



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



Hollabaugh Bros, Inc. Spring CSA - Week 2

Box contents:

Asparagus, N.C. Strawberries, Spinach, Cabbage, Button Mushrooms, Parsley

Dairy Add-on contents:

AVC Milk (Skim, 1.5%, Whole, or Chocolate), AVC Mild cheddar cheese

Welcome to week two of our CSA program! I hope you enjoy your shares this week - thanks for supporting our family farm!

Don't forget that items in recipes marked with an asterisk are sold in the farm market and may be added to your share for an additional charge. If you'd like to add anything to your share, just give us a call or email before you come and we'll be happy to have it ready for you!



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Asparagus

We first started growing asparagus here at Hollabaugh Bros. after third generation Bruce Hollabaugh came back full time to the farm in 2002. What a wonderful addition to our farm it has been! Asparagus is grown by planting crowns in sandy soil about 12 inches below the ground surface. After the crowns are planted, asparagus is not harvested for three years, which allows the crown to develop a strong, fibrous root system. Each crown sends multiple spears up for about 6-7 weeks in the spring and early summer. In ideal warm, sunny conditions, one spear can grow 10" in 24 hours, which is why we harvest asparagus every single day!

Asparagus is high in Folic Acid, and is a good source of potassium, fiber, and vitamins B6, A, and C. It has no fat, no cholesterol, and is low in sodium. While some folks prefer the skinny stalks, the larger the diameter, the better the quality!

Storage and Use

Store your asparagus in the vegetable drawer of your refrigerator. Before use, wash the stalks, being sure to rinse off the base well. Holding the asparagus in both hands, gently bend the stalk until it naturally breaks - this removes the woody section at the base of the stalk that is not as nice to eat, and leaves the tender, sweet, delicious stalk for eating. Alternatively, you could line up all of the spears on a cutting board and simultaneously cut off 1-2" from the bottom of the stalks. Asparagus will keep for 7-10 days in the fridge, and also freezes quite nicely (see instructions here: <http://www.asparagus-lover.com/freezing-asparagus.html>).



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Lemon-Parsley Asparagus

Ingredients

1 ½ lb asparagus	1 garlic* clove, minced
½ cup chopped parsley	2 tablespoons olive oil
1 tablespoon lemon* zest	Salt and pepper
1 tablespoon lemon juice	

Directions

Boil 2 bunches asparagus 4 to 5 minutes; drain. Mix 1/2 cup chopped parsley, 1 tablespoon each lemon zest and juice, 1 minced garlic clove, 2 tablespoons olive oil, and salt and pepper in a bowl. Drizzle the asparagus with olive oil and top with the parsley mixture. A variation would be to serve this with grilled chicken breast – yum! (Source: Food Network)

Aunt Ann's Asparagus

Ingredients

2 lbs fresh asparagus	2 teaspoons salt
1 cup chopped onion*	¼ teaspoons pepper
¼ cup butter*	4 hard-cooked eggs , sliced
6 Tablespoons flour*	½ cup shredded cheddar cheese*
3 cup milk*	½ cup dry bread crumbs

Directions

Cook asparagus until barely tender. Drain well. In a large skillet, cook onion in butter until tender (not brown). Stir in flour. Add milk and cook, stirring constantly, until thickened. Mix in salt, pepper, eggs, and asparagus. Turn into a 2 qt. casserole. Top with cheese and crumbs. Bake at 350 degrees about 30 minutes until hot and bubbly. Note: we make this every year as part of our Easter meal! (Courtesy of the Hollabaugh Family, Hollabaugh Bros., Inc.)



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N.C. Strawberries

Strawberries (*Fragaria × ananassa*) are a hybrid species of the rose family cultivated around the world for their fruit. The strawberry fruit was mentioned in ancient Roman literature in reference to its medicinal use. The French began taking the strawberry from the forest to their gardens for harvest in the 1300s. The first garden-variety strawberries were grown in France during the 1700s. Today, the United States leads the world in cultivation of strawberries. Strawberries are rich in Vitamin C and low in calories.

Storage & Use

To store, first sort and discard any discolored or mushy fruit. Leave the caps and stems on, and do not wash until you are ready to use the berries. Store in the refrigerator. Remove from the refrigerator about an hour prior to use for best flavor. Strawberries may be frozen or dried. Strawberries will not ripen once picked, so choose ripe ones.

See below the recipe for [Spinach and Strawberry Salad](#) under **Spinach**.

Strawberry Muffins

Ingredients

3 cups all-purpose flour*	1 1/4 cups milk*
1 tablespoon baking powder	2 extra-large eggs*, lightly beaten
1/2 teaspoon baking soda*	1/2 pound (2 sticks) unsalted butter, melted
1/2 teaspoon kosher salt	2 cups diced fresh strawberries
1 1/2 tablespoons ground cinnamon	1 1/2 cups sugar*

Directions

Preheat the oven to 375 degrees. Line muffin tins with paper liners. Sift the flour, baking powder, baking soda, salt, and cinnamon together in a large bowl. Stir with your hand to be sure the ingredients are combined. In a 2-cup glass measure, combine the milk, eggs, and melted butter. Make a well in the middle of the dry mixture, pour the wet mixture into the well, and stir until just combined. There will be some lumps but don't overmix the batter! Add the strawberries and sugar and stir gently to combine. Using a 2 1/4-inch ice cream scoop, spoon the batter into the muffin cups to fill the liners. Bake for 20 to 25 minutes, until a cake tester comes out clean and the tops are nicely browned. (Courtesy of: Ina Garten; Food Network)



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Spinach

Spinach (*spinacia oleracea*) is a dark green leaf vegetable with slightly bitter taste is a rich source of vitamin A, C and iron. Depending on the variety the leaves can be flat or curly. Spinach supposedly originated in Persia (Iran), and Arab traders carried it into India. From there the plant made its way into ancient China. Spinach appeared in England and France in the 1300s, probably via Spain, becoming popular because it could be harvested early in the season when other vegetables were scarce.

Spinach is rich in antioxidants, especially when consumed fresh or lightly steamed. It is rich in vitamins A, E, K, and Bs. It also contains iron, calcium, potassium, folic acid, and omega-3 fatty acids. Spinach should be stored in the refrigerator and used within a few days. Wash well.

Spinach and Strawberry Salad

Ingredients

3/4 lb. spinach*, washed and dried
1/3 cup sliced almonds, toasted
1 pint **strawberries**, hulled and quartered
1 medium **cucumber**, peeled, seeded, and finely diced

Dressing:

1/2 lemon*, juiced
2 tablespoons white wine vinegar*
1/3 cup sugar*
1 tablespoon vegetable oil
1 teaspoon poppy seeds

Directions

In a large salad bowl, toss the spinach, almonds, strawberries, and cucumber together. For the dressing: In a small glass bowl or jar with a tight-fitting lid, combine the lemon juice, vinegar, sugar, oil, and poppy seeds. Whisk together in the glass bowl or shake if using a jar. Dress the salad right before serving.
(Source: Paula Deen, foodnetwork.com)



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Pork Marsala With Spinach

Ingredients

1 ½ pounds boneless pork loin roast, trimmed	½ cup dry marsala wine
Kosher salt and freshly ground pepper	1/3 cup heavy cream*
3 tablespoons all-purpose flour*	4 teaspoons fresh lemon* juice
2 tablespoons extra-virgin olive oil*	½ cup fresh parsley leaves
1 ½ pounds white mushrooms , quartered	1 pound baby spinach
2/3 cup low-sodium chicken broth	

Directions

Preheat the oven to 375 degrees F. Butterfly the pork: Cut in half horizontally, almost all the way through, then open it like a book so the roast is flat. Season with salt and pepper; sprinkle with 2 tablespoons flour. Heat 1 tablespoon olive oil in a skillet over medium-high heat. Brown the pork, about 3 minutes per side. Transfer to a baking dish (reserve the skillet) and bake until a thermometer inserted into the center registers 140 degrees F, 15 to 20 minutes. Let rest on a cutting board, 5 minutes.

Add the mushrooms and 1/4 teaspoon salt to the skillet and cook until golden brown, about 8 minutes. Add the remaining 1 tablespoon flour and cook, stirring, 1 minute. Add the broth and marsala and bring to a boil. Add the cream and boil until the sauce thickens, about 8 minutes. Off the heat, stir in 2 teaspoons lemon juice and the parsley.

Heat the remaining 1 tablespoon olive oil in a pot over medium-high heat and cook the spinach until wilted, 3 to 4 minutes. Stir in the remaining 2 teaspoons lemon juice and season with salt and pepper. Slice the pork. Serve with the mushroom sauce and spinach. (Courtesy of: Food Network)



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Cabbage

Cabbage (*Brassica oleracea*) is a leafy green biennial, grown as an annual for its vegetable for its dense, leafy head. Its origin is uncertain, although it was most likely domesticated and grown for food somewhere in Europe sometime before 1000 BC. It was a staple of the European diet by the Middle Ages. According to the United Nations FAO, in 2010 almost 58,000,000 metric tons of cabbage and other brassicas (cauliflower, Brussels sprouts, broccoli) were produced, with almost half grown in China.

Cabbage is a good source of beta-carotene, vitamin C, and fiber. Ancient Greeks and Romans believed cabbage helped relieve gout, headaches, hangovers, and symptoms related to ingesting poisonous mushrooms. It was used to treat trench foot during World War I. Cabbage, as a cruciferous vegetable, has anti-inflammatory properties and can be helpful in reducing the risk of certain cancers, particularly bladder, breast, colon, and prostate.

Storing and Using

Store your cabbage whole in the refrigerator. Green and red cabbage will keep for two or more weeks this way. Once you cut your cabbage, you should use it as quickly as possible because the vitamin C will begin to diminish. Cut the thick outer leaves, cut the cabbage into pieces and wash it in cool water. Use a stainless steel knife. Cabbage may be eaten raw, steamed, pickled, stewed, sautéed, or braised.

Creamy Cheesy Cabbage Casserole

Ingredients

Head of cabbage	Cheddar Cheese*
Butter*	Ritz Crackers
Onion*	Salt
Cream of Mushroom Soup	Black Pepper
Mayonnaise*	Cayenne Pepper

Directions

Chop the cabbage into 1-inch squares (some people like to shred the cabbage, this works fine, too), and place in a large casserole dish. Pour half a stick of melted butter over the cabbage and add the seasonings. Mix well. Mix the soup and mayonnaise in a bowl. The cream of mushroom soup mixed with mayonnaise creates a super smooth, velvety texture. Then pour into the casserole dish and mix well with the cabbage. Mix the crushed crackers with the cheese and spread on top of the casserole. Pour remaining melted butter on top of cracker-cheese mixture. The cheesy cracker topping gives it that special final touch. Bake at 350 for 30-40 minutes.

Note: Do you prefer crispy or crunchy cabbage? If you like it crispy and crunchy, then don't pre-cook the cabbage. If you like it soft and tender, then pre-cook it before assembling the casserole. You can boil the chopped cabbage in a pot of water or pan fry for about 5-8 minutes. Then, proceed with the recipe directions. (Recipe courtesy of: www.mykitchenserenity.com)

* This is my all-time favorite cabbage casserole recipe. I make it often, and it's so easy! ~Susanne



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Southern Fried Cabbage with Bacon and Mushrooms

Ingredients

1 pound bacon*
1 large head **cabbage**, chopped
1 large onion*, chopped

8 ounces sliced fresh **mushrooms**
salt and ground black pepper to taste

Directions

Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on paper towels; crumble when cooled. Drain all but 3 tablespoons of bacon drippings from skillet. Cook and stir cabbage, onion, and mushrooms in the remaining bacon drippings until tender and lightly browned, about 20 minutes. Fold bacon into cabbage mixture. Season with salt and black pepper. (Courtesy of: www.allrecipes.com)

Button Mushrooms

Mushrooms are low in calories and are sodium free, fat free, and cholesterol free. They contain vitamins B, C, and D. Mushrooms are in the fungi family. The main body is subterranean, or lives on dead trees and living tree roots and can vary in size from a few inches to several miles wide. When they absorb a large amount of water, they can grow amazingly fast. There are over 2,000 types of mushrooms, but only 2.5 - 5% are safe for human consumption.

Storage and Use

Look for mushrooms with a fresh, smooth appearance, free from major blemishes, with a dry (not dried) surface. A closed veil (the thin membrane under the cap) indicates a delicate flavor; an open veil means a richer flavor. Always keep mushrooms refrigerated. They're best when used within several days after purchase but will keep up to a week. Do not rinse mushrooms until ready to use. If purchased loose, store mushrooms in a paper bag. If purchased in packages, do not open until ready to use; store unused portion in a paper bag. Storing in air-tight containers or plastic bags will cause condensation and speed spoilage.

See above the recipe for **Pork Marsala With Spinach** under **Spinach**.

See above the recipe for **Southern Fried Cabbage with Bacon and Mushrooms** under **Cabbage**.



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Parsley

Parsley (*Petroselinum crispum*) is a species of *Petroselinum* in the family of *Apiaceae*. This biennial herb is native to the central Mediterranean region, widely used elsewhere, and cultivated as an herb, spice, and vegetable.

It is used in European, Middle Eastern, and American cooking to season and garnish a variety of dishes. It is also used as a snack, in soups and stews, and in casseroles. Parsley is rich in antioxidants, folic acid, Vitamins K, C, and A.

Preparing and Storing Parsley

Store your fresh parsley unwashed in a plastic bag in the crisper of your refrigerator. Use within a few days for best results. You can freeze parsley by double-bagging it and pushing all of the air out of the bags. Wash, drain, and snip unwanted leaves first. You can also make parsley cubes to freeze for use in stews and soups.

Process the parsley in a blender or food processor with enough water or olive oil to make a thick puree. Freeze this in small covered containers or in a clean ice cube tray. Once frozen through, transfer the parsley cubes to a sealable plastic bag for long-term storage. Plop a parsley cube directly into soups or stews for a burst of fresh herbal goodness as the mood strikes you.

See above the recipe for [Lemon-Parsley Asparagus](#) under **Asparagus**.

See above the recipe for [Pork Marsala With Spinach](#) under **Spinach**.

Crunchy-Herbed Chicken Breasts

Ingredients

2/3 cup panko bread crumbs	2 garlic* cloves, minced
1/2 cup grated Parmesan cheese*	1/2 teaspoon salt
1/2 cup grated Romano cheese	1/2 teaspoon pepper
1 tablespoon minced fresh oregano or 1 teaspoon dried oregano	1/2 cup all-purpose flour*
1 tablespoon minced fresh basil or 1 teaspoon dried basil	2 eggs*, lightly beaten
2 teaspoons minced fresh parsley	6 boneless skinless chicken breast halves (5 ounces each)
	Olive oil-flavored cooking spray

Directions

In a shallow bowl, mix the first nine ingredients. Place flour and eggs in separate shallow bowls. Dip both sides of chicken in the flour, eggs, then crumb mixture, patting to help coating adhere. Place on a greased baking sheet. Spritz tops with cooking spray. Bake at 375° for 25-30 minutes or until a thermometer reads 170°. (Courtesy of: Lucia Johnson; Taste of Home)