



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



Hollabaugh Bros., Inc. Summer CSA - Week 1

Box contents:

Sweet cherries, Beets, Kohlrabi, Radishes, Garlic Scapes, Leaf Lettuce

Dairy Add-on contents:

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

Welcome to the first week of our summer CSA program! We're excited about this program and delighted that you have decided to participate. We look forward to bringing you the best fresh fruits and vegetables of the summer growing season, along with information about how to store and prepare each item in your box.

For those of you who are new to the HBI CSA programs, here's how it works: Each week, you'll find this document on our CSA Members page. It'll be filled with recipes, fun facts, and storage/preserving instructions. In each recipe, ingredients that are in this week's box will be bold-faced. Items in recipes marked with an asterisk are also available for sale 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!

We'd appreciate your feedback, too. Have a recipe to share or a tip to pass along? Please do so. We look forward to spending the next 12 weeks with you. Thanks for supporting sustainable, local agriculture and our family farm!



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Sweet cherries

Cherries are a great summertime treat by themselves, but they also work well in desserts, main dishes, and sides. Any time you want a splash of color and sweetness, sweet cherries are a viable option.

Storage & Use

Store your unwashed sweet cherries in a plastic bag in the refrigerator, and they should stay fresh for two to four days. Since the flavor of sweet cherries is better at room temperature, leave them out on the counter a few hours before eating them fresh.

Grilled Chicken with Cherry Chipotle Barbeque Sauce

Ingredients

- 1 cup fresh or frozen (thawed) dark **sweet cherries**, pitted and chopped *
- 1/2 cup chicken broth*
- 1/3 cup cherry preserves*
- 1/3 cup ketchup
- 2 tablespoons cider vinegar*
- 1 1/2 teaspoons minced canned chipotle chiles in adobo sauce, or more to taste
- 1 1/4 teaspoons dried thyme
- 1/2 teaspoon ground allspice
- 2 pounds boneless, skinless chicken breasts, trimmed

Directions

Stir cherries, broth, preserves, ketchup, vinegar, chipotle peppers, thyme and allspice in a small deep bowl. Transfer to a shallow glass or pottery dish large enough to hold chicken. Add chicken and turn to coat well. Cover and marinate in the refrigerator for at least 2 hours or overnight. Preheat grill to high. Oil the grill rack. Remove the chicken from the marinade. Transfer the marinade to a medium skillet. Bring the marinade to a boil. Reduce heat to a simmer and cook until the sauce is reduced by about half, 12 to 15 minutes. Meanwhile, reduce the grill heat to medium and grill the chicken until cooked through and no longer pink in the middle, 7 to 9 minutes per side. Let the chicken cool slightly; serve with the sauce. (Source: *Eating Well* 2006)

Cherry Pudding

Ingredients

- | | |
|--------------------------|------------------------|
| 1/2 cup flour* | 1 egg* |
| 2 teaspoon baking powder | Milk* as needed |
| 1/4 teaspoon salt* | 2 cups cherries |
| 1/2 cup sugar* | |

Directions

Mix all ingredients together and add milk until batter can be poured into cake pan and bake at 350° until browned. (Courtesy of: Deb Stock; Hollabaugh Bros., Inc.)



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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 below the recipe for [Beet Greens and Garlic Scape Pasta](#) under **Garlic Scapes**.

Creamy Beet Kohlrabi Soup

Ingredients

4 small-medium red **beets** peeled and cut into 1/4-inch pieces
2 medium **kohlrabi** peeled cut into 1/4-inch pieces
0.5-inch fresh ginger root peeled*
4 cups water
1 teaspoon cinnamon
1 teaspoon turmeric powder
1/2 teaspoon ground cumin
1/4 teaspoon cayenne pepper
Pinch of ground cardamom
Himalayan salt to taste
Dash of lime* juice to taste
2 tablespoons extra virgin olive oil*

Directions

Put beets, kohlrabi, ginger, and water in a large pot. Bring to a boil over medium heat and then reduce heat to low. Cover and simmer for 25-30 minutes, until beets are fork tender. Transfer soup to a blender. Add spices and lime juice. Purée on high until creamy and smooth. Return soup back to the pot. Add more water if soup is too thick. Add olive oil and stir. Taste and adjust seasonings as needed, adding more salt to taste. Serve hot or cold topped with some chia seeds and chopped toasted peanuts. (Courtesy of: www.natalieshealth.com)



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Roasted Beets and Sauteed Beet Greens

Ingredients

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

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)



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Kohlrabi

Kohlrabi is a member of the Brassica oleraceae (crucifer) family. Though its name references relation to the turnip, which is a root vegetable, it is not a root vegetable. Members of the cruciferous family have stems and bulbs that grow and rest above ground. Kohlrabi is German, with no translation, literally kohl (cabbage) and (rabi) turnip. Although it has definitive Eastern European culinary origins and has a long culinary history in Asia, it has never been a largely purposeful vegetable in America outside of immigrant communities, although that is changing rapidly with the advent of local foods and farmers' markets.

The bulb of the kohlrabi plant is the part of this vegetable that is considered the most virtuous element of the plant. It is roughly rounded and somewhat heart shaped, its skin wrapping around itself in a circular motion with several thick stems that branch out into its edible leaves. Although the bulb's skin is pale green, its flesh is the color of ivory. The bulb is crisp, dense, succulent and similar in flavor to a turnip, with mild cabbage nuances. The leaves and stems are both succulent and tender.

Storage and Use

Kohlrabi can be stored in the refrigerator for several weeks once the stems are removed. It can be eaten raw, steamed, cooked, or broiled.

See above the recipe for **Creamy Beet Kohlrabi Soup** under **Beets**.

Kohlrabi and Radish Salad

Ingredients

- 1 small bulb **kohlrabi**, ends trimmed and outer layer peeled
- 4-5 small **radishes**, end removed and sliced thinly.
- 2 spring or green bunching onions*
- Juice from half a lime or lemon
- 1 tbs apple cider* or white wine vinegar
- 1 tbs sunflower or olive oil
- 1 tsp sugar
- Pinch of salt
- 2 tbs minced fresh herbs* (cilantro, parsley, rosemary, mint or basil)

Directions

Trim off the ends and peel the thick outer skin from your kohlrabi. Shred or cut into matchsticks. A julienne peeler makes quick work. Remove the ends of the radishes and then slice them thinly, and do the same for the onions. Place kohlrabi, radishes and onions in a bowl and add lemon or lime juice, vinegar, sunflower/olive oil, sugar and a pinch of sea salt. Refrigerate for 15 minutes. Taste to adjust seasoning, stir in herbs, and serve. (Courtesy of: www.freshforkmarket.com)



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Radishes

Radishes (*raphanus sativus*) are edible roots with a taste that ranges from mild to peppery. The most common variety in the US is the Red Globe. A member of the mustard family, radishes were first cultivated in China, then in Egypt and Greece, where the vegetable was so highly regarded that gold replicas were made of it. In ancient Greek and Roman culture, radishes were grown for winter storage and often weighed 50 to 100 lbs. each. They were eaten cooked or raw and seasoned with honey and vinegar. Store radishes in perforated plastic bags in the refrigerator for up to one week. To prepare, cut off root ends. Soak in ice water to increase crispiness.

Radishes are versatile and tasty. Consider these quick and easy ways to incorporate radishes into your meal and snack planning:

- For extra crunch and bite, add sliced radishes to stir-fry.
- Stir chopped or sliced radishes into tuna, egg, potato or chicken salad.
- Thinly sliced radishes make a tasty, fresh garnish sprinkle over New England clam chowder or other milk-based soups.
- For an unusual vegetable side dish, sauté quartered radishes in butter until crisp-tender, about 2 minutes; sprinkle with cracked black pepper.
- Bagels spread with cream cheese and sliced radishes make a quick appetizer or snack.
- Roast radish halves brushed with oil at 450 degrees F for 15 minutes. Great with roast beef or chicken.
- A combination of mayonnaise and chopped radishes makes a tangy instant spread for ham or roast beef sandwiches.
- Thinly slivered radishes stirred into rice pilaf add both spice and crunch.

See above the recipe for [Kohlrabi and Radish Salad](#) under **Kohlrabi**.

See below the recipe for [Lettuce Radish Salad with Lemon Vinaigrette](#) under **Green Leaf Lettuce**.

Ruby Radishes

Ingredients

3 T. unsalted butter*
3 bunches **red radishes**, leaves, stems trimmed, rinsed and dried
2 tsp. sugar*
1 tsp. red wine vinegar*
1 1/2 T. snipped fresh dill
Freshly ground black pepper, to taste

Directions

Melt the butter in a medium-size skillet or sauté pan over med. heat. Add radishes and toss to coat with the butter. Cover the pan and cook for 4 minutes, shaking occasionally. Add the sugar and vinegar and toss over medium heat for 1 minute. Sprinkle with dill and season to taste with pepper. Serve immediately. Serves 6.



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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.

Lettuce Radish Salad with Lemon Vinaigrette

Ingredients

1 large head **lettuce** (or 2 small head)
4 small cucumbers (or 1 English cucumber) - thinly sliced
10-11 **radishes** (1 bunch) - trimmed and thinly sliced
1/2 cup fresh chives (1 bunch) - finely chopped

Lemon Vinaigrette:

3 tablespoons extra virgin olive oil*
1 tablespoon freshly squeezed lemon juice (from 1/2 large lemon*)
1/2 teaspoon fine salt*
1/8 teaspoon ground black pepper or to taste
zest from 1/2 lemon* - optional

Directions

In a small bowl, combine and stir together 3 tbsp extra virgin olive oil, 1 tbsp freshly squeezed lemon juice, 1/2 tsp salt and 1/8 tsp ground black pepper. Set aside. Rinse and paper towel pat dry all vegetables. In a medium salad bowl, combine 4 small thinly sliced cucumbers, 1 bunch thinly sliced radishes and 1/2 cup finely chopped fresh chives. (Using a Mandolin makes it extra easy). Chop 1 large romaine lettuce into bite-sized pieces and add it to the salad. Drizzle with lemon vinaigrette and toss gently until salad is evenly coated. You can also drizzle without tossing the salad and serve.

Recipe Notes To make the salad in advance - cover with plastic food wrap and refrigerate until ready to serve. Keep the salad and the vinaigrette separate until ready to serve. Here are some make-ahead tips: Vinaigrette – make this in a small mason jar. Shake it well before drizzling over salad when serving in case it separates; Salad – prepare the salad in full, place cucumbers on the bottom of a bowl, top with radish and lettuce on top. Placing lettuce on top will ensure it stays crunchy. (Courtesy of: www.olgainthekitchen.com)



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Colossal Club Sandwiches

Ingredients

18 slices sandwich bread*
12 slices bacon*, cut in half
1/2 cup mayonnaise
1 tablespoon prepared basil pesto
1 tablespoon prepared sun-dried tomato pesto (or just a couple of pureed sun-dried tomatoes)
1 pound shaved roast beef
6 slices Cheddar* (sandwich slices)

Green leaf lettuce

3 large red tomatoes*, sliced thick
Avocado* slices
1 pound shaved ham
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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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.

Beet Greens and Garlic Scape Pasta

Ingredients

2 cups beet greens , chopped into 2-inch pieces	½ cup chopped toasted walnuts
3 or 4 garlic scapes , chopped	Your favorite pasta*
1 tablespoon extra virgin olive oil	1 15-ounce can diced tomatoes
Salt and pepper to taste	Parmesan cheese*, shredded

Directions

Cook pasta according to package directions. Heat skillet over medium low heat. Add oil, greens, garlic scapes, salt & pepper. Stir everything around. Cover for 3-5 minutes until everything is wilted. Add in chopped walnuts. Drain pasta. Toss tomatoes and greens with the pasta. Sprinkle with Parmesan cheese when ready to serve. (Courtesy of thekitchenarium.com)

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)