



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



Hollabaugh Bros, Inc. Spring CSA - Week 5

Box contents:

Asparagus, Strawberries, cauli-flower, Spring Onions, Grape Tomatoes

Dairy Add-on contents:

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

Welcome to week five 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 **Strawberry and Asparagus Salad** under **Strawberries**.

Asparagus with Bacon, Tomatoes, and Spring Onions

Ingredients

4 slices bacon*, cut into 1/4" strips
1/2 cup **spring onions** or pearl onions, peeled, cleaned and blanched for 3 minutes
1 bunch **asparagus**, thick stem removed and cut into 2" pieces
1/4 cup chicken broth*
1/2 cup **grape tomatoes** or one vine ripened tomato, cut into 1/2" pieces
1 tablespoon sherry or rice wine vinegar
salt and freshly ground black pepper

Directions

In a medium sauté, pan, heat on medium high, cook the bacon until the fat renders out and it becomes lightly crisp. Add in the spring onions and allow them to start to brown, about 3 minutes. Toss in the asparagus and add the chicken broth. When the chicken broth has reduced down to almost dry, add in the tomatoes. Finish with the vinegar, salt and pepper. (Courtesy of: Foodland.com)



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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.

Strawberry and Asparagus Salad

Ingredients

2 tablespoons lemon juice	Salt and freshly ground black pepper
2 tablespoons extra-virgin olive oil	2 cups (1-inch pieces) fresh asparagus
1 1/2 tablespoons honey*	8 cups spinach*
3 tablespoons balsamic vinegar*	2 cups sliced fresh strawberries

Directions

In a small bowl whisk the lemon juice, oil, honey, and balsamic vinegar. Season with salt and pepper, to taste. Set aside. Bring a small pot of water to a boil over medium heat. Add the asparagus and cook for 3 minutes. Remove and drain on a paper towel-lined plate. Put 2 cups of arugula on each serving plate, top with strawberries and asparagus and drizzle with the vinaigrette. This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results. (Source: Stuart O’Keeffe, Food Network).



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Strawberry Glace Pie

Ingredients

1 baked 9 in. pie shell*	½ cup water
1 ½ quart strawberries	1 tablespoon butter*
1 cup sugar*	1 cup whipping cream*, whipped
3 tablespoons cornstarch	

Directions

Hull strawberries, wash in cold water and drain. Crush enough berries to make one cup. Combine sugar and cornstarch. Add crushed berries and water. Cook over medium heat stirring constantly until mixture comes to a boil. Continue cooking and stirring over low heat for two minutes. The mixture will be thickened and translucent. Remove from heat and stir in butter. Cool. Place whole berries in pie shell, reserving a few for garnishing. Pour cooked mixture over berries and chill for two hours. Serve topped with whipped cream. (Source: Kay Hollabaugh, Hollabaugh Bros., Inc.)



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cauli-flower

Cauliflower (*Brassica oleracea*) is an annual plant that reproduces by seed. Typically, only the head is eaten. Cauliflower heads resemble those in broccoli, which differs in having flower buds. Its name is from Latin *caulis* (cabbage) and flower. Also in the same family (but in different cultivar groups) are cabbage, Brussels sprouts, kale, broccoli, and collard greens.

Cauliflower has a long history. The first reliable reference to cauliflower is found in the writings of the Arab Muslim scientists in the 12th and 13th centuries. The plants were introduced to France from Genoa in the 16th century, but they did not commonly appear on grand tables until the time of Louis XIV. There are four major groups of cauliflower: Italian, Northwest European biennial, Northern European annuals, and Asian. There are hundreds of varieties around the world, and at least 80 known in North America. The heads range in color from the common white to purple, orange, and green.

Storage and Use

Cauliflower can be roasted, boiled, fried, steamed, or eaten raw. Steaming or microwaving better preserves anticancer compounds than boiling. The outer leaves and thick stalks are removed for cooking, leaving only the florets. The leaves are also edible, but are most often discarded.

Store uncooked cauliflower in a paper or plastic bag in the refrigerator where it will keep for up to a week. To prevent moisture from developing in the floret clusters, store it with the stem side down. If you purchase pre-cut cauliflower florets, consume them within one or two days as they will lose their freshness after that. Since cooking causes cauliflower to spoil quicker, consume it within two to three days of placing in the refrigerator after cooking.

Roasted Cauliflower

Ingredients

1 head of **cauliflower**
2-3 cloves of garlic, peeled and coarsely minced*
Lemon juice from half a lemon*
Olive oil*
Coarse salt and freshly ground black pepper
Parmesan cheese*

Directions

Preheat oven to 400°F. Cut cauliflower into florets and put in a single layer in an oven-proof baking dish. Toss in the garlic. Sprinkle lemon juice over cauliflower and drizzle each piece with olive oil. Sprinkle with salt and pepper. If the oven hasn't reached 400°F yet, set aside until it has. Place casserole in the hot oven, uncovered, for 25-30 minutes, or until the top is lightly brown. Test with a fork for desired doneness. Fork tines should be able to easily pierce the cauliflower. Remove from oven and sprinkle generously with Parmesan cheese. Serve immediately. Serves 4.



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Sausage Cauliflower Spaghetti

Ingredients

Kosher salt
12 ounces spaghetti
3 tablespoons extra-virgin olive oil*, plus more for drizzling
12 ounces sweet Italian sausage, casings removed
6 cloves garlic*, sliced
1 small head **cauliflower**, broken into small florets
1 bunch **scallions**, chopped
1 cup grated pecorino romano or parmesan* cheese

Directions

Bring a large pot of salted water to a boil. Add the spaghetti and cook as the label directs. Reserve 2 cups cooking water, then drain. Meanwhile, heat the olive oil in a large skillet over medium-high heat. Crumble the sausage into the skillet and cook, breaking it up with a wooden spoon, until lightly browned and no longer pink, 4 to 5 minutes. Clear a space in the pan, add the garlic and cook until just golden, 2 to 3 minutes. Add the cauliflower and cook until the edges are browned, about 2 minutes. Add 1 cup of the reserved cooking water, cover and reduce the heat to medium. Cook until the cauliflower is tender, about 8 more minutes. Uncover and boil over high heat until the liquid is almost evaporated, about 2 more minutes. Add the spaghetti to the skillet along with the scallions. Drizzle with olive oil and season with salt. Toss for a minute or two to wilt the scallions and coat the pasta with the sauce, adding up to 1 cup cooking water, if needed, to loosen. Remove from the heat, sprinkle with the cheese and toss. Divide among shallow bowls and drizzle with more olive oil, if desired. (Courtesy of: Food Network)



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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 above the recipe for [**Asparagus with Bacon, Tomatoes, and Spring Onions**](#) under **Asparagus**.

See above the recipe for [**Sausage Cauliflower Spaghetti**](#) under **Cauliflower**.

See below the recipe for [**Quinoa Tabbouleh with Feta**](#) under **Grape Tomatoes**.



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Grape Tomatoes

The grape tomato is a class of tomatoes believed to be of southeast Asian origin. They have a high sugar content in comparison to regular tomatoes. The cherry tomato is a very small variety that has been cultivated since at least the early 1800s and likely originated in Peru and Northern Chile, although these small tomatoes are believed to have been grown in Aztec Mexico as early as the 15th century CE.

Store them in your refrigerator for up to a week. Eat them fresh, roast them, or grill them - they'll provide a pop of flavor wherever they're used!

See above the recipe for [Asparagus with Bacon, Tomatoes, and Spring Onions](#) under [Asparagus](#).

Quinoa Tabbouleh with Feta

Ingredients

- 1 cup quinoa
- Kosher salt and freshly ground black pepper
- 1/4 cup freshly squeezed lemon juice (2 lemons*)
- 1/4 cup good olive oil*
- 1 cup thinly sliced **scallions**, white and green parts (5 scallions)
- 1 cup chopped fresh mint leaves (2 bunches)
- 1 cup chopped fresh flat-leaf parsley
- 1 cucumber*, unpeeled, seeded and medium-diced
- 2 cups **grape tomatoes**, halved through the stem
- 2 cups medium-diced feta* (8 ounces)

Directions

Pour 2 cups of water into a medium saucepan and bring to a boil. Add the quinoa and 1 teaspoon of salt, lower the heat and simmer, covered, for 15 minutes, until the grains are tender and open (they'll have little curly tails). Drain, place in a bowl and immediately add the lemon juice, olive oil and 1 to 1 1/2 teaspoons of salt.* In a large bowl, combine the scallions, mint, parsley, cucumber, tomatoes, 1 to 2 teaspoons of salt* and 1 teaspoon of pepper. Add the quinoa and mix well. Carefully fold in the feta and taste for seasonings. Serve at room temperature or refrigerate and serve cold. * Ina uses Diamond Crystal Kosher Salt, which is coarser than other brands; if you are using a finer-grain kosher salt such as Morton, use the smaller amount. (Courtesy of: Ina Garten; Food Network)