and remain cold for best results. As meat warms up, it loses its structure and the consistency of the final product won't be right.

Add some chopped onions or peppers (to your liking) and mix, by hand, together. Add approximately a cup of unseasoned breadcrumbs, 2 eggs, half cup milk, and a quarter teaspoon each of salt and pepper. You may have to adjust the breadcrumbs up some if the eggs are exceptionally large...just work the recipe a bit until your desired consistency...but not so much that you overwork the meat and warm it up.

Form the meat into a loaf shape or place in a loaf pan. Bake at 350 for approximately an hour and fifteen minutes or until a thermometer reads 165 degrees. Glaze the loaf the last 15 minutes of baking.

Ground Turkey and Ham

A healthier version would be to substitute ground turkey for the ground pork. Unfortunately I don't have access to this (yet). On a side note...I got my first samples of turkey sausage in....just a little luck on our HACCP plan and inspection and maybe we'll have turkey sausage soon!

Glaze Topping

There are countless glazes you can develop for the ham loaf. As a sweetener in any of them, consider the sorghum syrup, maple syrup, honey, or simply brown sugar.

A simple glaze includes a sweetener, solvent, and something "biting." Think holiday hams. Try a cup of sugar to a half cup of cider vinegar. Add a tablespoon or two of mustard powder to your

liking. If you are using honey or sorghum you may have to play around a bit with the vinegar as to not have too runny of a glaze.

Turnips

Turnips are very hardy, easy to grow crop with versatile use. Their flavor raw is similar to a radish. When cooked, they become more mild. Here is a short list of possible uses for a turnip:

- Shaved and used in a salad or cole slaw
- Sliced and served raw on a salad
- Boiled or steamed and served as a side vegetable
- Boiled and mashed. Mix with mashed potatoes to add nutrients and add a slight twist to your potatoes
- Use in soups to add texture and flavor
- Roasted in olive oil in the oven with other root vegetables such as beets and carrots for a roasted "crudites"
- Try slicing and pan-frying in butter...

Sweet Potatoes and Apple Casserole

Start by cooking your sweet potatoes until they start to get soft. You may either roast them in the oven (or cheat in the microwave) or boil them.

As the potatoes are cooling, core two large apples. Slice them in thin slices. Melt about a tablespoon of butter in a skillet; pan fry the apples until they start to get tender.

Slice the potatoes into thick slices, skin on. Lay them out in a shallow baking pan lined with butter. Sprinkle lightly with salt. Add the apple slices on top of the potatoes and mix about a quarter cup of sorghum with a quarter cup of hot water. Pour this mixture over the potatoes. You may add nutmeg or cinnamon if you desire. Bake at 350 for about 30 minutes.



Summer CSA bounty...on display at fundraiser at Bay Village Bay Arts

Summer CSA Signup

Many of you have likely already seen the email blast and signed up. However, I wanted to bring this to everyone's attention again.

The summer CSA starts on May 26th and continues for 22 weeks, thru the end of October. The program this year will be very similar to the last two years. We will have 3 sizes of packages, a small, a large, and the "full access," where you pick out part of the package online.

Sign-ups are now available online at

www.myfreshfork.com. \$25 holds your spot. I'll send a survey in April to spot-holders to finalized pickup location, package type, etc details.

The full summer CSA details can be found at www.freshforkmarket.com. Here is a quick highlight of a few changes this year that should make the CSA a better experience:

- More pickup locations...better times – Our customers have been asking for more locations and more times. There will now be Thursday evening pickups available and four new locations, including Cleveland Hts, Solon, Lakewood, and Strongsville
- More education – more recipes, some video, and hands-on workshops
- Community – I want my customers to participate more this year. There will be "product councils" to help me find and develop new products and "dinner parties" so that customers can teach each other!
- Technology...I have hired a local Cleveland firm to build a mobile checkin device that will run off of an Android tablet. We will have better tracking of vacations, bags, and payments.
- Bag Deposit – the technology will allow us to accurately track the flow of green bags...which is a huge problem in the summer
 - More products. I've been diligently meeting with producers to plan out the summer production. I'm also looking for a "wish list" from you. If there is anything in particular that you want to see in the summer time, please email me directly. I'm open to anything.

Thanks. I look forward to seeing everyone this summer. Spot are selling quickly so please reserve your spot soon, preferably before April 1.