



545 Carlisle Rd.
Biglerville, PA 17307
hollabaughbros.com | 717.677.8412



Hollabaugh Bros, Inc. Spring CSA - Week 1

Box contents:

Evercrisp Apples, Broccoli, Spring Onions, Carrots, Snow Peas, Radishes, Green Leaf Lettuce

Dairy Add-on contents:

AVC Milk (Skim, 1.5%, Whole, or Chocolate), Butter, Shredded Cheese

Welcome to the first week of our spring CSA program! We're excited about this program and delighted that you have decided to participate. We look forward to bringing you the best fresh fruits and vegetables of the start of the growing season, along with information about how to store and prepare each item in your share. This week's share is a perfect example of what it means to be a true CSA participant. As the CSA progresses, you'll see more of the fruits and vegetables that are synonymous with spring!

How it works: Each week, you'll receive a reminder email to check the website for this packet (<https://hollabaughbros.com/our-market/csa/csa-members-only/>). It'll be filled with recipes, fun facts, and storage/preserving instructions. In each recipe, ingredients that are in this week's box will be bold-faced. Items in recipes marked with an asterisk are also available in the farm market and may be added to your box for an additional charge. If you'd like to add anything to your box, just give us a call or email before you come and we'll be happy to have it ready for you!

We'd appreciate your feedback, too. Have a recipe to share or a tip to pass along? Please do so, and please share on our CSA Facebook Group (<https://business.facebook.com/groups/hollabaughcsa/>)! We look forward to spending the next 8 weeks with you. Thanks for supporting sustainable, local agriculture and our family farm!



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Evercrisp Apples

The EverCrisp is an exciting new apple! A cross between the popular Honeycrisp and Fuji apples, this new variety was released in the mid-2010's by the Midwest Apple Improvement Association after two decades of development! This rosy-red blushed apple is sweet, juicy, crisp, and densely firm, maintaining sweetness and firmness like no other apple.

Storage and Use

The EverCrisp has been proven to last weeks just sitting out on your counter. If not using right away, store your EverCrisp at a constant cool temperature (36°F is ideal for apples) and they will keep for months! EverCrisp is best for eating fresh but can be used for baking in a pinch.

See below the recipe for [Broccoli and Apple Autumn Slaw](#) under **Broccoli**.

See below the recipe for [Waldorf Salad](#) under **Green Leaf Lettuce**.

Mom's Apple Fritters

Ingredients

2 **apples**, peeled and diced
½ cup flour
½ teaspoon salt
1 egg*
½ cup milk*
¾ teaspoon baking powder

Directions

Mix all ingredients together and drop a spoonful on hot, lightly greased griddle or fry pan. Brown quickly on both sides and sprinkle with 10X sugar. Recipe Note: A family favorite. One batch is never enough! (Dorothy Ernst; Hollabaugh Bros., Inc.)



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Broccoli

Broccoli (*Brassica oleracea*) is a cruciferous cousin of the cabbage. Its name is actually derived from the Italian for “flowering head of the cabbage.” It was intentionally cultivated through careful breeding in the northern Mediterranean during the sixth century B.C. Broccoli was introduced to the United States by Italian immigrants and has only recently been added to the North American diet (circa 1920s).

Broccoli packs a powerhouse punch of health benefits. It is high in vitamin C and fiber and contains multiple nutrients with anti-cancer properties. A single serving provides more than 30 mg of vitamin C and a half cup provides 52 mg. It is rich in lutein and is part of a heart-healthy diet.

Storing and Using

Place unwashed broccoli in a plastic bag, remove as much air as possible, and store in the refrigerator. Use within 10-12 days. Once broccoli is cut, the vitamin C begins to degrade, so plan carefully how you will use your vegetable. Be aware that boiling reduces the nutritional value. Steam your broccoli instead and consider retaining the liquid for vegetable stock (cool and freeze in a large container, adding vegetable scraps and cooking liquid until you have enough to make a good veggie stock).

Rinse broccoli under cold running water. Cut florets into quarters for quick and even cooking. Be sure to enjoy the stems and leaves of broccoli; they provide a good balance of flavors and are rich in nutrients. Peel the broccoli stem and cut the stem into 1/2" slices. Broccoli may also be sautéed, stir-fried, roasted, and used in soups, casseroles, and lasagnas.

Chicken and Broccoli Casserole

Ingredients

1 chicken breast	2 heaping teaspoons curry powder
1 can cream of mushroom soup	½ stick butter*
½ cup mayo	½ package stuffing mix
½ cup milk*	1 head broccoli

Directions

Boil chicken, dice, and place in bottom of 8x8 casserole dish. Cut broccoli into small pieces. Cook broccoli in chicken water until still crisp, but tender, about 4 minutes. Place broccoli in dish on top of chicken. Combine soup, mayo, milk, and curry powder. Mix and layer on top of broccoli. Melt butter and mix with stuffing mix, then layer on top. Bake at 350° for 20-30 minutes. Serves 4. (Courtesy of Cindy Baugher; Hollabaugh Bros., Inc.)



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Broccoli and Apple Autumn Slaw

Ingredients

½ cup plain low-fat yogurt
¼ cup mayonnaise
1 T. cider vinegar*
1 small shallot, finely chopped
Kosher salt and black pepper
1/2 bunch **broccoli**, finely chopped (3 cups)
1/2 **apple**, finely chopped
¼ cup dried cranberries*
2 T. toasted pine nuts

Directions

In a large bowl, stir together the yogurt, mayonnaise, vinegar, shallot, ¾ teaspoon salt, and ½ teaspoon pepper. Add the broccoli, apple, cranberries, and pine nuts and toss to combine. Serves four.



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Spring Onions

Scallions, or **spring onions**, are different from other onions due to the fact that they must be eaten young. The roots have a moist, thin skin with white flesh that is crisp and sweet. The green stems are hollow and are bitter compared to the root. Spring onions are most commonly utilized raw, although they can be flash blanched and grilled which brings out more of the sweet elements of the onions.

Because spring onions are immature and full of moisture, they need to be refrigerated in a tightly sealed plastic bag where they will last for a couple of weeks.

See below the recipe for **Microwave Sweet and Spicy Carrots with Scallions** under **Carrots**.

Couscous with Scallions

Ingredients

1 tablespoon canola oil
1 1/2 cups fat-free reduced-sodium chicken broth or water
1/2 cup chopped scallions
1 cup plain couscous
2 tablespoons chopped flat-leaf parsley, optional
Salt and freshly ground black pepper

Directions

In a medium saucepan, combine the oil and chicken broth or water, and bring to a simmer. Stir in the scallions and couscous and cover the pan. Remove the pan from the heat and let stand for 5 minutes. When the couscous has absorbed all the liquid, fluff it with a fork, and add the parsley, if using, and salt and pepper. Serve warm. (Courtesy of: Amanda Cushman; Food Network)



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carrots

The carrot (*Daucus carota*) is a root vegetable from the parsley family. It has lacy green leaves and a long slender orange root. Baby carrots are often more tender, but are less flavorful because of their immaturity. Carrots come in almost every color: red, black, yellow, and white; orange carrots came later. First cultivated in Afghanistan, carrots originally had purple exteriors and yellow flesh. It was the Dutch who cultivated the bright orange carrot during the Middle Ages. Carrots are rich in Vitamin A.

Storage and Use

Remove leaves immediately because they rob the root of moisture (Note: You can eat the carrot greens or include them in fresh salads.). Keep carrots away from apples which emit a gas which causes carrots to become bitter. Refrigerate in a plastic bag. Older carrots may need to be peeled. Younger carrots may be eaten skin on. Wash well. Carrots may be chopped and boiled, fried or steamed, and cooked in soups or stews. They are also enjoyed raw or grated in salads or slaws.

See below the recipe for [Roasted Radishes and Carrots](#) under **Radishes**.

See below the recipe for [Gingered Stir-Fry with Shrimp and Snow Peas](#) under **Spring Onions**.

Microwave Sweet and Spicy Carrots with Scallions

Ingredients

1 1/2 pounds **carrots**, peeled and tops trimmed
2 tablespoons unrefined coconut oil
1 tablespoon light brown sugar, lightly packed
1/2 teaspoon ground cumin
1/4 teaspoon crushed red pepper
Kosher salt
2 tablespoons white distilled vinegar
2 **scallions**, thinly sliced on a deep bias

Directions

Cut the carrots using a roll-cut: one carrot at a time, slice diagonal chunks from the carrot, rolling it a quarter-turn between cuts to create faceted bite-size pieces. Combine the coconut oil, brown sugar, cumin, crushed red pepper and 1 teaspoon salt in an 8-inch square baking dish. Microwave on high until just melted, about 30 seconds. Stir in the vinegar and carrots. Cover with a vented lid or plastic wrap with 6 small holes poked in it. Microwave on high for 5 minutes. Uncover, being careful to avoid the steam, and give the carrots a stir. Cover again and microwave on high, stirring every 5 minutes, until the carrots are tender and have absorbed most of the liquid, about 10 more minutes. Uncover and stir in all but 1 teaspoon of the scallions. Transfer to a serving dish, top with the reserved scallions and serve immediately.



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Snow Peas

Snow peas have pale green pods and contain petite, flattened peas. Pods are wide and flat, measuring approximately two to three inches in length. Both the peas and pod are edible and have a sweet pea flavor and tender yet crisp texture. Along with sugar snap peas, snow peas are part of a group of peas botanically known as *Pisum sativum* var. *macrocarpon*. Members of the Fabaceae family these peas are known for their tender edible seed pods. Native to the Mediterranean region snow peas were a popular variety of pea in Europe in the nineteenth century. From there they spread to China where they were quickly adopted as the preferred pea variety and to this day are a quintessential ingredient in Oriental cuisine.

Storage and Preparation

Fresh peas can be kept in a plastic bag in the refrigerator for up to ten days. After this time, the peas will become starchy and lose their juiciness. Prepare your peas by washing them well, pulling the stems off, and trimming the ends. Commonly used in stir-fries, fried rice and noodle dishes, the snow pea's crunchy texture and fresh flavor will also complement soups, curries and meats prepared in a rich sauce. Snow peas can also be used raw in salads.

Snap Pea, Radish, and Cucumber Salad

Ingredients

- 1/2 pound **snow peas** or sugar snap peas, trimmed and, if large, halved diagonally
- 1 cucumber*, halved lengthwise and seeded
- 1 bunch **radishes** (1 pound)
- 1/4 cup sesame seeds, toasted
- 1 tablespoon seasoned rice vinegar
- 1 teaspoon cider vinegar*

Directions

Cook peas in a saucepan of boiling salted water just until they turn a brighter shade of green, about 30 seconds. Drain in a colander and rinse under cold water to stop cooking. Cut halved cucumber and radishes crosswise into 1/4-inch-thick half moon slices. Toss peas, cucumber, radishes, and sesame seeds with vinegars and season with salt and pepper.

(Source: Food Network)



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Gingered Stir-Fry with Shrimp and Snow Peas

Ingredients

1/2 cup chicken stock or low-sodium broth
2 tablespoons low-sodium soy sauce
1 teaspoon Chinese chile-garlic sauce
1 teaspoon cornstarch
2 tablespoons vegetable oil
1/4 cup fresh ginger*, cut into fine matchsticks
1/2 pound **snow peas**
1 pound medium shrimp, shelled and deveined
4 small **scallions**, thinly sliced on the diagonal
Steamed rice, for serving

Directions

In a small bowl, whisk the chicken stock with the soy sauce, Chinese chile-garlic sauce and cornstarch. In a large nonstick skillet, heat the vegetable oil until shimmering. Add the ginger matchsticks and stir-fry over moderately high heat until they are softened, about 1 minute. Add the snow peas and stir-fry until crisp-tender and the ginger is beginning to brown, about 2 minutes. Add the shrimp to the skillet and stir-fry for about 1 minute. Add the scallions and stir-fry for 30 seconds. Whisk the chile sauce, add it to the skillet and stir-fry until the shrimp are opaque throughout and the sauce is thickened, about 1 minute longer. Serve with steamed rice. (Courtesy of: www.foodandwine.com)



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Radishes

Radishes (*raphanus sativus*) are edible roots with a taste that ranges from mild to peppery. The most common variety in the US is the Red Globe. A member of the mustard family, radishes were first cultivated in China, then in Egypt and Greece, where the vegetable was so highly regarded that gold replicas were made of it. In ancient Greek and Roman culture, radishes were grown for winter storage and often weighed 50 to 100 lbs. each. They were eaten cooked or raw and seasoned with honey and vinegar. Store radishes in perforated plastic bags in the refrigerator for up to one week. To prepare, cut off root ends. Soak in ice water to increase crispiness.

Radishes are versatile and tasty. Consider these quick and easy ways to incorporate radishes into your meal and snack planning:

- For extra crunch and bite, add sliced radishes to stir-fry.
- Stir chopped or sliced radishes into tuna, egg, potato or chicken salad.
- Thinly sliced radishes make a tasty, fresh garnish sprinkle over New England clam chowder or other milk-based soups.
- For an unusual vegetable side dish, sauté quartered radishes in butter until crisp-tender, about 2 minutes; sprinkle with cracked black pepper.
- Bagels spread with cream cheese and sliced radishes make a quick appetizer or snack.
- Roast radish halves brushed with oil at 450 degrees F for 15 minutes. Great with roast beef or chicken.
- A combination of mayonnaise and chopped radishes makes a tangy instant spread for ham or roast beef sandwiches.
- Thinly slivered radishes stirred into rice pilaf add both spice and crunch.

See above the recipe for [Snap Pea, Radish, and Cucumber Salad](#) under **Snow Peas**.

Roasted Radishes and Carrots

Ingredients

1 bunch small to medium **radishes**, about 12
12 baby **carrots**
1 tablespoon olive oil
1 teaspoon dried thyme
Kosher salt and freshly ground black pepper
Lemon* half

Directions

Preheat the oven to 450 degrees F. Place the radishes and carrots on a baking sheet and toss with the olive oil, thyme, salt, and pepper. Roast until tender yet firm in the center, about 20 minutes. Squeeze with a little lemon juice and serve. (Source: Melissa d'Arabian, Food Network)



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Green Leaf Lettuce

Green leaf lettuce is a variety of loose-leaf lettuce. It is characterized by tender, delicate, fully flavored leaves in a loose bunch. Like all lettuces, green leaf lettuce is a very low calorie green vegetable. It is great source of Vitamin A, Vitamin K, and Vitamin C, as well as the minerals iron, calcium, magnesium, and potassium.

Wash your green leaf lettuce, dry it, and then store it in the refrigerator in plastic bag. It should stay fresh up to seven days.

Waldorf Salad

Ingredients

- 1/2 cup walnuts halves
- 1/2 cup non-fat yogurt
- 2 tablespoons light mayonnaise
- 2 tablespoons minced fresh flat-leaf parsley
- 1 teaspoon honey*
- 1/2 lemon*, zest finely grated
- Freshly ground black pepper
- 2 large crisp **apples**
- 2 ribs celery (with leaves), sliced into 1/2-inch-thick pieces (leaves chopped)
- 1/4 cup golden raisins
- 1/2 lemon*, juiced
- 1 head **lettuce**, trimmed, washed, and dried

Directions

Preheat the oven to 350 degrees F. Spread the nuts on a baking sheet and toast in the oven for 8 to 10 minutes. Cool and break the nuts up into small pieces. Whisk the yogurt, mayonnaise, parsley, honey, and lemon zest in a large bowl and season generously with pepper. Halve, core, and cut the apples into 3/4-inch pieces, leaving the skin intact. Add the apples, celery and raisins to the bowl, and sprinkle with the lemon juice; then toss with the dressing. Cover and refrigerate if not serving immediately. When ready to serve, toss walnuts into the salad. Arrange the lettuce leaves on a large platter, or divide them among 4 salad plates. Place the salad on the lettuce and serve. (Courtesy of: Food Network)



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Low Carb Lettuce Burgers

Ingredients

Sauce:

- 1/4 cup Greek yogurt
- 2 tablespoons adobo sauce (from canned chipotles in adobo)
- 1 tablespoon Dijon mustard*
- 2 dashes Worcestershire sauce

Burgers:

- 2 pounds ground chuck*
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 5 dashes Worcestershire sauce

Toppings:

- 1 head **green leaf lettuce**
- 2 avocados*, sliced
- 1 tomato*, sliced
- 1/4 red onion*, thinly sliced into rings
- 12 small sweet pickles*, chopped

Directions

For the sauce: Mix together the yogurt, adobo sauce, mustard and Worcestershire sauce in a small bowl. Set aside. For the burgers, combine the ground chuck, salt, black pepper and Worcestershire sauce in a bowl. Form four patties and set aside. Heat a skillet over medium-high heat. Cook the patties until done in the middle, 4 to 6 minutes per side. Cut the base of each lettuce leaf on the head and carefully peel it away so that it stays as intact as possible. Top the patties with avocado slices, tomato slices, red onion rings and chopped pickles, then drizzle with the sauce to taste. Use two or three lettuce leaves per patty and wrap them around the patty as tightly as you can. Slice in half and serve immediately! (Source: Ree Drummond, Food Network)