



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



Hollabaugh Bros, Inc. Spring CSA - Week 8

Box contents:

Strawberries, Swiss Chard, Garlic Scapes, Zucchini, Shell Peas, Apple Cider

Dairy Add-on contents:

AVC Milk (Skim, 1.5%, Whole, or Chocolate), Shredded Mexican cheese, Garlic Butter

Welcome to the last week of our Spring 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!



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



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 Short-Shake

Ingredients

1 pt fresh strawberries , hulled	¼ cup milk*, if needed
1 teaspoon vanilla extract	6 shortbread cookies, divided
1 tablespoon sugar	2 tablespoons toasted almonds
1 pint Mr. G's vanilla ice cream*	Whipped cream*

Directions

Place strawberries, sugar, and vanilla in blender. Pulse until the strawberries are fine and juicy. Add ice cream and blend until smooth. If the shake is too thick, add milk and blend again. Crumble 4 shortbread cookies into the blender and pulse to combine. To serve, pour the shake into 2 glasses and top with whipped cream, toasted almonds, and a fresh strawberry. Garnish each glass with a shortbread cookie, or crumble over the top. Note: Try using different fruits in this recipe to mix things up!
(Courtesy of: Hollabaugh Bros., Inc.)

Strawberry Basil Chicken

Ingredients

3-4 large chicken breasts	1/2 tsp pepper
3 tbsp olive oil	2 cups chopped fresh strawberries
3 garlic* cloves crushed	1 cup chopped fresh basil*
1/2 tsp sea salt	3 tsp balsamic vinegar* or balsamic glaze

Directions

Begin by heating a large skillet to medium heat. Add olive oil and garlic, cook for 2 minutes or until fragrant. Prepare your chicken breasts: you may need to pound the breast to make them a bit thinner, mine were approximately 1 inch. Salt and pepper each side, add to pan. Cook for 3-5 minutes per side (until golden brown, but cooked through). Set aside. Meanwhile, prepare the topping. Toss together strawberries, basil, balsamic and 1 tbsp olive oil. Top each chicken breast with strawberry mixture, and salt and pepper to taste. Add additional balsamic glaze or balsamic if needed. Serve immediately.
(Courtesy of: www.wholesomelicious.com)



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



Swiss Chard

Swiss Chard is actually a beet that has been chosen for leaf production at the expense of root formation. Referred to as a leaf beet, Swiss Chard, like beets, contains betalain which is a water-soluble compound that gives the plant its hues of red and yellow and also protects the plant from UV rays. Swiss Chard has a myriad of colors in its leaves and bright colored stems. It has a subtle earthy flavor with succulent and tender leaves. Chard is known as a nutritional powerhouse vegetable that is packed with vitamins, nutrients, and health benefits!

Storage and Use

Cut off the woody ends of the stems of your Swiss Chard, wash it, dry it, and then store it in the refrigerator in plastic bag. It should stay fresh up to seven days. Used as a salad green and leaf vegetable, Swiss Chard can be used both raw and cooked. It also makes a great substitute for spinach.

See below the recipe for [Provençal Zucchini and Swiss Chard Tart](#) under **Zucchini**.

Cider-Braised Swiss Chard with Apples

Ingredients

3 to 4 pieces bacon*, optional
1 small onion*, chopped
2 cups **apples**, peeled and diced
1 bunch **chard**, rinsed and chopped (leave the stalks in, cutting them into small pieces -- they add a nice crunch)
2 tablespoons cider vinegar*
1 cup **apple cider**
2 tablespoons olive oil
salt and pepper, to taste

Directions

If using bacon, fry the bacon until it is crispy and has rendered off all of its fat. Then remove all but 2 tablespoons of the bacon fat. Add the onions. If skipping the bacon, heat olive oil up in a large skillet and add the onions.

Cook on low heat until the onions are translucent. Increase the heat to medium. Add the apples, tossing them around to coat them completely in the fat. Mix in the chard and stir a few times to make sure everything is well incorporated. Then add the cider and vinegar and cover, cooking until the leaves are tender, about 10-15 minutes. Remove the cover and increase the heat to high. Add salt and pepper to taste. Let the water boil off and evaporate, stirring constantly. (If the liquid doesn't completely evaporate, just pour out after about 20 minutes, when the apples are tender and the chard is wilted.)
(Courtesy of: www.bitesoutoflife.com)



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



Garlic Scapes

Garlic scapes are the top portion of garlic plants. Just like a fresh and verdant version of garlic, scapes are mild and delicious.

Use and Storage

Garlic scapes can be used in many ways: brushed with olive oil and grilled like asparagus spears; minced into salsa, guacamole, marinades and dressings; chopped into soups, salads, sautés, and stir fries; blended into pesto, hummus, and sauces; mixed into cream cheese and butter for an extra kick; and used in place of garlic or onion, cooked or raw, in many different dishes. You can even pickle them!

Store garlic scapes in a closed container or in a plastic bag in the crisper section of your fridge.

See below the recipe for [Provençal Zucchini and Swiss Chard Tart](#) under **Zucchini**.

Green Garlic and Ham Scrambled Eggs with Cheese

Ingredients

1 tablespoon butter*	¼ cup milk*
1 onion*, chopped	1 teaspoon salt
2 garlic scapes , sliced	1 teaspoon ground black pepper
½ cup cubed cooked ham*	½ cup shredded white cheddar cheese*
6 eggs*	

Directions

Melt the butter in a skillet over medium heat. Cook the onion, garlic scapes, and ham in the melted butter until the onion is tender, about 5 minutes. Beat the eggs, milk, salt, and pepper together in a small bowl; pour into the skillet and cook, stirring continually, until the eggs have nearly set, but are still slightly moist. Add about half the Cheddar cheese; cook and stir until the eggs are completely cooked, about 5 minutes. Top with the remaining Cheddar cheese to serve. (Courtesy of: allrecipes.com)



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



Zucchini

Summer squash are harvested when young while the rind is still tender enough to cook. The name also refers to the fact that these squash have a relatively short shelf life unlike winter squash varieties (acorn, butternut, etc.). They are varieties of *Cucurbita pepo*. Summer squash have their ancestry in the Americas. Lewis & Clark recorded in their journals seeing the Arikara tribe growing “simlins,” a southern word for summer squash. However, the zucchini we know today (also called courgettes) were cultivated in Italy during the 19th century.

Fascinating Facts: Although summer squash are classed as a vegetable for culinary purposes, botanically speaking they are really an immature fruit. Summer squash blossoms may also be harvested (removing the stamens and pistils) and eaten fried, sautéed, stuffed, baked, or in soups and stews.

Preparing and Storing Summer Squash

Place summer squash unwashed in plastic bags in the crisper drawer of the refrigerator. Wash the squash just before preparation. As with most vegetables, water droplets promote decay during storage. The storage life of summer squash is brief, so use within two to three days for best quality.

Summer squash can be grilled, steamed, boiled, sautéed, fried, or used in stir fry recipes. They mix well with onions, tomatoes and okra in vegetable medleys. Summer squash can be used interchangeably in most recipes. Summer squash may be blanched and frozen in cubes or slices for winter use. Zucchini may also be stored grated for use in zucchini bread and muffins or quiches. Herbs and spices that go well with summer squash and enhance their delicate flavor include marjoram, cumin seeds, parsley, dill, rosemary and savory.

See below the recipe for [Spring Risotto with Peas and Zucchini](#) under **Shell Peas**.



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



Provençal Zucchini and Swiss Chard Tart

Ingredients

1 10-inch pie pastry shell
1 pound **Swiss chard**
Salt to taste
2 tablespoons extra virgin olive oil
1 medium onion*, finely chopped
2 pounds **zucchini**, cut in small dice (1/4 to 1/3 inch)
2 to 3 large garlic* cloves (to taste), minced OR 2 to 3 **garlic scapes**, diced
1 teaspoon fresh thyme leaves, chopped
1 to 2 teaspoons chopped fresh rosemary (to taste)
2 ounces Gruyère cheese, grated (1/2 cup, tightly packed)
3 large eggs*, beaten
Freshly ground pepper

Directions

Bring a large pot of water to a boil while you stem the greens, and wash them thoroughly in several rinses of water. If the ribs are wide, wash and dice them, then set aside. Fill a bowl with ice water. When the water reaches a rolling boil, add a generous amount of salt and the chard leaves. Blanch for one minute, until just tender. Using a slotted spoon or deep-fry skimmer, transfer to the ice water, then drain. Squeeze out excess water and chop. Set aside.

Heat the oil over medium heat in a large nonstick skillet, and add the onion and diced chard stems, if using. Cook, stirring, until tender, about five minutes. Stir in the zucchini. Season to taste with salt, and cook, stirring, until just tender and still bright green, about 10 minutes. Stir in the garlic, thyme and rosemary, and cook with the zucchini and onion until the garlic is fragrant, about one or two minutes. Stir in the greens, toss everything together, and remove from the heat. Taste and season with salt and pepper.

Beat the eggs in a large bowl. Stir in 1/4 to 1/2 teaspoon salt (to taste), the zucchini mixture, and the Gruyère. Mix everything together, add pepper, taste once more and adjust seasoning.

Preheat the oven to 375 degrees. Oil a 10-inch tart pan. Roll out two-thirds of the dough and line the pan, with the edges of the dough overhanging. Freeze the remaining dough. Fill the lined pan with the zucchini mixture. Pinch the edges of the dough along the rim of the pan. Place in the oven and bake 50 minutes, until set and beginning to color. Allow to rest for at least 15 minutes before serving (preferably longer). This can also be served at room temperature.

Cook's Note: Advance preparation: The blanched greens will keep for three or four days in the refrigerator in a covered bowl. The finished tart keeps for a few days in the refrigerator. Reheat gently at 275 degrees to re-crisp the crust. (Courtesy of: Martha Rose Shulman; New York Times)



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



Shell Peas

Shell peas, also referred to as Garden Peas, Green Peas, and English Peas, have large bright-green pods which incase plump, rounds peas. Unlike snow and snap peas, the pods of shell peas are too fibrous to be edible. Pods must be shelled first by snapping off the end and pulling the fibrous string along the length of the pod. Each pod contains five to eight peas. Fresh peas are rich in Vitamin A and Vitamin B (particularly folic acid), calcium, iron, zinc, and potassium. They also contain lutein, which has been shown to promote healthy vision, and phytonutrients, which have inflammatory properties.

Shell peas date back to ancient times and are believed to be native to Europe and parts of Asia. However, cultivation of peas isn't thought to have occurred until the seventeenth century in England. Because of their long shelf life, dried peas traveled to the New World with explorers and became one of the first crops grown by colonists. An Austrian Monk, the famed Gregor Mendel, used peas as the basis for his plant breeding experiments – the foundation of modern genetics- during the second half of the nineteenth century.

Storage and Use

Store peas in a closed container in the crisper drawer of your refrigerator. For best flavor prepare or freeze peas soon after they are harvested. For even better flavor and texture, wait to shell the peas until you are ready to use them. Peas can also be shelled and then frozen, dried, or canned for future use. To best preserve nutrients, use peas raw or prepare steamed or stir-fried. Shelled peas are sweet and tender enough to be eaten raw, but they can also be cooked.

Parmesan English Peas

Ingredients

2 tablespoons canola oil	1/2 cup grated Parmesan*
5oz. shelled English peas	Salt (to taste)
1/2 cup half and half*	Freshly ground black pepper

Directions

In a large sauté pan, add the oil over medium heat. Add the peas and warm through. Next add the half and half and Parmesan and continue to cook until all of the cheese has been incorporated. Adjust seasoning just before serving. (Courtesy of: <https://recipes.sparkpeople.com>)



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



Spring Risotto with Peas and Zucchini

Ingredients

2 cans (14.5 ounces each) reduced-sodium chicken broth*
3 tablespoons butter*
1 to 2 large **zucchini** (1 pound) cut into 1/2-inch cubes
Coarse salt and ground pepper
1/2 cup finely chopped onion*
1- 1/2 cups Arborio rice
1/2 cup dry white wine
1 cup **peas**
1/2 cup grated Parmesan cheese*

Directions

Heat broth and 2 1/2 cups water in a small saucepan over low heat; keep warm. Meanwhile, melt 2 tablespoons butter in a 3-quart saucepan over medium heat. Add zucchini; season with salt and pepper. Cook, stirring often, until zucchini is golden, 8 to 10 minutes. With a slotted spoon, transfer zucchini to a plate. Reduce heat to medium-low. Add onion; cook until soft, 5 minutes. Season with 1 teaspoon salt and 1/4 teaspoon pepper. Raise heat to medium. Add rice; cook, stirring, until translucent around edges, about 3 minutes. Add wine; cook until absorbed, about 2 minutes. Cook, adding 1 cup hot broth at a time (stir until almost all liquid is absorbed before adding more), until rice is tender, 25 to 30 minutes total. Add zucchini and peas; cook until peas are bright green, 2 minutes. Remove from heat. Stir in remaining tablespoon butter and Parmesan. Serve, topped with more cheese. Note: Because of its high starch content, imported Arborio rice makes the creamiest risotto. If your market doesn't have it, substitute medium- or long-grain white rice. (Courtesy of: www.pbs.org/food)



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



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!

See above the recipe for [Cider-Braised Swiss Chard with Apples](#) under **Swiss Chard**.

Apple Cider Glazed Ham

Ingredients

4 to 5 lb. ham	½ teaspoon (16) whole cloves
2 apples	½ teaspoon (16) allspice
2 cups apple cider	¼ cup honey*
2 cinnamon sticks	4 teaspoons cornstarch

Directions

Begin baking ham as directed. Thinly slice apples. In saucepan, combine cider, cinnamon, cloves, and allspice. Bring to a boil. Reduce heat; simmer 15 minutes. Remove spices. In small bowl, mix honey and cornstarch. Stir into cider mixture. Cook over medium heat until thickened, stirring constantly. Begin glazing 45 minutes before ham is done. Do this every 15 minutes until baking is completed. The last 15 minutes, remove from oven and arrange apple slices over top. Glaze for last time and put in oven for additional 15 minutes. Cool slightly before cutting and serving. (Courtesy of: Hollabaugh Bros., Inc.)