



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



Hollabaugh Bros, Inc. Summer CSA - Week 2

Box contents:

Blueberries, Zucchini, cucumbers, candy onions, Fennel, Swiss chard

Dairy Add-on contents:

AVC Milk (Skim, 1.5%, Whole, or chocolate), AVC Swiss cheese

Welcome to the second week of our summer CSA program! I hope you enjoy your boxes 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 bag for an additional charge. If you'd like to add anything to your bag, 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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Blueberries

Blueberries (*Vaccinium corymbosum*) are native to North America, although the variety of berries we grow and that you see in our farm market are now cultivated widely in many places around the world. Maine produces about 25% of all lowbush blueberries, and Michigan is the number one producer of highbush varieties (more than 30%) eaten in the United States. Blueberries are the largest fruit crop in Canada, accounting for more than half of the country's fruit acreage. After strawberries, blueberries are the most popular fruit consumed in the U.S. These small blue berries pack a powerhouse punch of important nutrients. Blueberries are high in antioxidants and have marvelous anti-inflammatory properties; they are both low in terms of their glycemic index and in calories. Blueberries provide 25% or more of Vitamins C and K and manganese. New research with blueberries shows great potential for assisting cognitive function. Finally, blueberries are also reported to be beneficial to eye health and anti-cancer efforts.

Storage and Use

Make sure your berries are dry before storing. Remove any moldy or damaged ones immediately. Do not wash your berries until you are ready to use them. Refrigerated berries will stay fresh for quite some time! Do not leave at room temperature for more than a day, as berries degrade quickly. One pint of fresh blueberries equals about two cups.

Buy your local berries in bulk now and freeze them for a sweet taste of summer during the long winter months. Before freezing, wash, drain and remove any damaged berries. To better ensure uniform texture upon thawing, spread the berries out on a cookie sheet or baking pan, place in the freezer until frozen, then put the berries in a plastic bag for storage in the freezer. The texture and taste may change a bit with freezing, but you'll still be glad you have them in January! Blueberries can also be dried in a dehydrator or slow oven.

Blueberries are best eaten fresh to retain their high nutritional value. Wash as minimally as possible. Consider adding them to salads, cereals, smoothies, or yogurt parfaits. Top your parfait with a bit of crystallized ginger for a delicious kick. Set out a small bowl of fresh blueberries and watch how fast they disappear.



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Blueberry-Onion Sauced Pork Tenderloin

Ingredients

3/4 to 1 pound pork tenderloin	2 tablespoons sugar
2 tablespoons butter*, divided	1/4 cup port wine or sweet sherry
2 medium onions , sliced	2 tablespoons balsamic vinegar
1/2 teaspoon salt	1 cup fresh or frozen blueberries
1/4 teaspoon ground black pepper	1 cup chopped cherry tomatoes

Directions

Preheat broiler. Broil pork, turning occasionally until cooked through, about 20 minutes. Remove to a platter; cover to keep warm. Meanwhile, in a large skillet over medium-high heat, melt 2 tablespoons of the butter. Add onions, salt and pepper; cook until onions are golden, about 10 minutes. Add sugar; cook until onions are caramelized, 3 minutes longer. Add port, balsamic, blueberries and tomatoes and bring to a boil. Remove from heat. Thinly slice pork and serve with sauce. Recipe courtesy of North American Blueberry Council.

Blueberry Buckle

Ingredients

3/4 cup sugar	1/2 tsp. salt*
1/4 cup butter*	2 cups fresh blueberries
1 egg*	1/2 cup sugar*
1/2 cup milk*	1/3 cup all purpose flour*
2 cups all-purpose flour (can use whole wheat)	1/2 tsp. ground cinnamon
2 tsp. baking powder*	1/4 cup butter*, softened

Directions

Preheat oven to 375 degrees F. Grease an 8x8 inch pan. Cream together 3/4 cup sugar, shortening, and egg. In a separate bowl mix together 2 cups flour, baking powder, and salt. Stir into sugar mixture, alternating with milk. Stir in blueberries. Pour into greased 8x8 inch pan. **To make topping:** Combine 1/2 cup sugar, 1/3 cup flour, cinnamon, and butter. Sprinkle over cake batter. Bake at 375 degree F for 25-30 minutes. Serve warm with Mr. G's vanilla ice cream. (Source: Hollabaugh Bros., Inc.)



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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.

Summer Squash Carpaccio

Ingredients

1 yellow squash	Lemon juice
1 zucchini	Olive oil
1 shallot, minced	Salt and pepper, to taste
Mixed herbs, chopped	Pecorino cheese, grated

Directions

Thinly slice 1 yellow squash and 1 zucchini lengthwise (a mandoline works best); arrange a few slices on a plate in a single layer. Sprinkle with minced shallots and chopped mixed herbs, drizzle with lemon juice and olive oil, and season with salt and pepper. Repeat to make about 5 layers. Top with grated pecorino; let marinate for 20 minutes. (Source: Food Network)



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Zucchini Chard Cakes

Ingredients

1 lb zucchini	1 egg*
1/2 onion	1 c flour*
Small bunch of Swiss chard leaves	1/2 tsp salt*
Small bunch of parsley, chopped	splash of milk*
1 clove garlic*, minced	2 Tbsp oil* + some for the pan

Directions

Shred the zucchini. You can do this quite easily with a box grater, or if you're intending to shred a large quantity, use a food processor. Grate the onion. Remove the stems from the chard, (save the stems for another purpose, such as a stir fry) and chop the leaves. Combine the egg, salt, and flour in a bowl. Add in the zucchini, chard, onion, garlic and parsley and stir to form a thick batter. Add just a splash of milk and the oil to form a more workable, pourable batter. Heat your skillet and lightly coat it with oil when hot. Preheat the oven to 200F. Pour 1/4 cup spoonfuls of batter onto the hot skillet and cook 2-3 minutes per side, until browned. Flip and cook another 2 minutes. Transfer the cakes to the oven to keep warm while you cook the remainder of the pancakes. Serve as a side, topped with tomato chutney, or as a light summer dinner with a side of greens. (Courtesy of: www.vitalcommunities.org)



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Cucumbers

Cucumbers are native to many parts of the world, but it is believed that the first cucumbers originated in Western Asia. Cucumbers belong to the botanical plant family, *Curcubitaceae*, which also includes melons and squashes. There are many broad varieties of cucumbers that can be divided into two types: “slicing cucumbers,” which are produced for fresh consumption; and “pickling cucumbers,” which are produced for processing into pickles. Cucumbers are a good source of Vitamin K and are said to have antioxidant, anti-inflammatory, and anti-cancer benefits.

Storage and Use

Cucumbers should always be stored in the refrigerator where they will keep for several days. For maximum quality, use within a week.

Cucumber Fennel Salad

Ingredients

3 large cucumbers , sliced	3/4 teaspoon dill weed
1 medium sweet onion , thinly sliced	1/2 teaspoon salt*
1 small fennel bulb , thinly sliced	1/4 teaspoon pepper
3 tablespoons lemon juice	1/4 teaspoon grated lemon* zest
3 tablespoons olive oil*	

Directions

In a large bowl, combine the cucumber, onion and fennel. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Pour over cucumber mixture and toss to coat. Refrigerate until chilled. (Courtesy of: Taste of Home)

Cucumber Finger Sandwiches

Ingredients

8 slices white sandwich bread	1 tablespoon finely chopped chives
2 tablespoons butter*, softened	1 teaspoon yellow mustard
1/2 cucumber , peeled and thinly sliced	Kosher salt and freshly ground black pepper
1/4 cup mayonnaise	

Directions

Spread one side of each slice of bread with a thin layer of butter. Arrange a single layer of cucumber slices on 4 of the bread slices. Stir together the mayonnaise, chives, mustard and some salt and pepper in a small bowl. Spread a thin layer of the mayonnaise mixture over the cucumbers. Top with the remaining slices of buttered bread. Cut off the crusts and cut each sandwich into three fingers. (Source: Ree Dummond; Food Network)



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Candy Onions

The Candy onion is a new type of onion called a “mid-day” onion – which means that it can be grown anywhere from the far north to the deep south. The Yellow Candy Onion is large with a thick succulent flesh. It has a delicious flavor that is both sharp and sweet!

Storage and Use

Your onions were picked while still young. Please store in the refrigerator until use. After cutting an onion, store it in a zip-lock bag in the refrigerator where it will keep for up to a week or more.

See above the recipe for [Blueberry-Onion Sauced Pork Tenderloin](#) under **Blueberries**.

See above the recipe for [Zucchini Chard Cakes](#) under **Zucchini**.

See above the recipe for [Cucumber Fennel Salad](#) under **Cucumbers**.

See below the recipe for [Pasta with Swiss Chard](#) under **Swiss Chard**.



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Fennel

Fennel (*Foeniculum vulgare*) belongs to the family *Umbelliferae* and therefore is closely related to parsley, carrots, and dill. Fennel is composed of a white or pale-green bulb from which closely superimposed stalks are arranged. The stalks are topped with feathery green leaves (fronds) from which flowers grow and produce seeds. All parts of the plant are edible. Fennel has been grown throughout Europe and the Mediterranean since ancient times. Native to the Mediterranean area, fennel was revered by the Greeks and Romans for its medicinal and culinary properties. The fennel plant has a unique aromatic taste that is strikingly reminiscent of licorice and anise and has a crunchy texture similar to that of celery.

Storage and Use

The three different parts of fennel – the base, stalks, and leaves – can all be used in cooking. The stalks of fennel can be used for soups, stocks, and stews, while the leaves can be used as an herb seasoning. Add the leafy fronds to your next green salad and they'll add a hint of licorice to each bite. The fronds can be tucked in the cavities of roasted chicken or whole fish, chopped and added to marinades for fish or meat, or added to chunky vegetable soups during the last minutes of cooking. Store fresh fennel in the refrigerator crisper, where it should keep fresh for about four days. However, it is best to consume fennel soon after purchase since as it ages, it tends to lose its flavor.

See above the recipe for [Cucumber Fennel Salad](#) under **Cucumbers**.

Roasted Fennel with Parmesan

Ingredients

1 tablespoons olive oil
1 **fennel** bulb, cut horizontally into 1/3-inch thick slices, fronds reserved
Salt and freshly ground black pepper
1/4 cup freshly shredded Parmesan

Directions

Preheat the oven to 375 degrees F. Lightly oil the bottom of a 9 by 9 by 2-inch glass baking dish. Arrange the fennel in the dish. Sprinkle with salt and pepper, then with the Parmesan. Drizzle with the oil. Bake until the fennel is fork-tender and the top is golden brown, about 45 minutes. Chop enough fennel fronds to equal 1 to 2 teaspoons, then sprinkle over the roasted fennel and serve. (Courtesy of: Giada De Laurentiis; Food Network)



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Fennel Frond Pesto

Ingredients

1 cup roughly chopped fennel fronds	1/2 teaspoon coarse kosher salt
2 cloves garlic*, roughly chopped	1/4 cup extra-virgin olive oil
2 tablespoon pine nuts or slivered almonds	

Directions

Combine the fennel fronds, garlic, nuts and salt in a food processor or blender and pulse until the mixture is chopped up. Add oil and process/blend until the mixture becomes paste-like. (You may have to scrape down the sides of the bowl.) Serve pesto at once, refrigerate for up to a week, or freeze for up to a month. Yield: 2/3 cup. (Source: Diner's Journal, New York Times)



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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 above the recipe for [Zucchini Chard Cakes](#) under **Zucchini**.

Pasta with Swiss Chard

Ingredients

8 ounces penne, rotelle or rigatoni, cooked and drained
1/4 cup pasta cooking water
1 tablespoons olive oil*
1/2 onion, chopped
1 clove garlic*, finely chopped or thinly sliced
1 pound **Swiss chard**, washed, stems removed and coarsely chopped
1/2 cup red or white wine or chicken stock*
1 cup crushed red tomatoes
1 teaspoon red pepper flakes
1 tablespoon toasted pine nuts (optional)
Salt and pepper

Directions

In a large skillet heat the oil and stir in the onion. Cook for 2 minutes and stir in the garlic. Add the chopped Swiss chard and toss to coat. Pour in the wine or stock and stir to coat. When the chard begins to wilt, stir in the tomatoes, red pepper flakes and pine nuts. Bring to a simmer and stir in the reserved pasta cooking water. Remember: Do Not over cook the chard. It is ready to serve just after it has wilted. Immediately add the cooked pasta and toss to coat. Serve immediately. (Source: FoodNetwork.com)