



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



## Hollabaugh Bros, Inc. Spring CSA - Week 3

### Box contents:

Turnips, Russet Potatoes, Kale, Yellow Onions, Microgreens, Honeycrisp Applesauce

### Dairy Add-on contents:

AVC Milk (Skim, 1.5%, Whole, or Chocolate), Parmesan Wedge

Welcome to week three 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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## Turnips

The **turnip** (*Brassica rapa* subsp. *rapa*) is a root vegetable commonly grown in temperate climates worldwide for its white, bulbous taproot. The turnip's root is high in vitamin C. The green leaves of the turnip top ("turnip greens") are a good source of vitamin A, folate, vitamin C, vitamin K and calcium. Turnip greens are high in lutein (8.5 mg / 100 g). Turnip greens are delicious when steamed or sautéed in olive oil.

The turnip was a well-established crop in early Greek and Roman times. Sappho, a Greek poet from the 7th century BC, called one of her paramours *Gongýla*, "turnip". We don't recommend calling a significant other by this endearment, however! Pliny the Elder considered the turnip one of the most important vegetables of his day, rating it "directly after cereals or at all events after the beans, since its utility surpasses that of any other plant".

### Storage and Preparation

If you buy turnips with their greens attached, remove the greens when you get them home. Clean, store, and cook the greens. Store turnips loosely wrapped in a plastic bag in the crisper of the fridge or, if you're lucky enough to have one, loose in a root cellar. Like any root vegetable, they want a cool, dark, dry environment. Wash well and peel if needed before preparing.

See below the recipe for [Braised Kale and Turnips](#) under **Kale**.

### Turnips with Onions

#### Ingredients

5 medium **turnips**, peeled and cut into ½-inch cubes  
2 Tablespoons butter\*  
1 medium **onion**, chopped  
¾ teaspoon marjoram  
½ teaspoon salt\*  
1/8 teaspoon pepper

#### Directions

Cook turnips 15-20 minutes or until fork tender. Drain. In same saucepan, melt butter. Add onion and cook until tender. Stir in remaining ingredients. Cook approximately 5 minutes, stirring often. Turnips should be golden brown. (Courtesy of: The Practical Produce Cookbook; Ray & Elsie Hoover)



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## Russet Potatoes

The Russet Potato, also known as the Idaho Russet, Idaho Baker and Russet Burbank, is the most widely grown potato in North America. The Russet Potato is long, large, and cylindrical with the appearance of being slightly flattened. The potato has a brown, sandpaper-textured skin. Its flesh is white, firm, and floury – when cooked it becomes fluffy and light with a smooth, buttery flavor. The original Russet Burbank potato was discovered in Massachusetts in the 1870s by farmer Luther Burbank. In the late 1800s, he marketed the seedling to Western states, under the name Burbank. The introduction of irrigation in Idaho created large Russet tubers that were marketable for use as baking potatoes. The Russet Burbank potato also rose to fame as the potato used to make McDonald's French fries. These potatoes are an excellent source of Vitamin C, B6, magnesium, fiber, and also contain some iron.

### Storage and Use

Do not store potatoes in the refrigerator. Refrigeration converts the starch in potatoes to sugar which will cause the potato to darken when cooked. Store potatoes in a cool, dark place to prevent the starch from turning to sugar. Potatoes should keep for a few weeks, unless stored in a root cellar where they may keep for a few months. If potatoes develop green areas or start to sprout, these areas should be trimmed before using. Wash well before using, especially when they will not be peeled. Russet potatoes are great for baking, mashing, roasting, and frying.

### Mashed Potatoes with Caramelized Onions

#### Ingredients

3 tablespoons olive oil	2 1/2 pounds <b>potatoes</b> , peeled and quartered
2 large <b>yellow onions</b> , finely chopped	4 garlic cloves*, crushed
Coarse salt	

#### Directions

In a large skillet, heat 1 tablespoon olive oil over medium-low heat. Add onions, season with coarse salt. Cook, stirring frequently, until onions are caramelized, 35 to 40 minutes. In a medium saucepan, combine potatoes, garlic, and enough water to cover by 1 inch. Bring to a boil; add salt. Cover; reduce heat, and simmer until tender, 15 to 20 minutes. Drain, reserving 1 cup liquid. Return potatoes and garlic to pan. Add remaining 2 tablespoons olive oil; season with salt. Mash until smooth, adding reserved liquid as needed. Stir in onions, and serve immediately. (Source: marthastewart.com)



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## **Cheeseburger Potato Soup**

### **Ingredients**

1 lb. ground beef*	2 Tablespoon instant bouillon
3 medium <b>potatoes</b> , peeled and cubed	½ teaspoon salt
½ cup chopped celery*	1 ½ cup water
½ cup chopped onion*	2 ½ cup milk*
2 tablespoon chopped green pepper*, optional	3 tablespoon flour*
1 cup shredded cheddar or marble cheese*	

### **Directions**

In a 3 qt. saucepan, brown beef. Drain off excess fat. Stir in potatoes, celery, onion, pepper & bouillon, salt & water. Cover and cook until vegetables are tender, 15 - 20 minutes. Blend 1/2 c milk with flour. Add to saucepan along with remaining milk. cook and stir until thickened and bubbly. Add cheese and stir until cheese melts. (Source: Hollabaugh Bros., Inc.)



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## Kale

**Kale** (*Brassica oleracea* Acephala Group) is a vegetable with green or purple leaves, in which the central leaves do not form a head. Until the end of the Middle Ages, kale was one of the most common green vegetables in all of Europe. Curly leafed varieties of cabbage already existed along with flat leafed varieties in Greece in the fourth century BC. These forms, which were referred to by the Romans as Sabellian kale, are considered to be the ancestors of modern kales. During World War II, the cultivation of kale in the United Kingdom was encouraged by the *Dig for Victory* campaign. The vegetable was easy to grow and provided important nutrients to supplement those missing from a normal diet because of rationing. Kale is very high in beta carotene, vitamins K and C, and is rich in calcium. Kale is also a source of indole-3-carbinol, a chemical which boosts DNA repair in cells and appears to block the growth of cancer cells.

### Storage and Preparation

To store, place kale in a plastic storage bag removing as much of the air from the bag as possible. Store in the refrigerator where it will keep for 5 days. The longer it is stored, the more bitter its flavor becomes. Do not wash kale before storing because exposure to water encourages spoilage.

### Braised Kale and Turnips

#### Ingredients

3 tbsp butter*	1 lb (16 oz) raw <b>kale</b> (any variety)
1 lb <b>turnips</b> , trimmed, peeled, halved, cut into 1/4-inch wedges	1 tsp thyme, chopped
1 tbsp garlic*, minced	Salt and pepper to taste
2 cups vegetable stock	1/2 cup raisins

#### Directions

Melt butter in braising pan on medium; add turnips. Cook 10 min, stirring occasionally, until golden brown. Add garlic; cook 2 min. Add stock and 1/2 of the kale; increase heat to medium-high, cover and cook 3 min, until kale is wilted. Uncover; add thyme and remaining kale; season to taste with salt and pepper. Cover; cook 5-7 min, until turnips and kale are tender. Stir in raisins. Serve warm.

(Source: Wegmans)

### Kale with Caramelized Onions

#### Ingredients

1 bunch <b>kale</b> , washed and torn (stems removed)	3 garlic cloves*, chopped
1 small <b>onion</b> , chopped	1 tablespoon olive oil*
	balsamic vinegar* (optional)

#### Directions

Heat oil in large pan. Add chopped onions and garlic. Sauté until onions are clear and begin to caramelize. Stir often. Do not allow garlic to burn. Add torn kale. Toss with onions and garlic. Cook until kale is wilted. Sprinkle with a tiny bit of balsamic vinegar if desired. (Courtesy of:

[www.geniuskitchen.com](http://www.geniuskitchen.com))



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## Yellow Onions

Yellow onions account for over eighty percent of the US onion crop and are the most widely grown onion in northern Europe. The term “yellow onion” is a broad label to encompass multiple known seed varieties of yellow onions. Yellow onions are crunchy with a pungent flavor when raw, but develop a nutty, mild flavor with sweet undertones when cooked.

### Storage and Use

Yellow onions are the most common cooking onion and are best suited for both raw and cooked applications such as dry-roasting, sautéing, grilling, caramelizing, and braising. They are also popularly chopped and used as a flavoring for soups, stews, and stocks. The bulbs will keep 1-2 months when stored whole in a cool, dry, dark place with plenty of air circulation. Sliced onions will keep for up to one week when stored in a sealed container in the refrigerator.

See above the recipe for [Turnips with Onions](#) under **Turnips**.

See above the recipe for [Mashed Potatoes with Caramelized Onions](#) under **Russet Potatoes**.

See above the recipe for [Kale with Caramelized Onions](#) under **Kale**.



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## Microgreens

Microgreens, also known as micro herbs or vegetable confetti, are baby plants, falling somewhere between a sprout and a baby green. These young vegetable greens are approximately 1-3 inches tall and are harvested 7-21 days after germination after the plant's first true leaves have emerged. Introduced to the Californian restaurant scene in the 1980's, microgreens have steadily gained popularity. They have an intense aromatic flavor and a concentrated nutrient content that often has larger amounts of vitamins, minerals, and antioxidants than the plants' more mature counterparts. Microgreens can be grown from various seeds, but the microgreens in totes this week can range from sunflower, radish, endive, and chicory.

### Storage and Use

Microgreens can be incorporated into a variety of dishes, including sandwiches, wraps, or salads. They can also be blended into smoothies or juiced. They can also be used to garnish pizzas, soups, omelets, curries, and other warm dishes. Store your microgreens in their original container in the refrigerator for up to one week.

### Parmesan and Ricotta Cheese Pizza with Pistachios, Bacon, and Microgreens

#### Ingredients

1 Pizza Crust	1/4 teaspoon Sea Salt
1/2 Cup Ricotta Cheese*	1/4 Cup Pistachios, Chopped
1/2 Cup Parmesan Cheese*, Grated	4 Strips Applewood Smoked Bacon*, Sliced into
2 Tablespoons Extra Virgin Olive Oil*	1-2" strips
1/2 teaspoon Pepper, Fresh Ground	1/2 Cup <b>Micro Greens</b>

#### Directions

Preheat the oven to 500 degrees F. Prepare the dough and sprinkle a small amount of flour on a pizza stone or baking pizza pan to prevent the pizza from sticking. In a bowl combine together the Ricotta, Parmesan, Olive Oil, Sea Salt and Pepper, mix well then place the mixture atop of the prepared pizza dough. Then layer with the Bacon and half of the Pistachios. Bake the Pizza for 14-18 minutes until the dough is browned and the bacon is crispy. Before serving garnish with the remaining Pistachios and the Micro Greens. (Courtesy of: [www.whatwelovemost.wordpress.com](http://www.whatwelovemost.wordpress.com))

### Avocado Toast with Microgreens

#### Ingredients

2 pieces toast	balsamic glaze
1 avocado*	1 pinch Salt
1 cup <b>microgreens</b>	1 pinch crushed red pepper

#### Directions

Cut avocado in half and scoop out the flesh. Sprinkle with sea salt and smash with a fork. Spread avocado on warm toast. Top with microgreens, sprinkle with a pinch of crushed red pepper and drizzle with balsamic glaze. (Courtesy of: [www.mysweetgreensmn.com](http://www.mysweetgreensmn.com))



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## Sugar and Spice Honeycrisp Applesauce

We think you'll enjoy this popular variety of applesauce made with our own Honeycrisp apples. They simply cannot be beat! Enjoy it plain, stir it into hot cereal (oatmeal, Cream of Wheat), use it in quick bread mixes as a substitute for oil, or top pancakes with it.

### Storage and Use

Unopened, the applesauce will be good for years if stored in a dry pantry. Once opened, refrigerate and use within a few weeks.

### Applesauce Barbeque Chicken or Pork

#### Ingredients

4 Boneless Skinless Chicken Breast halves OR 6 Boneless Pork chops\*  
½ t. pepper  
1 T. olive oil  
2/3 c. **applesauce** of your choice  
2/3 c. spicy barbeque sauce\*  
2 T. brown sugar  
1 t. chili powder

#### Directions

Sprinkle meat with pepper. In large skillet, brown chicken or pork in oil on both sides. In a small bowl, combine the remaining ingredients; pour over chicken. Cover and cook for 7-10 minutes longer or until meat thermometer reads 170°. Serves 4 or 6 depending on meat choice. (Source: Hollabaugh Bros., Inc.)

### Applesauce Bread

#### Ingredients

1/2 cup (1 stick) unsalted butter, softened	1 teaspoon allspice
1/4 cup dark brown sugar	1 teaspoon vanilla
2 cups all-purpose flour	1 cup <b>applesauce</b>
1 teaspoon baking powder	2 large eggs*
1 teaspoon baking soda	1 cup raisins
1/2 teaspoon salt	1/2 cup chopped <b>walnuts</b>
1 teaspoon ground cinnamon	

#### Directions

Preheat the oven to 350 degrees F. Grease and flour an 8 by 4 by 3-inch loaf pan. Cream the butter and brown sugar. Add the remaining ingredients except the raisins and nuts. Mix well until blended. Stir in the raisins and nuts. Pour into the loaf pan. Bake for 60 to 65 minutes. (Source: Paula Deen, Food Network)