



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



## Hollabaugh Bros, Inc. Spring CSA - Week 6

### Box contents:

Asparagus, Green Leaf Lettuce, Tomatoes, Red Beets, Vidalia Onions

### Dairy Add-on contents:

AVC Milk (Skim, 1.5%, Whole, or Chocolate), Butter, Feta cheese

Welcome to week six 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>).

### Asparagus and Tomato Tart

#### Ingredients

|                                     |  |
|-------------------------------------|--|
| 1 (9-inch) frozen pie crust         | 1 tablespoon chopped fresh parsley* leaves               |
| 2 slices bacon*, chopped            | 1 pound <b>tomatoes</b> , diced                          |
| 1 medium onion*, chopped            | 1/2 teaspoon salt*, plus more for seasoning              |
| 1 bunch fresh <b>asparagus</b> tips | 1/4 freshly ground black pepper, plus more for seasoning |
| 1/2 cup ricotta cheese*             | 1 1/2 teaspoons chopped fresh basil leaves               |
| 1/4 cup milk*                       | 1 teaspoon balsamic vinegar                              |
| 2 eggs*, lightly beaten             |  |

#### Directions

Preheat oven to 375 degrees F. Place the frozen pie crust onto a baking sheet. Prick the bottom of the crust with a fork and bake for 10 minutes. Saute the bacon in a skillet over medium heat until crisp. Remove bacon and drain on a paper towel. Add onion and asparagus tips to the skillet with the bacon fat and saute until tender, approximately 5 minutes. In a large bowl whisk together ricotta, milk and eggs. Add parsley, half the tomatoes and season with salt and pepper. Add asparagus and onion mixture and combine well. Pour egg mixture into the prepared crust. Bake in the preheated oven for 40 to 45 minutes or until filling has set and the tart is lightly browned on top. Remove from the oven and let cool for 5 minutes. Serve warm or at room temperature. In a small bowl, toss the remaining tomatoes with the basil, balsamic vinegar and season with a pinch of salt and pepper. Serve as garnish for tart.

(Courtesy of: Sandra Lee; Food Network)



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## **Sirloin Steak with Roasted Asparagus and Potatoes**

### **Ingredients**

1/2 cup Dijon mustard  
2 tablespoons lemon\* juice, plus wedges for serving  
1 garlic\* clove, crushed through a press  
Coarse salt and ground pepper  
1 large sirloin steak\* (about 1 1/2 pounds and 1 inch thick), trimmed and cut into 4 equal portions  
1 pound red new potatoes\*, halved (quartered if large)  
3 tablespoons olive oil  
2 pounds **asparagus**, trimmed

### **Directions**

Preheat oven to 450 degrees. In a small bowl, stir together mustard, lemon juice, and garlic; season with salt and pepper. Place cup mustard mixture in a resealable plastic bag. Add steaks, and rub to coat (reserve remaining mixture for serving). Let steaks marinate at room temperature 10 minutes, or refrigerate up to 1 day.

On a large rimmed baking sheet, toss potatoes with 1 tablespoon oil; season with salt and pepper. Roast 10 minutes, then add asparagus to sheet, and toss with another tablespoon oil. Season with salt and pepper. Roast until potatoes and asparagus are tender, about 15 minutes more.

While vegetables are roasting, heat remaining tablespoon oil in a large skillet over high. Remove steaks from marinade, allowing excess to drip off; cook 4 to 5 minutes per side for medium-rare (if pan darkens quickly, reduce heat). Let rest 5 minutes. Serve steaks with vegetables and reserved mustard sauce; garnish with lemon wedges. (Courtesy of: Martha Stewart)

See below the recipe for **Sweet Vidalia Primavera Pizza** under **Vidalia Onions**.



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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.

See below the recipe for **Chicken, Bacon and Avocado Salad with Vidalia Dressing** under **Vidalia Onions**.

### Colossal Club Sandwiches

#### Ingredients

|   |  |
|---|--|
| 18 slices sandwich bread*   | 6 slices Cheddar* (sandwich slices)        |
| 12 slices bacon*, cut in half   | <b>Green leaf lettuce</b>                  |
| 1/2 cup mayonnaise*   | 3 large <b>red tomatoes</b> , sliced thick |
| 1 tablespoon prepared basil pesto   | Avocado* slices                            |
| 1 tablespoon prepared sun-dried tomato pesto<br>(or just a couple of pureed sun-dried tomatoes) | 1 pound shaved ham*                        |
| 1 pound shaved roast beef*  | 1 red onion*, sliced very thin             |
|   | Chips*, for serving                        |

#### Directions

Toast the bread in the toaster until light golden brown. Set aside. Fry the bacon until just barely crisp, and then drain on a paper towel. Set aside. Mix together 2 tablespoons of the mayonnaise with the basil pesto. In a separate bowl, mix an additional 2 tablespoons mayonnaise with the sun-dried tomato pesto. To make one sandwich: Spread 2 pieces of toast with basil pesto mayo. On one piece of bread, lay some roast beef on top of the pesto mayo, then top with a slice of cheese and some lettuce. On the other piece of bread, lay the slices of tomato on top of the pesto mayo. Top with some avocado and bacon. Lift the second slice of bread and place it, ingredient-side down, on top of the first piece of bread. For the second layer: On the top of the top piece of bread, spread the sun-dried tomato mayo. Spread one side of the third piece of bread with sun-dried tomato mayo. Place ham, cheese, red onion and lettuce on top. Top with bacon slices. Place this piece of bread, ingredient-side down, on top of the first piece of bread. Use a sharp knife to cut the sandwich in half (on the diagonal) then again in fourths. (Use large toothpicks to secure if needed.) Serve with chips! (Courtesy of: The Pioneer Woman)



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## Tomatoes

A tomato is the edible, often red, fruit from the plant *Solanum lycopersicum*. Both the species and its use as a food originated in Mexico, and spread around the world quickly after the Spanish colonization of the Americas. Botanically, tomatoes are a fruit but are considered a vegetable for culinary purposes. Regardless of whether you want to call it a fruit or vegetable, it is rich in lycopene, which is thought to have many beneficial health effects. The tomato is member of the nightshade family, and theatre-goers during Shakespeare's time used tomatoes to show their disgust for a poor performance, hurling them at actors rather than eating them.

### Storage and Use

Stored at room temperature and away from direct sunlight, most ripe tomatoes retain the best eating quality for 2 to 3 days. Underripe tomatoes can last up to 5 days. Always store tomatoes with the stem scar facing up to reduce softening and darkening of the fruit. It is not recommended to refrigerate fresh tomatoes as it can cause flavor loss. However, you can delay the softening of just-ripe tomatoes by refrigerating them for no more than three days so the flavor loss will be minimal. It's best to remove tomatoes from the refrigerator 1 hour before use to help it regain its original flavor. Cut or chopped tomatoes will last about 1 to 2 days if covered and refrigerated. Tomatoes can be eaten fresh, cooked, baked, and preserved by canning, freezing, or drying.

See above the recipe for [Asparagus and Tomato Tart](#) under **Asparagus**.

See above the recipe for [Colossal Club Sandwiches](#) under **Green Leaf Lettuce**.

### Tomato-Beet Salad

#### Ingredients

1 pound scrubbed small **beets**  
2 pounds **tomatoes**  
1 pint cherry tomatoes\*  
1/4 cup crumbled feta\*  
1/4 cup fresh cilantro leaves\*  
1/4 cup extra-virgin olive oil  
Salt\* and pepper

#### Directions

Preheat oven to 400 degrees. Seal beets in a foil packet. Roast on a rimmed baking sheet until tender, 75 minutes. When cool, rub beets with a paper towel to remove skins; slice. Slice large tomatoes, and halve cherry tomatoes, then arrange with beets on a platter. Top with feta, cilantro, and olive oil; season with salt and pepper. (Courtesy of: [www.marthastewart.com](http://www.marthastewart.com))



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## Red 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. 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.

See above the recipe for [Tomato-Beet Salad](#) under **Tomatoes**.

### Orange Glazed Beets

#### Ingredients

|                             |                           |
|-----------------------------|---------------------------|
| 3 cups cooked <b>beets</b>  | 2 tablespoons brown sugar |
| 2 tablespoons <b>butter</b> | ½ cup orange juice*       |
| 2 teaspoons flour           |                           |

#### Directions

Melt butter. Blend in flour. Add brown sugar and orange juice, stirring constantly until thickened. Drain beets; add sauce to beets. (Courtesy of: The Practical Produce Cookbook)

### Simple and Delicious Beet Greens

#### Ingredients

2 bunches **beet greens**, stems removed  
1 tablespoon extra-virgin olive oil, or to taste  
2 cloves garli\*c, minced  
1/4 teaspoon crushed red pepper flakes (optional)

#### Directions

Bring a large pot of lightly salted water to a boil. Add the beet greens, and cook uncovered until tender, about 2 minutes. Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the greens are cold, drain well, and coarsely chop. Heat the olive oil in a large skillet over medium heat. Stir in the garlic and red pepper flakes; cook and stir until fragrant, about 1 minute. Stir in the greens until oil and garlic is evenly distributed. Season with salt and pepper. Cook just until greens are hot; serve with lemon wedges. (Courtesy of: [www.allrecipes.com](http://www.allrecipes.com))



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## Vidalia Onions

Vidalia Onions are a very mild, sweet onion that are grown in a specific territory in south Georgia (USA), comprised of 20 counties, centered around the city of Vidalia, GA and Toombs County. In order for farmers to grow & call sweet onions 'Vidalia', it's required they be grown in this specific region, due to its unique blend of soil & nutrients that help produce their distinctive flavor. The Vidalia name is also protected through a federal marketing order, as well as a state law – making it illegal to grow & call a sweet onion a 'Vidalia' if it's grown outside this area. Vidalia Sweet Onions are actually a standard Yellow Granex variety. And they're so mild they don't make eyes tear up when cut open – making them a friendly choice for budding cooks & chefs (<https://www.vidaliaonions.com/what-is-a-vidalia-onion/>).

### Storage and Use

Vidalia onions 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.

### Chicken, Bacon and Avocado Salad with Vidalia Dressing

#### Ingredients

4-6 cups **lettuce**  
4 strips of bacon\*, cooked til crisp and chopped  
1 avocado\*, sliced  
1/3 cup crumbled feta cheese\*  
2 tablespoons toasted sunflower seeds\*  
2 cooked boneless skinless chicken breasts OR 2 cups cubed or shredded chicken

#### **Vidalia onion dressing**

1 medium **Vidalia onion**, diced  
1/2 cup olive oil\*  
1/3 cup honey\* or more to taste  
1/4 cup apple cider vinegar\*  
1 teaspoon minced garlic\*

1/3 cup fresh squeezed orange\* juice  
2 tablespoons dijon mustard  
1/2 teaspoon salt\* or to taste  
1/4 teaspoon pepper or to taste  
2 tablespoons mayo\* (optional, to thicken the dressing)

#### **Chicken marinade (optional)**

1/4 cup olive oil\*  
3 tablespoons balsamic vinegar\*  
2 teaspoons dijon mustard  
1 teaspoon minced garlic\*  
1/2 teaspoon salt  
1/4 teaspoon pepper

#### Directions

If using the chicken marinade, combine all marinade ingredients in a bowl, add chicken and toss to coat, cover and chill for 30 minutes. Bake or grill until cooked through, chop and set aside. Combine dressing ingredients in a food processor or quality blender, pulse until smooth. Assemble salad with lettuce topped with chicken, bacon, avocado, feta, and sunflower seeds. Drizzle dressing over everything and serve. (Courtesy of: [www.lecremedelacrumb.com](http://www.lecremedelacrumb.com))



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## **Sweet Vidalia Primavera Pizza**

### **Ingredients**

1 lb. pizza dough  
1 1/4 cups grated smoked mozzarella  
1 cup drained diced canned tomatoes, with Italian seasonings  
10 thin **asparagus** spears  
4 slices (about 1/4-inch-thick) **Vidalia® onion**  
3 oz. soft fresh goat cheese\*  
1 tsp. dried oregano leaves  
drizzle of olive oil\*

### **Directions**

Heat oven to 400°F; oil a large baking sheet or 12-inch ovenproof skillet. Roll out dough to a 12-inch round, leaving edges thicker to create a crust. Arrange pizza dough on oiled baking sheet or in skillet. Top dough evenly with smoked mozzarella, leaving about a 1-inch border of crust around the edge; scatter diced tomatoes over cheese. Trim and discard woody ends from asparagus. Cut spears diagonally crosswise into 1 1/2- to 2-inch pieces. Combine asparagus pieces and Vidalia Onion slices (separated into rings) in a small bowl; lightly drizzle with olive oil. Spread asparagus and onions on top of pizza. Pinch or cut off bite-size pieces of goat cheese and scatter on top of vegetables. Sprinkle oregano over all, drizzle lightly with olive oil and bake on lowest rack in oven 20 to 25 minutes, or until crust is dark golden. (Courtesy of: [www.vidaliaonion.org](http://www.vidaliaonion.org))