



545 Carlisle Rd.
Biglerville, PA 17307
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Hollabaugh Bros, Inc. Summer CSA - Week 6

Box contents:

Emeraude White Nectarines, Green Beans, cantaloupe, Purple/White Bell Peppers, Yellow Squash, Kale

Dairy Add-on contents:

AVC Milk (Skim, 1.5%, Whole, or Chocolate), AVC Garlic Cheddar cheese

Welcome to the sixth 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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Emeraude White Nectarines

Nectarines are sweet and fruity with the perfect amount of acid, displaying the best flavor spectrum of not just a stone fruit but of all fruits. White nectarines actually have a lower sugar content than yellow nectarines, but white nectarines taste sweeter because of the reduced acid. As a general rule, nectarines are a bit smaller and sweeter than peaches. There are more than 100 varieties of nectarines. Nectarines most likely originated in China more than 2,000 years ago and were cultivated in ancient Persia, Greece and Rome. Later, they were introduced to America by the Spanish. Nectarines are very low in saturated fat, sodium, and cholesterol, a good source of Vitamins C and A, and are also a good source of dietary fiber, niacin, and potassium.

See below the recipe for [Kale, Farro, and Nectarine Salad](#) under **Kale**.

Grilled Nectarines with Mascarpone

Ingredients

3 firm yet ripe large **nectarines**, pitted and halved
1/4 cup amaretto
1/2 cup mascarpone cheese, chilled
1/2 cup whipping cream*, chilled
1 tablespoon sugar
1 teaspoon vanilla extract*
1 teaspoon fresh lemon zest*
1/4 cup chopped pistachios

Directions

Preheat the grill to medium-high heat. Brush the nectarines with the amaretto. Grill until golden, tender and you have achieved beautiful grill marks, about 2 to 3 minutes on each side, 6 minutes total. Remove from the grill and let cool slightly. Add the mascarpone, whipping cream, sugar, lemon zest, and vanilla to a large mixing bowl and beat with a hand mixer until soft peaks appear. Plate the grilled nectarines on a platter and top each with a dollop of whipped mascarpone and a sprinkling of chopped pistachios. Serve immediately. (Courtesy of: The Neely's; Food Network)



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Green Beans

Green beans come in two general types—bush beans and pole beans—and over 130 varieties. Pod color can be green, purple, red, or streaked. Shapes range from thin "fillet" types to wide "romano" types and more common types in between. Picked when still immature and the inner bean is just beginning to form green beans are a great source of folate, fiber and vitamin K. Some 60% of all green beans are grown in the U.S., so eating your beans is a great way to support sustainability and more local agriculture. Recent studies confirm the presence of lutein, beta-carotene, violaxanthin, and neoxanthin in green beans. Green beans also have surprisingly strong antioxidant capacity and generally appeal to children more than some other high antioxidant veggies. Finally, green beans may be a particularly helpful food for providing us with the mineral silicon. This mineral—while less well known than minerals like calcium and magnesium—is very important for bone health and for healthy formation of connective tissue. One cup of greens has only about 44 calories, so they make a good option for those watching their calorie count.

Storage and Use

Green beans should have a firm texture and "snap" when broken. Store unwashed fresh beans pods in a plastic bag kept in the refrigerator crisper. Whole beans stored this way should keep for about seven days. Just prior to using them, wash your beans under running water. Remove both ends of the beans by either snapping them off or cutting them with a knife.

To freeze green beans, either blanch or steam the green beans for 2-3 minutes. Remove from heat and let them cool thoroughly before placing them in freezer bags and storing them in your freezer. You can snap them before cooking or freeze them whole.

See below the recipe for [Marinated Kale and Green Beans](#) under **Kale**.

Green Beans with Peppers

Ingredients

1 pound fresh **green beans**, trimmed
1 tablespoon olive oil*
1 medium **sweet bell pepper**, finely chopped (about 1 cup)
½ onion*, finely chopped
1 ½ tablespoons chopped fresh basil or ½ tablespoon dried basil
½ teaspoon salt*
¼ teaspoon pepper

Directions

In a large saucepan, place steamer basket over 1 in. of water. Place beans in batches in basket. Bring water to a boil. Reduce heat to maintain a simmer; steam, covered, 6-8 minutes or until crisp-tender. In a nonstick skillet, heat oil over medium-high heat. Add red peppers and onion; cook and stir until tender. Add beans, basil, salt and pepper; toss to coat. (Courtesy of: tasteofhome.com)



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cantaloupe

The North American cantaloupe, common in the United States, Mexico, and in some parts of Canada, is actually a muskmelon, a different variety of *Cucumis melo*, and has a net-like (or reticulated) skin covering. It is a round melon with firm, orange, moderately sweet flesh and a thin, reticulated, light-brown rind. The name "cantaloupe" actually comes from the name of a town in Italy near Rome called Cantaloupo in Sabina, where seeds were brought from Armenia and planted in the Papal gardens during the 1400-1500's. Cantalopes are rich in Vitamins A and C and contain some B vitamins and anti-inflammatory phytonutrients.

Storage and Use

Place a ripe cantaloupe immediately in the refrigerator, ideally in a crisper bin where there is usually slightly higher humidity. If you purchase an unripe, uncut cantaloupe, it may be left at room temperature for a couple of days to allow the texture of its flesh to become softer and juicier. **Do not** wash your cantaloupe until you are ready to cut and prepare it for serving. No matter how well you pat a cantaloupe dry after washing it, the surface of the cantaloupe will absorb moisture during washing and there will be added moisture on the surface of the cantaloupe. This added moisture will increase the likelihood of mold formation and decrease the cantaloupe's shelf life. You don't want to cultivate penicillin in your kitchen!*

***Random Trivia:** According to author Mary Bellis, in her book about the history of penicillin, a moldy cantaloupe found in a market in 1941 in Peoria, Illinois, was discovered to contain the best and highest quality penicillin in a worldwide search. Yum.

Cantaloupe Ice Cream

Ingredients

6 egg* yolks, beaten
1 cup milk*
1 1/4 cup sugar*

2 large **cantaloupe**, ripe, peeled and pureed
1/4 cup lemon juice
2 cups whipping cream

Directions

Combine egg yolks, milk, and sugar in a large mixing bowl; beat until sugar is dissolved. Add remaining ingredients, mixing well. Pour into freezer trays. Cover and freeze about 1 hour or until firm around edges. Spoon mixture into a mixing bowl, and beat on medium speed of an electric mixer 2 to 3 minutes or until smooth. Return mixture to freezer trays; cover and freeze until firm. (Courtesy of: yummy.com)



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Cantalope Bread with Praline Glaze

Ingredients

3 eggs*	¼ tsp. baking powder
1 cup canola oil	2 tsps. Ground cinnamon
2 cups cane sugar	½ tsp. ground ginger
1 T. vanilla extract*	½ cup butter*
2 cups cantalope , peeled, seeded, and pureed	1 2/3 cups brown sugar
3 cups all-purpose flour*	½ cup chopped pecans*
1 tsp. salt*	
1 tsp. baking soda*	

Directions

Preheat oven to 325 degrees F. Lightly grease and flour two 9x5 inch loaf pans. In a large bowl beat together eggs, oil, vanilla and cantaloupe puree. In a separate bowl sift together flour, salt, baking soda, baking powder, cinnamon and ginger. Stir flour mixture into wet mixture; stir to combine. Pour batter into prepared pans and bake in preheated oven for one hour, until a toothpick inserted into the center of the loaf comes out clean.

Sauce: Combine butter and brown sugar. Heat gently in a small saucepan until butter is melted and thoroughly mixed with sugar. Stir in chopped pecans. Pour sauce over warm bread. Let cool for one hour before serving.



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Purple/White Bell Peppers

Bell pepper, also known as sweet pepper or a pepper (in the United Kingdom and Ireland) and capsicum (in India, Australia and New Zealand), is a cultivar of the species *Capsicum annuum*. Like the tomato, the Bell Pepper is botanically a fruit but is considered a vegetable in cooking.

Peppers are native to Mexico, Central America and northern South America. Pepper seeds were carried to Spain in 1493 and from there spread to other European, African and Asian countries. We can thank Christopher Columbus for misnaming the pepper when he brought the seeds back to Spain. Today, China is the world's largest pepper producer, followed by Mexico and Indonesia.

The green varieties are more peppery, while the red peppers are the sweetest. The longer a pepper remains on the vine, the sweeter it is likely to be. Peppers are rich in antioxidants and anti-inflammatory properties, and contain significant levels of vitamins C, E, and A.

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 [Green Beans with Peppers](#) under **Green Beans**.

See below the recipe for [Southern Summer Squash Casserole](#) under **Yellow Squash**.

Roasted Sausage and Bell Peppers

Ingredients

1 tablespoon butter*
1 tablespoon olive oil*
1 1/2 pounds large Italian sausage links*
1 1/2 large onions*, sliced
2 bell peppers
4 large **potatoes**, scrubbed and washed, cut into 1-inch pieces
2 large garlic* cloves, chopped
1 cup white wine
Salt and freshly ground cracked black pepper

Directions

Preheat oven to 350 degrees F. In large frying pan over medium heat, melt butter and olive oil and fry Italian sausage until brown on all sides. Place sausage in a casserole dish and add the onions, bell peppers, potatoes, garlic, wine and salt and pepper, to taste. Bake for 45 minutes or until potatoes are tender when pierced with a fork. (Source: Food Network)



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Yellow Squash

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.

Southern Summer Squash Casserole

Ingredients

1-pound summer squash , sliced	½ cup mayonnaise* (can substitute plain Greek yogurt or mix half and half)
¼ cup butter*	salt and pepper to taste
¼ cup chopped bell pepper	½ cup grated sharp cheddar cheese*
1 tablespoon white sugar*	½ cup pecans, chopped
½ cup chopped onion*	½ cup bread crumbs
1 egg*	

Preparation

Preheat oven to 350 degrees F. Bring a large pot of water to boil. Add squash, and cook until tender. Drain well. Place squash in a large mixing bowl. Add butter, reserving 1/2 tablespoon, to the squash and mash well. Mix bell pepper, sugar, onion, egg, mayonnaise, salt and pepper, cheese and nuts to the mixture. Transfer the mixture to a 1-quart casserole dish. Top with bread crumbs. Dot with the reserved butter. Bake at 350 degrees F for 35 to 40 minutes.



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Spicy Squash Cakes

This recipe works well with a combination of zucchini and yellow squash. Prepare small cakes for an appetizer or larger ones as a side dish or serve with crusty bread and tomato salsa for a full meal.

Ingredients

1 whole egg plus 2 egg whites or use 3 eggs*	1/2 cup all-purpose flour*
4 cups grated summer squash *	2 tablespoons olive oil*
1 cup fresh corn kernels, cut from 2 ears*	1 teaspoon ground cayenne pepper or black pepper
1/4 cup chopped green onions, tops included*	Canola oil for sautéing
1 large jalapeno pepper, chopped*	Sour cream (optional)*
1/3 cup parmesan cheese*	Fresh tomato salsa (optional)*
1/2 cup grated sharp cheddar cheese*	

Directions

In a large bowl, beat the eggs. Beat in squash, corn, green onions, jalapeno, the cheeses, flour, olive oil and ground pepper. Heat two tablespoons canola oil in a heavy 10-inch skillet over medium-high heat. For small cakes, spoon one tablespoon squash mixture per cake into the hot oil and flatten to uniform thickness. For large cakes, use two tablespoons of squash mixture per cake. Do not over crowd the skillet. Leave about an inch between cakes. Cook until edges turn golden brown, turn and cook the other side until golden brown, about three minutes total cooking time per cake. Transfer to a paper towel lined plate. Place in a warm oven and continue cooking the remaining cakes. To serve, arrange two or more cakes on individual plates. Serve with some of the salsa and a dollop of low-fat sour cream. Sprinkle with salt if desired. Serves 6. (Courtesy of: The University of Illinois Extension Program)



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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.

Kale, Farro, and Nectarine Salad

Ingredients

For the Salad

3 Cups Chicken Stock
1 Cup Semi-Pearled Farro or Spelt Berries
6 Cups Chopped **Kale**
1/4 Cup Shredded/Coarsely Grated Parmesan*
1/4 Cup Pine Nuts
1 Ripe **Nectarine**, diced into bite sized pieces

For the Vinaigrette

1/3 Cup Olive Oil*
1/4 Cup Red Wine Vinegar*
1 Tablespoon Dijon Mustard
1 Tablespoon Chopped Parsley
1/4 Teaspoon Salt*
1/8 Teaspoon Black Pepper
1 Garlic* Clove, grated or pressed

Directions

Place the chicken stock in a medium saucepan and bring to a boil over medium high heat. Stir in the farro, reduce the heat to medium and simmer for 30 minutes or until the farro is a firm texture but cooked through. Stir in the kale, let stand for 1 minute and then drain the farro/kale in to a colander; cool in the refrigerator or at room temperature. In a small bowl whisk together the olive oil, red wine vinegar, dijon, parsley, salt, pepper and garlic until well-combined. Set aside or refrigerate for up to 2 days. When the farro mixture has cooled transfer it to a large bowl. Add the vinaigrette and stir well to combine. Add the parmesan, pine nuts and nectarine and gently toss. Serve chilled or at room temperature. Serves 4-6 as a side. (Courtesy of: yummys.com)



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Marinated Kale and Green Beans

Ingredients

1/4 cup olive oil*
2 tablespoons fresh lemon* juice
1 tablespoon honey*
1/2 teaspoon crushed red pepper flakes
1 large bunch **kale**, center ribs and stems removed, leaves cut lengthwise into 1/2' strips (about 8 cups)
Kosher salt and freshly ground black pepper
1-pound **green beans**, trimmed
1/4 cup finely grated Parmesan*

Directions

Combine oil, lemon juice, honey, and red pepper flakes in a large bowl. Add kale and toss to coat. Season to taste with salt and pepper. Let kale mixture sit at room temperature for 1-2 hours or cover and chill overnight, tossing occasionally. Line a rimmed baking sheet with a kitchen towel. Cook beans in a large pot of boiling salted water until crisp-tender, about 4 minutes. Drain beans; transfer to a bowl of ice water and let cool. Drain beans; spread out on prepared sheet and blot with kitchen towels to dry. **DO AHEAD:** Can be made 8 hours ahead. Wrap in paper towels, then in plastic wrap. Cover and chill. Add beans to kale and toss to coat. Season to taste with salt and pepper. Top with grated cheese.
(Courtesy of: bonappetit.com)