



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



## Hollabaugh Bros, Inc. Spring CSA - Week 4

### Box contents:

Asparagus, Gold Beets, Baby Bunched carrots, Red Leaf Lettuce, Apple Cider

### Dairy Add-on contents:

AVC Milk (Skim, 1.5%, Whole, or Chocolate), AVC Pepper Jack cheese

Welcome to week four 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>).

See below the recipe for **Roasted Beets and Asparagus** under **Gold Beets**.

### **Saucy Chicken And Asparagus Bake**

#### **Ingredients**

Fresh <b>asparagus</b> spears, trimmed and halved	One 10 3/4 oz. can cream of chicken soup
2 tbsp. vegetable oil	1/2 cup mayonnaise
4 boneless chicken breast halves	1 tsp. fresh lemon juice*
1/2 tsp. salt*	1 C. shredded cheddar cheese*
1/4 tsp. pepper	

#### **Directions**

If the asparagus spears are thick, cook them in boiling water for 2 minutes; drain. Place the asparagus in a greased 9x9 baking dish. Heat oil in a skillet over medium heat; add chicken and brown on both sides; season with salt and pepper. Arrange the chicken over asparagus. In a bowl, mix soup, mayo, and lemon juice. Pour over chicken. Cover and bake at 375 for 40 minutes, or until chicken is tender and juices run clear. Sprinkle dish with cheese and let stand for 5 minutes before serving.

\*Here's another one of my favorite recipes. I make this one a lot in the winter with the asparagus I freezer, but I love it best with fresh. ~Ellie



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## California Asparagus Sandwich

### Ingredients

- 1/2 teaspoon grated lemon\* zest
- 1 tablespoon fresh lemon\* juice
- 2 garlic\* cloves, minced
- 1/8 teaspoon salt
- 1/3 cup mayonnaise\*
- 1 tablespoon olive oil\*
- 8 squares focaccia bread, 5x5 inches, or puffy pizza crust baked without toppings
- 1-1/2 cups (lightly packed) baby **lettuces** or arugula
- 1 cup roasted red bell pepper pieces
- 8 ounces fresh mozzarella cheese\*, sliced about 1/4-inch thick (may substitute regular mozzarella\*, provolone\* or mild Swiss\*)
- 16 cooked **asparagus** spears
- 4 slices pancetta or thick bacon\* cooked almost crisp and broken into 3-inch pieces

### Directions

Have ingredients at room temperature. Make Lemon Aioli (flavored mayonnaise) by whisking together the lemon zest, juice and garlic, which has been slightly mashed with the salt (use a sharp knife tip on a cutting board). Whisk in the mayonnaise and olive oil. Spread on smooth side of each square of focaccia, using a generous 1/2 tablespoon.

Divide remaining ingredients among 4 squares focaccia, layered in the order listed. Top with remaining 4 squares focaccia. Cut each sandwich in half into two triangles.

Sandwiches can be served at room temperature or warm in a 450-degree oven a few minutes, especially if regular mozzarella was substituted for fresh. Sandwiches are not meant to be served hot. (Source: Joyce Rosencrans; Food Network)



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## Gold Beets

Beets are descended from a wild seashore plant called the sea beet. Beets prefer a cooler climate although they are tolerant of heat. They can be harvested any time during their growth cycle. Growers say the faster beets grow, the better the flavor. Beets are made up of both an edible root and edible leaves.

The Golden Beet is a plant in the *Chenopodiaceae* family. Its root is pale orange, swollen and globular, reaching sizes of up to four inches in diameter. The root's variegated golden-orange flesh is best described as firm, earthy and sweet.

Beet greens are actually more nutritious than the beets, containing twice the potassium and are exceptionally high in beta carotene and folic acid. Beets have the highest sugar content of any vegetable.

### Storage and Use

Steaming and roasting bring out the best flavor a beet can offer. The skin should be peeled, which is easiest after it has cooked, when it will slip easily away from its flesh. Beets pair well with cheese, bacon, apples, fennel, citrus, potatoes, shallots, vinegar, walnuts, and smoked and cured fish. Beets will keep, refrigerated, for up to a week or longer if their tops are removed. Sauté them or use them in salad.

### Roasted Beets and Asparagus Salad

#### Ingredients

Kosher salt  
5 large **red beets**  
12 spears jumbo **asparagus**  
2 tablespoons extra virgin olive oil\*, plus 6 tablespoons  
4 tablespoons balsamic vinegar  
1 cup frisee salad, washed and spun dry  
Parmigiano-Reggiano, for shaving

#### Directions

Preheat oven to 450 degrees F  
Spread the kosher salt on a cookie sheet large enough to hold the beets and place the unpeeled beets on the salt. Place in the oven and cook for 45 minutes. Meanwhile, cut off the woody bottom inch of the asparagus and peel the last three inches of the bottom of the stalk and set aside. When the 45 minutes have passed open the oven door and carefully lay the asparagus around the beets on top of the salt. Return to oven and cook 15 minutes more. Remove from the oven and remove the asparagus to a platter. Drizzle with 2 tablespoons olive oil and sprinkle with a bit of the salt in the roasting pan. Allow the beets to cool 5 minutes and then peel them. Cut the peeled beets into 1/4-inch dice and place in a kitchen bowl. Dress the beets with the vinegar and remaining oil and season them with salt and pepper. Add the frisee to the beet bowl and toss to mix well. Arrange the beet and frisee mixture over the asparagus, shave shards of Parmigiano over and serve. (Courtesy of: Mario Batali; Food Network)



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## **Ginger Beets and Carrots**

### **Ingredients**

1-1/2 cups thinly sliced fresh **carrots**  
1-1/2 cups thinly sliced fresh **beets**  
4 teaspoons olive oil\*  
1-1/2 teaspoons honey\*  
1-1/2 teaspoons ground ginger  
3/4 teaspoon soy sauce  
1/2 teaspoon sea salt  
1/2 teaspoon chili powder

### **Directions**

Preheat oven to 400°. Place vegetables in a greased 15x10x1-in. baking pan. Whisk remaining ingredients; drizzle over vegetables. Toss to coat. Bake until carrots and beets are crisp-tender, 15-20 minutes. **Test Kitchen tips:** Whisk a splash of apple cider vinegar into the sauce for a little tang; Increase the cooking time if you're using larger beet slices. (Courtesy of: Taste of Home)

## **Roasted Beets and Sauteed Beet Greens**

### **Ingredients**

**1 bunch beets, with greens**  
1/4 cup olive oil, divided  
2 clove garlic\*, minced  
2 tbsp onion\*, chopped (optional)  
1 salt, to taste  
1 tbsp red wine vinegar, (optional)  
1 black pepper, to taste

### **Directions**

Preheat the oven to 350 degrees (175 degrees C). Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted. Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet. When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper. (Courtesy of: [www.Kitchme.com](http://www.Kitchme.com))



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## Baby Bunched 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 above the recipe for [Ginger Beets and Carrots](#) under **Gold Beets**.

See below the recipe for [Salad with Carrots, Walnuts and Cheese](#) under **Red Leaf Lettuce**.



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## Red Leaf Lettuce

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

See above the recipe for [California Asparagus Sandwich](#) under **Asparagus**.

### Salad with Carrots, Walnuts and Cheese

#### Ingredients

4 cups lettuce	1 T. sherry vinegar
2 cups grated carrots	1 tsp. balsamic vinegar*
2 T. broken walnuts (1/2 ounce) *	Salt* to taste
1/4 cup grated Parmesan* or crumbled blue cheese* (1 ounce)	1 tsp. Dijon mustard
1 T. finely chopped fresh tarragon	1 small garlic clove, pureed or finely minced (optional)*
<i>Dressing:</i>	1/4 cup extra virgin olive oil*
1 T. fresh lemon juice*	2 T. walnut oil

#### Directions:

Combine the lettuce, carrots, walnuts, cheese and tarragon in a salad bowl. In a small bowl or measuring cup, combine the lemon juice, vinegars, salt and mustard. Whisk together, and add the garlic. Whisk in the oils. Shortly before serving, toss the salad with the dressing.



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## Apple Cider

Our apple cider needs no introduction. It's fresh, pressed from our own delicious apples, and is wonderful cold, hot, mulled, or for use in recipes.

### Storage and Use

Store your cider in the refrigerator. A best-by date is stamped on each container. You probably won't have to worry about it going bad; the chances of it lasting that long are slim to none!

### Apple Cider Snickerdoodles

#### Ingredients

- 1 1/4 cups **apple cider**
- 1 1/2 cups all-purpose flour\*
- 1 teaspoon cream of tartar
- 1/2 teaspoon baking soda\*
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt\*
- 1/2 cup unsalted butter, at room temperature
- 1/2 cup granulated sugar\*, plus 3 tablespoons for rolling
- 1/4 cup packed light brown sugar
- 1 large egg\*
- 1/4 cup plus 2 tablespoons finely chopped red and green crispy apple chips, plus whole chips for garnish
- 2 teaspoons apple pie spice

#### Directions

Preheat the oven to 400 degrees F. Heat the cider in a medium skillet over medium-high heat until it comes to a boil. Continue to cook until syrupy and reduced to about 2 tablespoons, 12 to 14 minutes. Set aside to cool slightly. Whisk the flour, cream of tartar, baking soda, cinnamon and salt in a medium bowl until smooth. Beat the butter with 1/2 cup of the granulated sugar and the light brown sugar in a separate bowl on medium-high speed until fluffy and smooth, 2 to 3 minutes. Beat in the reduced cider and the egg (the mixture may look slightly curdled). Stir in the flour mixture and 1/4 cup of the chopped apple chips until combined. Stir together the remaining 3 tablespoons of granulated sugar, 2 tablespoons of chopped apple chips and the apple pie spice in a small bowl. Roll heaping tablespoons of dough into balls, using lightly moistened hands if the dough is too sticky, and then roll in the spiced sugar mixture. Place the dough balls 3 inches apart on ungreased baking sheets and top with a few pieces of whole apple chips. Bake until the edges are just set but centers are still soft, 11 to 13 minutes, rotating pans halfway through the baking time. Cool 2 to 3 minutes on the baking sheet, and then transfer to a wire rack to cool completely. (Courtesy of: Food Network)





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## **Apple Cider Pancakes w/ Cinnamon Syrup**

### **Ingredients**

#### **For the pancakes:**

2 cups flour\*  
2 teaspoons sugar\*  
1 teaspoon baking powder  
1/2 teaspoon baking soda\*  
1/2 teaspoon salt\*  
2 eggs\*  
1/4 cup butter\*, melted  
1/2 cup buttermilk  
1/2 cup greek yogurt\*

1 cup **apple cider**

#### **For the syrup:**

1/2 cup white sugar\*  
1/2 cup brown sugar  
1 tablespoon flour\*  
1 teaspoon cinnamon  
1 cup water  
1 tablespoon butter\*  
1 teaspoon vanilla extract\*

### **Directions**

Whisk together the dry ingredients in a medium bowl. In a small bowl, combine all of the wet ingredients and whisk until well combined. Add the wet ingredients to the dry ingredients and stir until just combined. Batter should still be somewhat lumpy. Grease a skillet over medium heat and add small batches of batter to the skillet. Cook over medium heat until bubbles form and pop, then flip the pancakes over and continue cooking until the bottom is browned and the center is cooked through.

**Syrup:** In a small sauce pan, stir together the sugars, flour, and cinnamon until combined. Mix in the water and turn the heat to medium. Bring to a rolling boil and boil, stirring occasionally, for about 10 minutes, or until the sauce thickens up a bit. Remove from the heat and stir in the butter until melted. Stir in the vanilla extract. Serve warm. Store in the fridge and reheat as needed. (Courtesy of: [www.bunsinmyoven.com](http://www.bunsinmyoven.com))