



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



## Hollabaugh Bros, Inc. Spring CSA - Week 7

### Box contents:

Asparagus, Strawberries, Broccoli, cauliflower, Sugar Snap Peas, Lettuce

### Dairy Add-on contents:

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

Welcome to week seven 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>).

### Sauteed Asparagus and Snap Peas

#### Ingredients

1-pound **asparagus**  
3/4-pound **sugar snap peas**  
2 tablespoons good olive oil\*  
Kosher salt  
Freshly ground black pepper  
Red pepper flakes, optional  
Sea salt, for serving

#### Directions

Cut off the tough ends of the asparagus and slice the stalks diagonally into 2-inch pieces. Snap off the stem ends of the snap peas and pull the string down the length of the vegetable. Warm the olive oil in a large saute pan over a medium heat and add the asparagus and snap peas. Add the salt, pepper, and red pepper flakes, to taste, if desired. Cook for approximately 5 to 10 minutes until al dente, tossing occasionally. Sprinkle with sea salt and serve hot. (Courtesy of: Ina Garten; Food Network)



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## **Saucy Chicken and Asparagus Bake**

### **Ingredients**

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

### **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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## 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 Salad

#### Ingredients

½ cup mayonnaise	1 tablespoon poppy seeds
1/3 cup sugar	1 head <b>lettuce</b>
¼ cup milk*	1 pint fresh <b>strawberries</b> (sliced)
2 tablespoons vinegar	1 red onion*, sliced

#### Directions

Mix together first 5 ingredients to make dressing. Toss lettuce, strawberries, and onion in a large bowl with dressing and serve. (Courtesy of: Karen Menges; Hollabaugh Bros., Inc.)

### Strawberry Salsa

#### Ingredients

2 c. fresh <b>strawberries</b> , washed hulled & diced	2 tsp. fresh cilantro* or basil, minced, or 1 tsp. dried
1/4 c. red onion*	1/4 tsp. red cayenne pepper
1/2 c. diced green pepper*	1 Tbsp. vegetable oil
1 tsp. salt*	2 tsp. honey*
1/4 tsp. pepper	1 Tbsp. lemon* juice

#### Directions

In a medium glass bowl, combine all ingredients and mix well. Refrigerate for at least 2 hours. Serve with chicken, or fish. (Source: Hollabaugh Bros., Inc.)



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## Broccoli

Broccoli (*Brassica oleracea*) is a cruciferous cousin of the cabbage. Its name is actually derived from the Italian for “flowering head of the cabbage.” It was intentionally cultivated through careful breeding in the northern Mediterranean during the sixth century B.C. Broccoli was introduced to the United States by Italian immigrants and has only recently been added to the North American diet (circa 1920s). Broccoli packs a powerhouse punch of health benefits. It is high in vitamin C and fiber and contains multiple nutrients with anti-cancer properties. A single serving provides more than 30 mg of vitamin C and a half cup provides 52 mg. It is rich in lutein and is part of a heart-healthy diet.

### Storing and Using

Place unwashed broccoli in a plastic bag, remove as much air as possible, and store in the refrigerator. Use within 10-12 days. Once broccoli is cut, the vitamin C begins to degrade, so plan carefully how you will use your vegetable. Be aware that boiling reduces the nutritional value. Steam your broccoli instead, and consider retaining the liquid for vegetable stock (cool and freeze in a large container, adding vegetable scraps and cooking liquid until you have enough to make a good veggie stock). Rinse broccoli under cold running water. Cut florets into quarters for quick and even cooking. Be sure to enjoy the stems and leaves of broccoli; they provide a good balance of flavors and are rich in nutrients. Peel the broccoli stem and cut the stem into 1/2" slices. Broccoli may also be sautéed, stir-fried, roasted, and used in soups, casseroles, and lasagnas.

### Broccoli and Cauliflower Mac n Cheese

#### Ingredients

Salt

- 1 small head or bundle **broccoli**, trimmed into florets
- 1 small head **cauliflower** or half a large head, trimmed and cut into florets
- 1 pound macaroni or penne or other short cut pasta\*
- 2 cups sour cream\* or reduced-fat sour cream
- 1 tablespoon Dijon mustard
- 1/3 cup finely chopped chives
- 2 cloves garlic\*, peeled and grated or crushed into paste
- Freshly ground black pepper
- 2 1/2 cups grated extra-sharp Cheddar\*

#### Directions

Bring a large pot of water to a boil over medium heat. Salt the water and add the broccoli and cauliflower florets. Boil the vegetables for 5 minutes, then remove them with a spider or a strainer and drain. Add the pasta to the water and undercook by about 2 minutes, drain. Meanwhile, combine the sour cream in a large bowl along with the mustard, chives, garlic, and salt and pepper, to taste. Add the pasta and cauliflower and 2/3 of the cheese. Stir to combine, then transfer it to a casserole or baking dish and cover with the remaining cheese. Cool and chill for a make-ahead meal. To heat and eat, put the casserole on baking sheet and bake it in the middle of a preheated 375 degree F oven until deeply golden and bubbly, about 40 to 45 minutes. (Source: Rachael Ray, Food Network)



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## **Parmesan Broccoli and Cauliflower Salad**

### **Ingredients**

2 1/2 cups bite-sized **broccoli** florets  
2 1/2 cups bite-sized **cauliflower** florets  
2 eggs\*, lightly beaten  
1 cup grated Parmesan\*  
1/2 to 1 cup olive oil\*  
1/2 teaspoon kosher salt  
4 cups lightly packed fresh spinach leaves\*  
1/2 lemon\*, zested  
1 lemon\*, juiced  
1/4 cup extra-virgin olive oil\*  
1/2 teaspoon freshly ground black pepper

### **Directions**

Place the broccoli and cauliflower in a large bowl. Toss with the beaten eggs to coat evenly. Place the Parmesan in a large tray or baking dish and dredge the vegetables in the cheese, pressing to coat evenly. Pour olive oil in a large heavy skillet until the olive oil is 1/4-inch deep, about 1/2 cup depending on the size of your skillet. Warm the olive oil over medium-high heat. When the oil is hot, carefully add the Parmesan-coated vegetables. Do not overcrowd the pan. Cook in batches, if necessary. Let the vegetables cook until a crust forms, about 3 minutes per side. Turn the vegetables only when they easily release from the bottom of the pan. Drain on paper towels and season with salt. Place the spinach in a large bowl. In a small bowl, whisk together the lemon zest, lemon juice, extra-virgin olive oil, salt, and pepper. Drizzle the spinach with the vinaigrette and toss to coat. Add the Parmesan coated vegetables. Toss and serve. (Courtesy of: Giada De Laurentiis; Food Network)



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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.

The first colored cauliflower was found in the Bradford Marsh in Canada in 1970. This small, orange cauliflower caused intrigue among plant breeders. Through successive generations of traditional crossbreeding with other cauliflower varieties, Mr. Micheal Dickson of Cornell University created a variety of larger and more flavorful orange cauliflower. Through the same breeding techniques, plant breeders have also developed purple and green varieties of cauliflower.

These colorful varieties of cauliflower have their own unique flavors and important nutrients at many levels higher than ordinary white cauliflower. All cauliflower is low in fat, low in carbohydrates but high in dietary fiber, folate, water, and vitamin C, and possesses high nutritional density. Cauliflower contains important phytochemicals that may help fight cancer.

### 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.

See above the recipe for [Broccoli and Cauliflower Mac n Cheese](#) under **Broccoli**.

See above the recipe for [Parmesan Broccoli and Cauliflower Salad](#) under **Broccoli**.



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## Sugar Snap Peas

Sugar snap peas, a hybrid cross between green peas and snow peas, were first developed in 1979 to meet consumers' demand for edible pod peas that are sweet, large, and easy to chew. Sugar snap peas are high in vitamins as well as fiber.

### Storage and Preparation

Fresh peas can be kept in a plastic bag in the refrigerator for up to ten days. After this time, the peas will become starchy and lose their juiciness. Prepare your peas by washing them well, pulling the stems off, and trimming the ends.

See above the recipe for [Sauteed Asparagus and Snap Peas](#) under **Asparagus**.

### Sugar Snap Peas with Parsley

#### Ingredients

- 1 1/2 pounds **sugar snap peas**
- Coarse salt
- 1 teaspoon sugar
- 2 tablespoons butter\*
- 3 tablespoons chopped parsley leaves

#### Directions

Place peas in pot and add 1 inch water. Add a little salt, a teaspoon of sugar and a couple of pats of butter to the pot. Bring water to a boil. Reduce heat to simmer. Cover and cook until peas are tender but still bright green, 7 to 8 minutes. Remove from heat. Add chopped parsley. Transfer peas to a serving dish. (Source: Rachael Ray; Food Network)





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## Lettuce

### Storage and Use

Store lettuce in a perforated plastic bag in the crisper section of your refrigerator. It should be used within 3-5 days. Do not wash until ready to use. Dry leaves before serving, and do not pour dressing over it until ready to serve. Lettuce quickly degrades when stored with fruit such as apples, pears and bananas that release the ripening agent known as ethylene gas. The high water content of lettuce (94.9 percent) prevents it from being successfully frozen, canned or dried, meaning it must be eaten fresh.

See above the recipe for [Strawberry Salad](#) under **Strawberries**.

### Black Bean Burger

#### Ingredients

2 cups black beans, drained and mashed with a fork  
1 cup seasoned breadcrumbs  
¼ cup grated onions\*  
½ teaspoon chili powder  
1 egg\*  
Salt and freshly ground black pepper  
Canola oil, for oiling grill pan  
1 to Kaiser rolls  
**Lettuce**, for serving  
Sliced tomatoes\*, for serving  
Mayonnaise, for serving

#### Directions

Mix together the beans, breadcrumbs, onions, chili powder, egg and some salt and pepper in a medium bowl. Form the mixture into 1 big (or 2 smaller) patties. Preheat a grill pan over medium-high heat and add some canola oil. Cook the burger 4 minutes per side. Serve on a kaiser roll with arugula, tomato slices and mayo. (Courtesy of: Ree Drummond; Food Network)