



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



Hollabaugh Bros., Inc. Summer CSA - Week 10

Box contents:

crest Haven Peaches, cantaloupe, cabbage, Yellow Squash, Sweet corn, Bonus Eggplant

Dairy Add-on contents:

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

Welcome to the tenth 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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Crest Haven Peaches

The **Cresthaven Peach** is an all-purpose yellow freestone peach great for eating, cooking, canning, or freezing.

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 peaches (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)

Peach Cobbler

Ingredients

¾ cup flour*	¾ cup milk
Dash of salt*	2 cups peaches
2 teaspoons baking powder*	½ cup butter*
1 ½ cup sugar*, divided	

Directions

Mix the flour, salt, baking powder, and 1 cup sugar together. Slowly stir the milk in to make a batter and set aside. Add ½ cup sugar to the peaches and set them aside. Melt the butter in an 8x8 baking dish. Pour the batter over butter, but do not stir. Spoon the peaches over batter but do not stir. Bake at 350° for about an hour. (Source: Darcy Tyson; Hollabaugh Bros., Inc.)



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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.

Cantaloupe & Lime Popsicles

Ingredients

1/2 cantaloupe, rind removed, seeded and cubed	¼ cup + 1 tablespoon honey*, divided
3 tablespoons lime* juice, divided	¼ honeydew, rind removed, seeded and cubed

Directions

Add cantaloupe, 2 tablespoons lime juice, and ¼ cup honey to a blender and puree. Pour cantaloupe puree into popsicle molds, filling each equally and leaving ¾" of room at the top. Place the lid on the mold and insert popsicle sticks into each space. Freeze the popsicles until the cantaloupe puree begins to harden (about 20 minutes). Blend the honeydew to a puree with the remaining lime juice and honey. Remove the popsicles from the freezer and fill the remaining space with the honeydew puree. Re-cover the popsicles and place them back in the freezer until solid (up to several hours). To remove the popsicles: place the mold in a warm water bath so they slide out easily. Enjoy! (Courtesy of: PAVeggies.org)

Overnight Cantaloupe Oats

Ingredients

1/2 cup quick-cooking oats	1 tablespoon honey*, plus more for drizzling on top
1/2 cup whole milk*	1/2 teaspoon ground cinnamon
1/2 cup full-fat Greek yogurt*	1 cantaloupe
2 tablespoons chia seeds	1/2 cup blueberries*

Directions

Put the oats, milk, yogurt, chia seeds, honey and cinnamon in a small bowl and stir to combine. Slice the cantaloupe in half and remove the seeds. Divide the mixture between the carved-out cantaloupe halves. Cover, place in the fridge and let sit overnight. To serve, top with blueberries and a drizzle of honey. (Courtesy of: Nancy Fuller; 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.

See below the recipe for [Grilled Corn Slaw](#) under **Sweet Corn**.



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Cabbage & Ginger Egg Rolls

Ingredients

½ head of **green cabbage**, finely shredded
2 carrots*, finely shredded
1 medium sweet onion*, chopped
4 to 5 cloves garlic*, minced
3 tablespoons fresh ginger*, minced
1 to 1-1/2 cups vegetable oil
1 package egg roll wraps (can be found in your grocers refrigerated produce section)
1 lb. ground chicken*, optional
Dipping sauce suggestions: sweet & sour, sweet chili sauce, Chinese chili garlic sauce, Chinese hot mustard

Directions

In large wok or pan, combine cabbage, carrots, ginger, onion, and garlic. (If using chicken, cook that first and then add listed ingredients). Cover and cook until cabbage is al dente, about 5 minutes. Stir occasionally. Remove from heat and set aside.

In a separate wok or enamel coated pot such as a Dutch oven, add the vegetable oil. The oil will need to be about ½ inch to ¾ inch deep depending on the pan you use so you may need more or less oil. Heat the vegetable oil over high heat until it is hot and ready to fry.

While you are waiting for your oil to heat, get your assembly line set up with your egg roll wraps and your cabbage filling. Spoon about 2 to 3 tablespoons of filling into each wrap. Fold the wraps according to the package directions.

When you have quite a few wrapped and your oil is nice and hot, place the rolls seam side down into the oil. They should start bubbling and cooking immediately. If not, the oil needs to heat more. Leave room in between each roll and only fry as many at a time that allows enough space between them. Let cook until they start to get golden brown and crisp up, about 2 minutes. Use tongs to turn over. Let that side cook the same. Remove and place on a cooling rack with a cookie sheet under it. This will allow any excess oil to drain out. Serve immediately with your favorite dipping sauces. (Courtesy of: Leah Shenot; PAVeggies.org)



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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.

Summer Squash Parmesan Crisps

Ingredients

1/2 cup vegetable oil
1 cup Panko*
1/2 cup grated Parmesan cheese*
2 **summer squash**, thinly sliced to 1/4-inch thick rounds
1/2 cup all-purpose flour*
2 large eggs*, beaten

Directions

Heat vegetable oil in a large skillet over medium high heat. In a large bowl, combine Panko and Parmesan; set aside. Working in batches, dredge squash rounds in flour, dip into eggs, then dredge in Panko mixture, pressing to coat. Add squash rounds to the skillet, 5 or 6 at a time, and cook until evenly golden and crispy, about 1 minute on each side. Transfer to a paper towel-lined plate. Serve immediately.



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Cheese Zucchini-Eggplant Bake

Ingredients

1 large eggplant	8 ounces fresh ricotta* (about 1 cup)
2 large zucchini and/or summer squash	¾ teaspoon crushed red pepper flakes
24 ounces cherry and/or grape tomatoes*	8 ounces salted low-moisture mozzarella*, grated, divided
8 garlic* cloves, unpeeled	1 cup basil leaves, divided
5 tablespoons olive oil*, plus more	
Kosher salt	

Directions

Place racks in upper and lower thirds of oven; preheat to 450°. Cut off stem end of 1 globe eggplant, then shave a thin slice off of fattest part of bulbous end. Rest eggplant on newly cut side so it doesn't roll around your board. Cut eggplant crosswise into ½"-thick slices. Repeat same process with 2 zucchini and/or summer squash, trimming stem end, shaving side and resting on flat surface, and slicing crosswise ½" thick. Arrange eggplant slices in a single layer on a rimmed baking sheet, then fit as many pieces of zucchini as possible on same baking sheet, tucking into spaces around eggplant. Place remaining zucchini slices on one half of another rimmed baking sheet, arranging as close together as possible and in a single layer. On empty side of baking sheet, arrange 24 oz. tomatoes and 8 garlic cloves. Drizzle 1 Tbsp. oil over tomatoes and garlic and toss with your hands to coat. Using your hands, smear 2 Tbsp. oil over exposed sides of eggplant and zucchini slices. Still using your hands, turn eggplant and squash slices over and smear other side with 2 Tbsp. oil. Season all vegetables on both baking sheets with a couple of 4-finger pinches of salt. Place sheet with eggplant on lower rack and sheet with tomatoes on upper rack and roast until eggplant is deeply browned on the underside and tomatoes are lightly blistered, 15–25 minutes.

Remove both baking sheets from oven. On baking sheet with eggplant, slide a flexible metal spatula underneath ALL slices and turn them over. Slide rounds over to one side, then transfer zucchini from sheet with tomatoes onto sheet with eggplant, turning them over in the process. You should end up with tomatoes and garlic on one baking sheet, and eggplant and zucchini on the other. Let baking sheet with tomatoes cool, but return baking sheet with eggplant and zucchini to lower rack and roast until second side of eggplant is deeply browned, 10–15 minutes. Let sit until cool enough to handle.

Meanwhile, combine 8 oz. ricotta, ¾ tsp. red pepper flakes, and 6 oz. mozzarella in a medium bowl. Drizzle with oil and mix with a fork to combine; season lightly with salt. Using a fork, remove garlic cloves from baking sheet and transfer to a cutting board. Press on skins to force out the soft, caramelized cloves; discard skins. Mash cloves to a paste with fork, then stir into ricotta mixture. Drizzle some oil into a shallow 2-qt. baking dish. Arrange one-third of zucchini and eggplant slices in a single layer. Scatter one-third of blistered tomatoes over, then dollop half of ricotta mixture over tomatoes. Tear one-third of basil leaves and scatter over ricotta. Repeat layering process with half of remaining eggplant and zucchini, all of remaining ricotta mixture, and half of remaining tomatoes and basil. Top with remaining eggplant, zucchini, and tomatoes. Sprinkle remaining 2 oz. mozzarella over and bake until mozzarella is melted and browned in spots and liquid around the edges is bubbling, 15–20 minutes. Let rest 10 minutes, then top with remaining basil. Drizzle with a little more oil before serving. (Recipe courtesy of: bonappetit.com)



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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.

Grilled Corn Slaw

Ingredients

4 fresh corn on the cob, shucked	1/2 cup crumbled queso fresco
1/2 red or green cabbage , sliced	Handful fresh cilantro* leaves, roughly chopped
1 lime*, juiced	
Kosher salt and freshly cracked black pepper	

Directions

Heat a grill pan over medium heat. Grill the corn on the hot grill pan, turning periodically, until cooked and grill marks are all around the corn. Set aside to cool. In a large bowl, toss the cabbage with the lime juice; season with salt and pepper, to taste, and set aside. Once the corn has cooled, cut the kernels off the cob and add it to the bowl with the cabbage. Taste for seasoning and adjust, if necessary. Add the crumbled queso fresco and cilantro leaves and stir to combine. Serve as a side dish or use as a taco topping. Recipe courtesy of www.foodnetwork.com.



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Corny Cornbread

Ingredients

1 cup cornmeal	1 cup milk*
1 cup flour	2 eggs*
2 tablespoons sugar	¼ cup vegetable oil
4 teaspoon baking powder	1 ½ cup corn (leftovers are fine)
½ teaspoon salt	

Directions

Mix dry ingredients together. Beat together milk, eggs and oil. Add corn then add to dry ingredients, mixing just until well blended. Pour into a buttered 9x9 pan. Bake at 425° approximately 25-30 minutes.

Variation: add 1 cup grated cheddar cheese, 2 jalapeno peppers seeded and chopped fine along with the corn. (Courtesy of: The Practical Produce Cookbook)



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Eggplant

The eggplant (*Solanum melongena*) is a member of the nightshade family, making it kin to the potato and tomato. Technically eggplant is a fruit—specifically a berry. Eggplants range in size from 2-12 inches, may be round or oblong, and may be white to green to purple. The name “eggplant” is derived from the 18th century European cultivars that were yellow or white and resembled goose eggs. The eggplant is native to the Indian Subcontinent, where it has been cultivated since prehistory. The first written account of the eggplant was found in a Chinese treatise on agriculture dating to 544 CE. This fruit was probably introduced to the Mediterranean area by the Arabs in the early Middle Ages, and a book on agriculture from 12th century Arabic Spain describes how to grow eggplant. We do not find record of it in ancient Greek or Roman writing. The first written record of the aubergine in England is found in a botany book dated 1597.

In addition to featuring a host of vitamins and minerals, eggplant also contains important phytonutrients, many which have antioxidant activity. It is a good source of bone-building vitamin K and magnesium as well as heart-healthy copper, vitamin C, vitamin B6, folate, and niacin.

Storage and Preparation

Eggplant will keep in refrigeration for several days. Some recipes call for eggplant to be rinsed, salted, and drained (also known as “sweating”) in a colander to remove the bitter juices in the fruit. More recent cultivars do not necessarily require this step. Eggplant may be baked, braised, boiled, fried, grilled, roasted, sautéed, or stewed. When young, the skin is edible and delicious. Older eggplants need to be peeled. Because of its texture it is often used as a meat substitute in vegetarian or vegan recipes. Because the flesh tends to discolor quickly, cut or chop with a stainless steel knife when ready to use.

See above the recipe for [Cheese Zucchini-Eggplant Bake](#) under **Yellow Squash**.

Baked Eggplant Parmesan

Ingredients

2 eggplant , peeled and cut into ½ inch slices	2 eggs*, beaten
2 tablespoon salt*	1 (28 oz.) jar pasta sauce*
1 cup Italian-style bread crumbs	16 oz. shredded mozzarella cheese*
½ cup grated Parmesan cheese*	½ teaspoon dried basil

Directions

Place eggplant slices in a colander; sprinkle both sides of each slice with salt. Allow to sit for at least 3 hours. Wipe excess moisture from eggplant slices with paper towels. Preheat oven to 350°. Grease baking sheet. Mix bread crumbs and ¼ cup Parmesan cheese together in a bowl. Dip eggplant slices in beaten egg; coat with bread crumb mixture. Arrange coated eggplant slices in a single layer on the prepared baking sheet. Bake in the preheated oven until lightly browned and crisp, about 5 minutes per side. Cover the bottom of a 9x13 casserole dish with a layer of spaghetti sauce; top with a layer of eggplant slices. Sprinkle with about 1 tablespoon of the remaining Parmesan cheese and 1/3 of the mozzarella cheese. Repeat layers with remaining ingredients, ending with a cheese layer. Sprinkle with basil. Bake in the preheated oven until cheese is bubbling and golden brown, about 35 minutes. (Source: Hollabaugh Bros., Inc.)