



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



Hollabaugh Bros, Inc. Summer CSA - Week 3

Box contents:

Blueberries, Rich May Peaches, Cabbage, Red Potatoes, Cherry Tomatoes, Kale

Dairy Add-on contents:

AVC Milk (Skim, 1.5%, Whole, or Chocolate), Parmesan Cheese Wedge

Welcome to the third 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.

See below the recipe for [Peach and Blueberry Pizza](#) under **Rich May Peaches**.



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Berry Cheesecake Bars

Ingredients

16 graham cracker squares (8 whole crackers),
crushed
¼ cup ground pecans or walnuts (optional)
¼ cup melted butter*
1 (8 oz.) package cream cheese*, softened
1 cup ricotta cheese*
1/3 cup mascarpone cheese, optional

¼ cup honey*, or to taste
¼ teaspoon lemon* rind, freshly grated
1 teaspoon vanilla extract*
½ teaspoon cinnamon
Pinch of salt*
1 ½ cup fresh, whole **blueberries** or raspberries,
or both

Directions

Combine crushed graham cracker, nuts, and melted butter. Press evenly into bottom of an 8 or 9 inch square pan to form a crust about ¼ inch thick. Refrigerate until ready to use. Using a standing or hand mixer combine cream cheese, ricotta, mascarpone, honey, lemon rind, vanilla, cinnamon, and salt. Blend until smooth. Spread cheese mixture over crust, using a spatula to smooth top. Cover with fresh berries and chill for at least an hour, or until set. Cut into squares or bars and serve. Yields 8-12 servings.
(Source: Beth Weisenborn, Hollabaugh Bros., Inc.)



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Rich May Peaches

An early season yellow peach, the Rich May is the first peach we pick on our farm each year! It is a clingstone - that is the flesh clings to the pit, or the seed. This peach has a deep red color, and is very flavorful!

The peach (*Prunus persica*) is a sweet, soft fruit of a deciduous tree native to North-West China, where it was first domesticated and cultivated as early as 1100 BCE. Peaches were brought to the Americas by Spanish explorers in the 16th century, and eventually made it to England and France in the 17th century, where this fruit was a prized and expensive treat. Thomas Jefferson grew peach trees at Monticello, but farmers in the US did not begin commercial production until the 19th century in Maryland, Delaware, Georgia and finally Virginia. The United States ranked third in peach production in 2010 behind China and Italy.

Peaches are low in calories (100 g just provide 39 calories) and contain no saturated fats. They are packed with numerous health promoting compounds, minerals and vitamins, and possess antioxidant properties. Peaches are a good source of vitamins C and A, and B-carotene.

Storage and Use

To ripen peaches, store them at room temperature (putting them in a brown paper bag speeds up the process!). Refrigerate peaches to slow down their ripening. Treat peaches gently as they bruise easily. One pound of peaches (2-3 large or 3 med) will yield 2 cups sliced or 3 cups chopped. Peaches may be eaten raw (skin-on or peeled), poached, baked, or used in various sweet and savory recipes. To keep fresh peach slices from browning, dip in water with a few drops of lemon juice.

Peach Griddlecakes

Ingredients

½ to ¾ cup milk*	2 teaspoon baking powder
2 tablespoons butter*	2 tablespoon sugar
1 egg*	½ teaspoon salt
1 cup flour	1 cup diced, peeled fresh peaches

Directions

Beat the milk, butter, and egg lightly in a mixing bowl. Mix the flour, baking powder, sugar, and salt and add to first ingredients. Fold in peaches gently. Lightly butter or grease a griddle. Using ¼ cup measure, fry griddlecakes until lightly browned. Top with powdered sugar or syrup and enjoy! (Source: Brad Hollabaugh, Hollabaugh Bros., Inc.)



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Peach and Blueberry Pizza

Ingredients

3/4 cup plain whipped cream cheese*	1 -pound fresh or frozen sliced peaches , thawed
3 tablespoons sweetened condensed milk	1 cup fresh blueberries
2 teaspoons Grand Marnier	1/4 cup chopped pistachios
1/2 teaspoon ground cinnamon	1 tablespoon powdered sugar
Pinch freshly grated nutmeg	Special Equipment:
Pinch fine sea salt	Pizza peel and pizza stone (or pizza pan)
One 10-ounce ball Whole-Wheat Pizza Dough	

Directions

Place a pizza stone in the center of the oven and preheat the oven to 500 degrees F. In a medium bowl, combine the cream cheese, condensed milk, Grand Marnier, cinnamon, nutmeg, and sea salt and combine well. Stretch half the dough into a 1/2-inch-thick 11-inch round. Place on a floured peel or pizza pan and spread with half of the cream cheese mixture. Arrange half the peach slices in the middle in a fan pattern. Scatter half the blueberries on top and sprinkle with half the pistachios. Bake for 12 minutes or until the crust is golden brown. Set aside to cool for a few minutes, dust with powdered sugar, and use a pizza cutter to cut it into wedges. Repeat with remaining dough to make a second pizza. (Guy Fieri, Food Network)



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Cabbage

Cabbage (*Brassica oleracea*) is a leafy green biennial, grown as an annual for its vegetable for its dense, leafy head. Its origin is uncertain, although it was most likely domesticated and grown for food somewhere in Europe sometime before 1000 BC. It was a staple of the European diet by the Middle Ages. According to the United Nations FAO, in 2010 almost 58,000,000 metric tons of cabbage and other brassicas (cauliflower, Brussels sprouts, broccoli) were produced, with almost half grown in China. Cabbage is a good source of beta-carotene, vitamin C, and fiber. Ancient Greeks and Romans believed cabbage helped relieve gout, headaches, hangovers, and symptoms related to ingesting poisonous mushrooms. It was used to treat trench foot during World War I. Cabbage, as a cruciferous vegetable, has anti-inflammatory properties and can be helpful in reducing the risk of certain cancers, particularly bladder, breast, colon, and prostate.

Storing and Using

Store your cabbage whole in the refrigerator. Green and red cabbage will keep for two or more weeks this way. Once you cut your cabbage, you should use it as quickly as possible because the vitamin C will begin to diminish. Cut the thick outer leaves, cut the cabbage into pieces and wash it in cool water. Use a stainless steel knife. Cabbage may be eaten raw, steamed, pickled, stewed, sautéed, or braised.

Bubble and Squeak (Traditional British Side Dish)

Ingredients

5 medium or 10 small potatoes , peeled and diced	1 head cabbage , coarsely shredded
1/2 pound bacon*, cut into small pieces	1/2 cup water
	1 tsp. salt*

Directions

Place potatoes in a soup pot and add enough water to cover. Bring to a boil over medium-high heat. Cook 5 to 7 minutes, or until tender; drain in a colander and allow potatoes to sit in the colander. In the same soup pot, cook bacon over medium heat until crisp; drain all but 2 tablespoons of the bacon drippings. Return potatoes to the pot. Add the cabbage, water, and salt, and cook over medium-high heat 8 to 10 minutes, or until cabbage is tender. Serves 5.

Cabbage and Tomato Slaw with Sherry-Mustard Vinaigrette

Ingredients

1/3 cup Sherry wine vinegar	12 cups thinly sliced green cabbage (from about one 2-pound head)
3 tablespoons honey*	10 green onions*, thinly sliced
2 tablespoons mustard seeds	12 ounces grape tomatoes or cherry tomatoes , halved
1 1/2 tablespoons Dijon mustard	
2/3 cup olive oil*	

Directions

Whisk first 4 ingredients in large bowl to blend. Gradually whisk in oil. Add cabbage, green onions, and tomatoes; toss to coat with vinaigrette. Season to taste with salt and pepper. Cover and refrigerate at least 2 hours and up to 4 hours. Toss before serving. (Courtesy of: Rick Rodgers; bonappetit.com)



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Red Potatoes

The potato is a starchy, tuberous crop from the perennial *Solanum tuberosum* of the Nightshade family. It was first domesticated in the region of modern-day southern Peru and extreme northwestern Bolivia between 8000 and 5000 BCE. The potato is the world's fourth-largest food crop, following rice, wheat and corn. There are now over 1,000 types of potatoes. White potatoes, sometimes called Irish potatoes, have long been a food staple in many cultures. The annual diet of an average global citizen in the first decade of the 21st century included about 73 pounds of potato. The potato contains vitamins and minerals, as well as an assortment of phytochemicals, such as carotenoids and natural phenols.

Storage and Preparation

Do not store potatoes in the refrigerator. Refrigeration converts the starch in potatoes to sugar which will cause the potato to darken when cooked. Store potatoes in a cool, dark place to prevent the starch from turning to sugar. Potatoes should keep for a few weeks, unless stored in a root cellar where they may keep for a few months. If potatoes develop green areas or start to sprout, these areas should be trimmed before using. Wash well before using, especially when they will not be peeled.

See above the recipe for [Bubble and Squeak \(Traditional British Side Dish\)](#) under **Cabbage**.

See below the recipe for [Zuppa Toscana](#) under **Kale**.

Cherry Tomatoes

The cherry tomato is a class of tomatoes believed to be of southeast Asian origin. They have a high sugar content in comparison to regular tomatoes. The cherry tomato is a very small variety that has been cultivated since at least the early 1800s and likely originated in Peru and Northern Chile, although these small tomatoes are believed to have been grown in Aztec Mexico as early as the 15th century CE.

Store them in your refrigerator for up to a week. Eat them fresh, roast them, or grill them - they'll provide a pop of flavor wherever they're used!

See above the recipe for [Cabbage and Tomato Slaw with Sherry-Mustard Vinaigrette](#) under **Cabbage**.

See below the recipe for [Stir-Fried Kale with Tomatoes](#) under **Kale**.



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Kale

Kale (*Brassica oleracea* Acephala Group) is a vegetable with green or purple leaves, in which the central leaves do not form a head. Until the end of the Middle Ages, kale was one of the most common green vegetables in all of Europe. Curly leafed varieties of cabbage already existed along with flat leafed varieties in Greece in the fourth century BC. These forms, which were referred to by the Romans as Sabellian kale, are considered to be the ancestors of modern kales. During World War II, the cultivation of kale in the United Kingdom was encouraged by the *Dig for Victory* campaign. The vegetable was easy to grow and provided important nutrients to supplement those missing from a normal diet because of rationing. Kale is very high in beta carotene, vitamins K and C, and is rich in calcium. Kale is also a source of indole-3-carbinol, a chemical which boosts DNA repair in cells and appears to block the growth of cancer cells.

Storage and Preparation

To store, place kale in a plastic storage bag removing as much of the air from the bag as possible. Store in the refrigerator where it will keep for 5 days. The longer it is stored, the more bitter its flavor becomes. Do not wash kale before storing because exposure to water encourages spoilage.

Zuppa Toscana

Prep Time: 15 minutes **Cook Time:** 50 minutes **Servings:** 6 servings

Ingredients

- 1 (16 ounce) package smoked sausage
- 2 potatoes*, cut into 1/4-inch slices
- 3/4 cup chopped onion*
- 6 slices bacon*
- 1 1/2 teaspoons minced garlic*
- 2 cups **kale** - washed, dried, and shredded
- 2 tablespoons chicken soup base*
- 1 quart water
- 1/3 cup heavy whipping cream*

Directions

Preheat oven to 300 degrees F (150 degrees C). Layer the sausage links onto a baking sheet and bake for 25 minutes, or until done. Cut in half length-wise, then cut at an angle into 1/2 inch slices. Place onions and bacon in a large saucepan and cook over medium heat until onions are almost clear. Remove bacon and crumble. Set aside. Add garlic to the onions and cook an additional 1 minute. Add chicken base or bouillon, water, and potatoes, simmer 15 minutes. Add crumbled bacon, sausage, kale, and cream. Simmer 4 minutes and serve.

Source: allrecipes.com



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Stir-Fried Kale with Tomatoes

Ingredients

2 tablespoons extra-virgin olive oil	2 teaspoons soy sauce
1/2 medium onion*, sliced	1/2 teaspoon sesame seed oil
2 cloves garlic*, minced or crushed	1/2 teaspoon dried thyme
1 bunch kale , destemmed and chopped	Kosher or sea salt, to taste
1 cup cherry tomatoes , sliced in half	Fresh cracked black pepper, to taste

Directions

Heat a large skillet over medium-high heat. Add the oil and then stir in the onions. Cook for about 2 minutes or until the onions are soft. Add the garlic and kale and stir occasionally cook until the kale is softened, 2 to 3 minutes. Stir in the tomatoes, soy sauce, sesame seed oil and thyme. Cook until heated through. Season with salt and pepper and serve hot. (Courtesy of: www.foodandwine.com)