



Summer Newsletter

Week 11



Dear Robert,

WESTLAKE STOP IS MOVING

After many years, our Westlake stop is moving. Our new location is at the St. John’s Medical Center at the intersection of Center Ridge Road and Crocker Road. Westlake customers can look for a more detailed email to come this afternoon, and everyone can find more details when we update the website later today.

Our second canning party is this Saturday. We are going to can tomatoes. The event will be held at the Cleveland Culinary and Launch Kitchen from 8 am to noon. We will be canning tomatoes and making tomato sauce. How much we get done depends on the group. If you would like to join in and take home your share of the canning, [Register Now!](#)

We now have Guernsey milk heavy cream! We have been working with this producer for some time on developing other products for their milk. They now have a separator and are able to produce cream and skim milk. We just added the heavy cream to our inventory. It is rich and delicious and a great addition to our line up. To read up on our milk product check out this page: [Milk](#). And to order the cream, follow this link: [Shop](#)

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## Trevor's Corner

This season seems to be the toughest year so far for many of our growers. I've never had an August where eggplant, corn, and peppers aren't readily abundant. Last week was a prime example. We were basing our projections off of corn that was nearly mature the Thursday prior. A week later, we were only about to get 50 dz ears per day. That's about 8 to 10% of what I buy in a day. Our primary grower in Hartville is nearly 6 weeks late with his first corn and has had nothing to date. My backup grower is struggling with raccoon, birds, and cool nights.

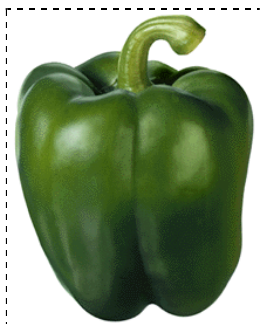
Last year at this time, I was waist high in corn from several farmers. We had so much that I bought a corn cutter and husker and was putting sweet corn away for winter. In fact, by mid-October we had 20,000 # in the freezer. This year, I can't get a firm answer if we will get any volume before the end of the month! Last week, we could not even get enough for any of our larger stops at all. A few of the smaller stops were the lucky recipients of corn last week. Those who did not get corn will receive them over the next few weeks when we can finally get a real shipment in – it will be a bonus on a week where corn isn't featured. We chose to do this because the available substitutes last week were cabbage, cucumbers, and zucchini/squash, which I imagine is getting quite boring by this part of the season. That's why we didn't make any substitutions-we know it is coming, it is just a matter of when.

This leads right into a good topic that I'll share with you. Our relationship with our farmers. We have taken several years developing a relationship with our farmers. We trust them. We like them. We are essentially partners. So what to do when one of our best producers is having a tough year? Do we kick him to the curb and look for a new one? Heck no. We stand by our farmers in both good years and bad.

## What's In The Bag?

### Small Omnivore

- 1 pound ground beef
- 1 yellow doll watermelon
- 1 bunch green onions
- 1 bunch radishes
- 1 pound dragon tongue beans
- 1 candy onion
- 1 pound tomatoes
- 2 green peppers
- 1 pint blueberries or blackberries
- 1 sleeve green leaf lettuce



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## Ingredient Spotlight

### Personal Cantaloupe

- These cantaloupes are fully ripe and perfect for lunches and snacks. The small size makes them super portable and the kids will love them as a snack or dessert. For a real treat, scoop out the seeds and fill with a scoop of vanilla ice cream.

### Yellow Doll Watermelon

- Surely you have had watermelon before, but you may not have tasted this watermelon variety. It is called Yellow Doll- yellow because of its sweet yellow flesh and doll because of its smaller size. This is an early variety, so is often the first on the market. It features a sweet flesh that is both crisp

### Small Vegetarian

- 2 personal cantaloupe
- 2 zucchini or summer squash
- 1 8 oz package of smoked cheddar
- 1 yellow doll watermelon
- 1 bunch green onions
- 1 bunch radishes
- 1 pound dragon tongue beans
- 1 candy onion
- 1 pound tomatoes
- 2 green peppers
- 1 pint blueberries or blackberries
- 1 sleeve green leaf lettuce

### Small Vegan

- 2 personal cantaloupe
- 2 zucchini or summer squash
- 1 pack Luna burgers (vegan patties)
- 1 bunch Tuscan kale
- 1 yellow doll watermelon
- 1 bunch green onions
- 1 bunch radishes
- 1 pound dragon tongue beans
- 1 candy onion
- 1 pound tomatoes
- 2 green peppers
- 1 pint blueberries or blackberries
- 1 sleeve green leaf lettuce

### Large Omnivore

- 1 pound ground beef
- 1 yellow doll watermelon
- 1 bunch green onions
- 1 bunch radishes
- 1 pound dragon tongue beans
- 1 candy onion
- 1 pound tomatoes
- 2 green peppers
- 1 pint blueberries or blackberries
- 1 sleeve green leaf lettuce
- 2 eggplant
- 1 package rolled oats (1.5 #)
- 1 pound ground lamb
- 2 personal cantaloupe
- 1 pint cherry tomatoes
- 2 Hungarian hot peppers

### Large Vegetarian

- 4 personal cantaloupe
- 2 eggplant
- 1 package rolled oats (1.5#)

and delicious.

Most folks enjoy this melon on its own. For a twist, make a vinaigrette of 3 parts sunflower oil and 1 part acid (lemon juice or vinegar- my favorite with this is champagne vinegar). Cut the melon into 1 inch cubes and toss with chopped lettuce and vinaigrette. This is a suggestion from Parker Bosley and I love it. Try this awesome salad adapted from Epicurious: [Tomato and Watermelon Salad](#)  
[Ground Lamb](#)

Yes, we carry lamb. Our lamb is pasture raised and grass fed. It makes for a delicious final product. This lamb is from a farmer outside Wilmot, OH. Crist Miller is the producer. Bar Cento uses it in their meatballs and the Grovewood Tavern uses it for specials.

If you have not had lamb at home, it cooks about like ground beef, just don't overcook it for best results. Try blending it with other meats in your favorite meatloaf or meatball recipe. Try frying it in chunks and making a simple yogurt sauce for homemade gyros.

### Hungarian Hot Peppers

These babies are not for the faint of heart. Use sparingly if you are not a fan of hot foods. Hot peppers can have health benefits. We don't make health claims but some people use hot peppers for a variety of gastric and inflammation issues.

Here are some tips when dealing with hot peppers:

- 1 pint cherry tomatoes
- 2 Hungarian Hot Peppers
- 1 pound Ohio City Pasta linguine
- 1 package Luna Burgers
- 2 zucchini or summer squash
- 1 8 oz package of smoked cheddar
- 1 yellow doll watermelon
- 1 bunch green onions
- 1 bunch radishes
- 1 pound dragon tongue beans
- 1 candy onion
- 1 pound tomatoes
- 2 green peppers
- 1 pint blueberries or blackberries
- 1 sleeve green leaf lettuce

## Recipes

### Moroccan Spiced Stuffed Peppers

*This is an interesting version of stuffed peppers. It comes from Food.com and the only change that I make is to substitute spelt berries or wheat berries for the rice.*

- 5 large green bell peppers
- 1 1/2 cups short grain brown rice, cooked
- 1 lb ground lamb
- 1/2 teaspoon salt
- 3 garlic cloves, minced
- 2 tablespoons lemon juice
- 1/4 cup fresh mint, finely chopped
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 2 cups chicken broth

Directions:

Cut the tops of the peppers, remove the core & seeds.  
Place the peppers in a large saucepan with salted water. (The water should cover the peppers.).  
Bring the water to a boil, then cover and simmer on low 5 minutes. Drain peppers upside down on paper towels.  
Brown lamb and garlic in a large skillet over medium heat.  
Remove from heat; stir in lemon juice, mint, spices, cooked rice and 3/4 cup of the broth.  
Stuff peppers with mixture. Stand stuffed peppers in remaining broth in a large saucepan.  
Bring to a boil then reduce heat to low. Cover and simmer 15-20 minutes until peppers are just tender.

Wear gloves to keep oils off of hands when cutting and chopping.

The seeds and the spines have the most capsaicin, so remove them for milder results.

Blend hot peppers with vinegar in the Vitamix for a simple hot sauce.

Peppers dry well. Use a dehydrator or dry on very low heat (under 200 degrees) in the oven for several hours with a wooden spoon holding the door open.

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## Stuffed Pepper Soup

3 cups cooked spelt berries (omit for paleo diet)  
1 lb ground beef  
1 cup chopped green bell pepper  
1 cup finely diced onion  
3 cloves garlic, chopped  
12-15 chopped tomatoes  
1 3/4 cups tomato sauce  
2 cups chicken broth  
1/2 tsp dried marjoram  
salt and fresh pepper to taste

Directions:

In a large pot or dutch oven, brown ground meat on high heat and season with salt. Drain fat if any, reduce heat to medium-low, then add peppers, onions and garlic. Cook about 5 minutes on low heat.

Add tomatoes, tomato sauce, chicken broth, marjoram and season with salt and pepper to taste. Cover and simmer on low heat for 30 minutes. Serve about 1 1/3 cups of soup in each bowl and top with 1/2 cup cooked spelt berries.

Makes about 9 1/2 cups. adapted from skinnytaste.com

## Swiss Beef and Tomatoes

8 potatoes, cut into 4 wedges each  
2 tablespoons sunflower oil  
1 1/2 teaspoons kosher salt, divided  
1 1/2 pounds ground beef  
1 large egg, lightly beaten  
1/2 teaspoon ground black pepper  
1 onion, sliced  
12-15 diced tomatoes  
1/2 cup chicken stock  
Chopped fresh basil

1. Preheat oven to 425°. Toss together potatoes, oil, and 1/2 tsp. salt in a bowl. Spread potatoes in a single layer on a pan, and bake 35 to 40 minutes or until golden and tender.
2. Meanwhile, stir together beef, egg, pepper, and remaining 1 tsp. salt in a large bowl. Shape into 6 (3 1/2-inch) patties.
3. Cook patties in a large skillet over medium-high heat 4 to 5 minutes on each side or until browned. Remove patties, reserving drippings. Sauté onion in hot drippings 2 minutes. Add tomatoes & stock. Cook, stirring occasionally, until tender.
4. Return patties to skillet; spoon tomato mixture over patties.

Cover and cook 15 minutes; uncover and cook 5-10 minutes.  
Sprinkle with basil, if desired. Serve with potatoes.

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