

## Hollabaugh Bros., Inc. Summer CSA - Week 4

### Box contents:

Spring Snow Peaches, Broccoli, cauliflower, carrots, Swiss Chard

### Dairy Add-on contents:

AVC Milk (Skim, 1.5%, Whole, or Chocolate), Salted Butter Quarters, Garlic Parm Butter

Welcome to the fourth week of our summer 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 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!*

## Spring Snow Peaches

An early season white peach, the Spring Snow is the first white 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 is pink blush in color, and is very flavorful!

### 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.

### Country Ham and Peach Panini

#### Ingredients

8 ciabatta bread slices*	2 medium <b>peaches</b> (about 3/4 lb.), unpeeled and sliced
4 teaspoons coarse-grained Dijon mustard	4 teaspoons honey* (optional)
Freshly ground pepper	1 tablespoon extra virgin olive oil*
4 (1-oz.) fontina cheese slices	
4 ounces thinly sliced country ham*, prosciutto, or Serrano ham	

#### Directions

Spread each of 4 bread slices with 1 tsp. mustard, and sprinkle with desired amount of freshly ground pepper. Layer with cheese, ham, peaches, and, if desired, honey. Top with remaining bread slices, and press together gently. Brush sandwiches with olive oil.

Cook sandwiches, in batches, in a preheated panini press 3 to 4 minutes or until golden brown and cheese is melted. (Or use a preheated nonstick grill pan, and cook sandwiches over medium heat 3 to 4 minutes on each side.) Serve immediately. \*Any firm white bread may be substituted. (Source: myrecipes.com)

### White Peach Crisp

#### Ingredients

1/2 cup all-purpose flour*	1 1/2 pounds ripe <b>white peaches</b> , peeled and finely diced
1/2 cup cold unsalted butter, diced	2 tablespoons honey*
1/2 cup slivered almonds	2 tablespoons fresh lemon juice*
1/4 cup sugar*	1 tablespoon sugar*

#### Directions

Preheat oven to 325°F. In a food processor, pulse together flour, butter, almonds, and sugar until crumbly. Spread mixture on a cookie sheet. Bake until golden brown, about 20 minutes. Cool on sheet, then crumble into small pieces. (Note: There will be streusel left over; it's delicious with ice cream.)

In a medium saucepan, combine peaches, honey, lemon juice, and sugar. Cook over medium heat, stirring, until peaches are tender and juices thicken slightly. Remove from heat and cool.

Spoon 1/3 cup peach mixture onto each of 6 serving plates. Sprinkle each serving with 2 tablespoons streusel. Serve with vanilla ice cream.



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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.

See below the recipe for [Roasted Broccoli and Carrots with Parmesan](#) under **Carrots**.

### Broccoli Salad

#### Ingredients

1 head <b>broccoli</b>	1 lb diced, crispy bacon*
1 head <b>cauliflower</b>	1 cup mayo*
½ of a medium onion*, diced	½ cup sugar*
1 (8 oz.) package shredded cheddar cheese*	2 tablespoons vinegar*

#### Directions

Cut up broccoli and cauliflower. Dice onion and mix with the broccoli, cauliflower, and cheese. Combine the mayo, sugar, and vinegar and pour over veggies. Mix well and serve. (Source: Karen Menges, Hollabaugh Bros., Inc.)



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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 Salad](#) under **Broccoli**.

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



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## carrots

The carrot (*Daucus carota*) is a root vegetable from the parsley family. It has lacy green leaves and a long slender orange root. Baby carrots are often more tender, but are less flavorful because of their immaturity. Carrots come in almost every color: red, black, yellow, and white; orange carrots came later. First cultivated in Afghanistan, carrots originally had purple exteriors and yellow flesh. It was the Dutch who cultivated the bright orange carrot during the Middle Ages. Carrots are rich in Vitamin A.

### Storage and Use

Remove leaves immediately because they rob the root of moisture (Note: You can eat the carrot greens or include them in fresh salads.). Keep carrots away from apples which emit a gas which causes carrots to become bitter. Refrigerate in a plastic bag. Older carrots may need to be peeled. Younger carrots may be eaten skin on. Wash well. Carrots may be chopped and boiled, fried or steamed, and cooked in soups or stews. They are also enjoyed raw or grated in salads or slaws.

See below the recipe for [Sauteed Swiss Chard with Sweet Onions and Carrots](#) under **Swiss Chard**.

### Roasted Broccoli and Carrots with Parmesan

#### Ingredients

- 6 medium **carrots** - peeled (about 10 ounces)
- 1 large head **broccoli** - cut into florets (about 3 cups florets)
- 1 1/2 teaspoons Italian seasoning
- 1/2 teaspoon kosher salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon black pepper
- 2 tablespoons extra-virgin olive oil\*
- 3 tablespoons finely grated Parmesan cheese\*

#### Directions

Preheat the oven to 400 degrees F. Generously coat a large rimmed baking sheet with non-stick spray. If the carrots are thick, cut them in half lengthwise. Cut diagonally into 1 ½-inch thick slices, then place the carrots in the center of the baking sheet. Add the broccoli florets to the baking sheet with the carrots. In a small bowl, stir together the Italian seasoning, salt, pepper, garlic powder, and onion powder. Drizzle the vegetables with the oil, then sprinkle on the spice mix. Toss to coat the vegetables evenly, then spread them into an even layer. Place in the oven and roast for 20 minutes, until they are browned and tender, tossing once halfway through. Sprinkle with Parmesan. Enjoy hot. (Courtesy of: [www.wellplated.com](http://www.wellplated.com))



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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.

### Sauteed Swiss Chard with Sweet Onions and Carrots

#### Ingredients

1 bunch <b>Swiss chard</b> or any other cooking greens	3 medium <b>carrots</b> , thinly sliced
1 tablespoon extra-virgin olive oil	fine sea salt
1 medium sweet onion	1 clove garlic, minced

#### Directions

Trim the chard stems from the leaves. Chop the leaves and set them aside. Slice the stems. Heat the oil in a large skillet over medium-high heat. Add the chard stems and cook until they sizzle, stirring now and then for about 2 minutes. Add the onion and carrots and season with a pinch of salt. Cook until they begin to soften, about 5 minutes. Stir as needed so they cook without browning. Mound the greens on top and season with 1/2 teaspoon salt and the garlic. Stir and cook until the greens soften, about 2 minutes more. Taste for seasoning and adjust to suit your taste. (Courtesy of: [www.lynnecurry.com](http://www.lynnecurry.com))



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## Penne with Swiss Chard and Cauliflower

### Ingredients

4 tablespoons olive oil*	1 pound <b>Swiss chard</b> , rinsed and roughly chopped
1 cup diced onion*	½ teaspoon crushed red pepper flakes, or to taste
1 head <b>cauliflower</b> , cored and separated into very small flowerets	4 ounces imported pecorino romano, freshly grated
Salt to taste*	
1 pound penne	
4 large cloves garlic*, sliced thin	

### Directions

Bring 4 quarts of water to a boil. Heat the oil in a large skillet, add the onion and cook over medium heat until golden and beginning to brown, about 15 minutes. Once water is boiling, add cauliflower and some salt, and cook for 3 minutes. Remove cauliflower with a slotted spoon and set aside. Set aside 1/2 cup of the water. Add the penne to the boiling water, stir it and let it cook for about 8 minutes, until al dente. While the penne is cooking, add the garlic to the skillet and cook for 2 to 3 minutes, until lightly browned; then, add the Swiss chard and cook, stirring, until it wilts, another 3 minutes or so. Stir in the cauliflower and reserved cooking liquid and the red pepper. Season with salt. When the penne is done, drain it, add it to the skillet and toss with the vegetables over low heat. Serve at once, dusted with cheese. (Courtesy of: New York Times Cooking)