



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



## Hollabaugh Bros, Inc. Summer CSA - Week 5

### Box contents:

Blueberries, Bicolor Sweet corn, Radishes, Leaf Lettuce, Jalapeno Peppers

### Dairy Add-on contents:

AVC Milk (Skim, 1.5%, Whole, or Chocolate), Tomato Basil Goat cheese, Jalapeno Goat cheese

Welcome to the fifth 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!*



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## Blueberries

### Baked French Toast with Blueberry Sauce

#### Ingredients

1 Loaf French or Italian Bread	1 cup coarsely chopped nuts (about 3 ounces), optional
4 eggs*	1 teaspoon ground cinnamon
1/2 cup milk*	1/2 cup granulated sugar
1/4 teaspoon baking powder	2 tablespoons cornstarch
1 teaspoon pure vanilla extract	2 tablespoons butter*, melted
5 cups <b>blueberries</b> , approximately 1 1/2 pounds fresh	Powdered (confectioners') sugar

#### Directions

Preheat oven to 450 degrees F. Grease a 9x13-inch baking pan. Slice the bread into 12 to 14 slices about 1/4 inch thick; place on an ungreased cookie sheet. Whisk eggs, milk, baking powder, and vanilla extract together; slowly pour mixture over the bread, turning to coat the bread completely. Cover with plastic wrap and refrigerate for 1 to 2 hours or overnight. Combine blueberries, chopped nuts, cinnamon, sugar, and cornstarch and then place into prepared baking pan. Place bread (wettest side up) on the berry mixture. Wedge slices in tightly, cutting some pieces to fit, if necessary. Brush tops of bread with melted butter. Bake 20 to 25 minutes or until the toast is golden and the berries are bubbling around the sides. Remove from the oven and sprinkle with powdered sugar. Let sit for 5 minutes before serving. Serve by turning the bread over so it is topped with the blueberry sauce.

NOTE: Almost any fruit can be used that generates juice (raspberries, peaches, blackberries). If the recipe is cut in half, half all ingredients **except the baking powder**. Makes 4 to 6 servings.

### Spicy Blueberry Pork Tenderloin

#### Ingredients

2 cups <b>blueberry</b> preserves	3 tablespoons whole-grain mustard, divided
1/4 teaspoon chipotle powder	Kosher salt and freshly ground black pepper
1/2 orange, zested and juiced	1 pork tenderloin (roughly 1 1/2 pounds)

#### Directions

In a medium saucepan over high heat, combine the blueberry preserves, chipotle powder, orange zest and juice and 2 tablespoons of the mustard. Season with salt and pepper, to taste. Reduce the heat and to a simmer, stirring occasionally, until berries begin to burst and at a thick sauce consistency, about 10 to 15 minutes. Pour into a serving bowl and set aside. Preheat the broiler. Rub the tenderloin with the remaining 1 tablespoon of the mustard and season on all sides with salt and pepper. Put the pork on a foil-lined sheet tray on a wire rack and broil approximately 5 to 6 inches from the heat source. Turn the meat about every 3 to 5 minutes, cooking until an instant-read thermometer registers 145 degrees F, about 15 to 20 minutes. Set aside on a cutting board and allow to rest about 5 minutes, tented with foil. Slice the pork and transfer it to a serving platter. Serve with the blueberry sauce. (Courtesy of: Claire Robinson; Food Network)



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## Bicolor sweet corn

Sweet corn is a variety of maize with high sugar content. Sweet corn is the result of a naturally occurring recessive mutation in the genes which control conversion of sugar to starch inside the endosperm of the corn kernel. Unlike field corn varieties, which are harvested when the kernels are dry and mature (dent stage), sweet corn is picked when immature (milk stage) and prepared and eaten as a fresh, frozen, or canned vegetable, rather than a grain. According to the North Carolina Cooperative Extension Service, the Iroquois gave the first recorded sweet corn (called *Papoon*) to European settlers in 1779. The sweet veggie soon spread throughout the colonies and is a staple on dinner tables across the United States and in other parts of the world. In Latin America, sweet corn is eaten with beans to form a complete balanced meal. Cooked sweet corn increases levels of ferulic acid, which provides anti-cancer properties.

### Storage and Use

Sweet corn varieties lose their sweetness soon after harvesting, so buy and use quickly or freeze. Husk, trim, remove silks and store in plastic bags in the refrigerator until ready to cook. Wash before cooking. Sweet corn freezes well, especially if removed from ears before freezing.

### Corn Dip

#### Ingredients

1 ½ cups fresh corn	½ cup sour cream*
1 large onion*, chopped	½ teaspoon chili powder
1 jalapeno pepper, chopped	2 cups shredded cheddar cheese*
2 tablespoons butter*	1 can (2 ¼ ounces) sliced ripe olives, drained
2 garlic* cloves, minced	Sliced green onions*
1 cup mayo*	

#### Directions

In a large skillet, sauté the onion and jalapeno in butter for 2-3 minutes or until almost tender. Add corn and garlic; sauté 1-2 minutes longer or until vegetables are tender. Remove from the heat. In a large bowl, combining the mayonnaise, sour cream, and chili powder. Stir in cheese and corn mixture. Transfer to a greased 2 quart baking dish. Bake, uncovered, at 400° for 25-30 minutes or until bubbly and golden brown. Sprinkle with olives and green onions; serve with chips. (Courtesy of: Amanda Hollabaugh; Hollabaugh Bros., Inc.)



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## **Sweet Corn Salad with Radishes, Jalapeno and Lime**

### **Ingredients**

3 cups fresh **corn** kernels, about 3 large ears of corn that has been steamed or boiled  
6 **radishes**, thinly sliced  
1/2 **jalapeno**, seeded and ribs removed, finely chopped  
3 tablespoons fresh lime\* juice  
2-4 tablespoons chopped fresh cilantro\*  
1 1/2 tablespoons olive oil\*  
Salt\* and pepper to taste

### **Directions**

Combine the corn, radishes, jalapeno, lime juice, cilantro, and olive oil together in a medium bowl. Give it a good toss. Season with salt and pepper to taste. Serve immediately or refrigerate, covered, until ready to serve. (Courtesy of: [www.melskitchencafe.com](http://www.melskitchencafe.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 [Sweet Corn Salad with Radishes, Jalapeno and Lime](#) under **Bicolor Sweet Corn**.

See below the recipe for [Lettuce and Radish Salad with Bacon Dressing](#) under **Leaf Lettuce**.

### Ruby Radishes

#### **Ingredients**

3 T. unsalted butter	1 tsp. red wine vinegar*
3 bunches <b>red radishes</b> , leaves, stems trimmed, rinsed and dried	1 1/2 T. snipped fresh dill
2 tsp. sugar*	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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## Leaf Lettuce

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 leaf lettuce, dry it, and then store it in the refrigerator in plastic bag. It should stay fresh up to seven days.

### Lettuce and Radish Salad with Bacon Dressing

#### Ingredients

4 ounces slab bacon\*, trimmed and cut into thin, bite-size pieces  
1/2 cup water  
1 shallot, peeled  
Kosher salt  
1 ½ tablespoons red wine vinegar  
4 **radishes**, tops trimmed down to 1/2-inch, thoroughly washed and dried  
1 ½ teaspoons Dijon mustard  
1 head **lettuce**, core removed, cut in half, washed and dried

#### Directions

In a large skillet, over medium heat, add the bacon and 1/2 cup water. Bring the water to a boil and reduce until it evaporates. The bacon will start to render its fat and brown. Lower the heat and allow to cook at a slow, steady pace. When the bacon is crispy and light brown, drain the fat into a medium-size bowl and set the bacon aside. Put the shallots on a flat surface and cut them into thin rounds. Transfer to a large salad bowl and season them with salt, to taste. Add the red wine vinegar and mustard and stir to blend. Stir in the bacon fat, tasting as you go. Start with about 1/4 cup of the fat and taste as you add the rest. There should be a good balance between the bacon flavor and the acidity of the red wine vinegar. Set aside. Put the radishes on a cutting board and, using a small, sharp knife, slice them into 1/4-inch rounds (with the bit of the tops still attached). Add them to a small bowl and stir in the mustard. Add the Bibb lettuce to the bowl with the bacon dressing. Toss to blend. Taste for seasoning, then stir in the radishes and the cooked bacon. Serve immediately. (Courtesy of: Alex Guarnaschelli; Food Network)



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## Summer Lettuce Salad with Buttermilk Dressing

### Ingredients

4 cups packed **green leaf lettuce** (rinsed, crisped, and broken into pieces)  
1 cup shelled fresh green peas, uncooked  
Buttermilk dressing, recipe follows  
Buttermilk Dressing:  
2 tablespoons prepared mustard\*  
2 tablespoons cider vinegar\*  
1 tablespoon light brown sugar  
1 teaspoon salt  
1 teaspoon paprika  
1/8 teaspoon hot red pepper  
1 cup buttermilk

### Directions

Divide the lettuce onto 4 chilled luncheon plates. Top each serving with peas. Drizzle dressing over salads. To make the dressing, stir together the mustard, vinegar, brown sugar, salt, paprika, and red pepper in a pint jar with a tight-fitting lid. Add the buttermilk; cover and shake until combined. Yield: about 1 cup. (Source: Food Network)

## Low Carb Lettuce Burgers

### Ingredients

Sauce:	1/2 teaspoon freshly ground black pepper
1/4 cup Greek yogurt*	5 dashes Worcestershire sauce
2 tablespoons adobo sauce (from canned chipotles in adobo)	Toppings:
1 tablespoon Dijon mustard*	1 head <b>green leaf lettuce</b>
2 dashes Worcestershire sauce	2 avocados*, sliced
Burgers:	1 tomato*, sliced
2 pounds ground chuck*	1/4 red onion*, thinly sliced into rings
1 teaspoon kosher salt	12 small sweet pickles*, chopped

### Directions

For the sauce: Mix together the yogurt, adobo sauce, mustard and Worcestershire sauce in a small bowl. Set aside. For the burgers, combine the ground chuck, salt, black pepper and Worcestershire sauce in a bowl. Form four patties and set aside. Heat a skillet over medium-high heat. Cook the patties until done in the middle, 4 to 6 minutes per side. Cut the base of each lettuce leaf on the head and carefully peel it away so that it stays as intact as possible. Top the patties with avocado slices, tomato slices, red onion rings and chopped pickles, then drizzle with the sauce to taste. Use two or three lettuce leaves per patty and wrap them around the patty as tightly as you can. Slice in half and serve immediately! (Source: Ree Drummond, Food Network)



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## Jalapeno Peppers

The jalapeño pepper is one of the most common hot peppers. A small pepper that is green and spicy!

### Storage and Use

Unwashed sweet peppers stored in the refrigerator hydrator will keep for approximately 7-10 days. Adding a damp cloth or paper towel to the hydrator will help to keep the peppers adequately hydrated. Do not cut out the bell pepper stem prior to storage in the refrigerator. Bell peppers are especially sensitive to moisture loss through this stem (calyx) portion and are more susceptible to chilling injury if the stem is removed. Sweet peppers can be frozen without first being blanched. Consider freezing them whole to best preserve their nutrient content and flavor.

See above the recipe for [Corn Dip](#) under **Bicolor Sweet Corn**.

See above the recipe for [Sweet Corn Salad with Radishes, Jalapeno and Lime](#) under **Bicolor Sweet Corn**.

### Jalapeno Cheese Bread

#### Ingredients

8 tablespoons (1 stick) butter\*, softened  
1/2 cup mayonnaise\*  
1/4 cup **jalapenos**, finely chopped  
6 ounces white Cheddar, grated  
6 ounces pepper Jack cheese\*, grated

One 6-ounce jar green olives, drained and finely chopped \*  
One 4-ounce can chopped green chiles  
2 green onions\*, sliced  
1 loaf crusty French bread, sliced lengthwise

#### Directions

Preheat the oven to 325 degrees F. Combine the butter, mayonnaise, jalapenos, Cheddar, pepper Jack, olives, green chiles and green onions in a mixing bowl. Stir together until thoroughly combined. Spread the mixture onto the French bread and put the bread on a baking sheet. Bake until the cheese is melted and browning, 20 to 25 minutes. **Cook's Note:** The mixture can also be refrigerated for up to 2 days and used as a dip. (Courtesy of: The Pioneer Woman)