



545 Carlisle Rd.  
Biglerville, PA 17307  
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## Hollabaugh Bros, Inc. Summer CSA - Week 7

### Box contents:

Saturn Donut Peaches, Bicolor Sweet corn, Tomatoes, Eggplant, Swiss chard, Zucchini,  
Bell Peppers

### Dairy Add-on contents:

AVC Milk (Skim, 1.5%, Whole, or Chocolate), Amish Butter Roll

Welcome to the seventh 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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## Saturn Donut Peaches

Donut peaches (*Prunus persica 'donut'*) are a white flesh, low-acid variety originally native to China. Flat peach varieties remained a novelty in the western world until the 20th century. The donut peach has a doughnut-shaped appearance with a sunken center and plump outer edge. A peach grows around its pit. The donut peach has a squattier, ovular pit, hence a squattier peach! The flesh is characterized by its light sweetness and overtones of honey and almond. The sweetness is due to what is referred to as the honey gene, a dominant gene that is found in all Chinese peach varieties.

### Storage and Use

Treat donut peaches as you would any other peach. Be careful about bruising the fruit. You may ripen donut peaches by placing them in a paper bag for a day or leaving them on the counter until ripe. Peaches will store for several days under refrigeration. Donut peaches are suitable to be used in any recipe calling for peaches, though they do lack the sweet tartness associated with yellow-fleshed peaches. They are best for eating fresh out of hand, yet they can also be poached, grilled, made into syrup or jelly, and infused into drinks or added to dessert recipes such as cakes, pies and ice cream. Donut peaches pair well with other stone fruit such as apricots, cherries and almonds, citrus, berries, vanilla, cinnamon, cloves, cream, custards, herbs such as basil, cilantro and arugula, hazelnut and pistachio nuts and oil, aged cheeses such as parmesan and mild cheeses such as ricotta, sausages, and grilled fish.

### Donut Peach Sour Cream Cupcakes

#### Ingredients

2 cups self-rising flour	2-3 <b>donut peaches</b> , diced
3/4 cup caster sugar	2 T powdered sugar
1/3 cup vegetable oil	Ground cinnamon to shake on top
1 large egg*	1/2 <b>donut peach</b> sliced to decorate
6 oz. sour cream*	1/3 cup milk*

#### Directions

Preheat oven to 350°F and line a cupcake tin with papers.

Sift the flour into a medium bowl, then add a pinch of salt and the caster sugar. In a separate bowl, combine the vegetable oil, egg, sour cream, and milk; whisk to mix. Add the wet mixture and the peach pieces to the dry mixture and stir to only just combine. It will be thick and puffy so you will need to spoon it into the prepared cupcake tin. Fill until 3/4 full (or a little more if you like domed cupcakes).

Bake for 25 minutes or until a skewer inserted comes out clean. Remove from the oven and set aside to cool slightly. Sift confectioner's sugar on top and shake a little ground cinnamon. Top with some pieces of fresh peach if desired. (Makes 10 cupcakes; this is adapted from a UK recipe)

**\*Note:** You can make your own caster sugar at home by placing pure cane sugar in a blender or food processor and processing until finely ground.



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## **Peach and Pecan Salad**

### **Ingredients**

- 3 tablespoons apple cider vinegar\*
- 1 shallot, finely chopped
- Salt\* and freshly ground black pepper
- 1/4 cup extra-virgin olive oil\*
- 2 large ripe **peaches**, sliced into about 16 pieces
- 1 head **lettuce**, washed and dried well
- 1 cup toasted pecan halves
- 4 ounces goat cheese\*, separated into 4 pieces and crumbled

### **Directions**

In a small bowl, add the cider vinegar and shallot and season with salt and pepper. Gently whisk in the olive oil until completely incorporated. Place the peaches, lettuce leaves, pecans, goat cheese and dressing in a large bowl. Toss well to distribute the dressing. Divide the salad onto 4 salad plates. Serve immediately. (Courtesy of: Aaron McCargo Jr.; 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, Zucchini, and Bell Pepper Quesadillas

#### Ingredients

1 tablespoon oil*	1 teaspoon cayenne
1/2 onion*, chopped	Salt*
1 medium <b>zucchini</b> , sliced	1 1/2 cup <b>corn</b>
1/2 <b>bell pepper</b> , diced	1 package flour tortillas*
2 teaspoon cumin	Monterey Jack cheese, grated

#### Directions

Preheat oven to 400 degrees. Add oil and onion to a hot skillet and stir. Add zucchini and bell pepper. Saute until tender. Season with cumin, cayenne and salt. Add thawed frozen corn and mix together. Place 2 tortillas on cookie sheet. Sprinkle with grated cheese and a large spoonful of veggie mixture. Top with a second tortilla, cheese, and mixture. Top with third tortilla. Bake until cheese is melted, about 5 to 8 minutes. Cut into quarters and serve bubbling hot. (Courtesy of: Food Network)



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## **Corn and Pepper Succotash**

### **Ingredients**

4 c. fresh or frozen <b>corn</b>	2 T. butter*
2 c. <b>bell pepper</b> , chopped	1/4 c. heavy cream*
1/2 c. onion*, chopped	1/2 t. salt*
2 t. fresh basil, chopped	1/4 t. fresh ground black pepper
2 T. olive oil*	

### **Directions**

Add the butter and olive oil to a large skillet over medium heat. Once the butter is melted add the onion and cook for 3-4 minutes until softened. Add the corn and bell pepper to the skillet and cook for 5-10 minutes. Shorter if the corn is already cooked and longer (closer to 10 minutes) if the corn is frozen or raw. Stir in one tablespoon of the fresh basil. Pour in the cream and season with the salt and pepper. Cook 5 minutes until the cream has reduced, then top with the other tablespoon of fresh basil and serve. (Courtesy of: [www.mantitlement.com](http://www.mantitlement.com))



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## Tomatoes

A tomato is the edible, often red, fruit from the plant *Solanum lycopersicum*. Both the species and its use as a food originated in Mexico, and spread around the world quickly after the Spanish colonization of the Americas. Botanically, tomatoes are a fruit but are considered a vegetable for culinary purposes. Regardless of whether you want to call it a fruit or vegetable, it is rich in lycopene, which is thought to have many beneficial health effects. The tomato is member of the nightshade family, and theatre-goers during Shakespeare's time used tomatoes to show their disgust for a poor performance, hurling them at actors rather than eating them.

### Storage and Use

Stored at room temperature and away from direct sunlight, most ripe tomatoes retain the best eating quality for 2 to 3 days. Underripe tomatoes can last up to 5 days. Always store tomatoes with the stem scar facing up to reduce softening and darkening of the fruit. It is not recommended to refrigerate fresh tomatoes as it can cause flavor loss. However, you can delay the softening of just-ripe tomatoes by refrigerating them for no more than three days so the flavor loss will be minimal. It's best to remove tomatoes from the refrigerator 1 hour before use to help it regain its original flavor. Cut or chopped tomatoes will last about 1 to 2 days if covered and refrigerated. Tomatoes can be eaten fresh, cooked, baked, and preserved by canning, freezing, or drying.

See below the recipe for [Eggplant, Onion, and Tomatoes](#) under **Eggplant**.

See below the recipe for [Chard-Tomato Sauté](#) under **Swiss Chard**.



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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 18<sup>th</sup> 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 12<sup>th</sup> 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.

At one time, eggplant was believed to be poisonous and thus dubbed “mala insane” or “raging apple” because it was believed to cause insanity. The only insanity we think eggplant causes is an insanelly good taste in a variety of preparations. We think you’ll agree!

### 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.

### Eggplant, Onion, and Tomatoes

#### Ingredients

1 large <b>eggplant</b>	½ teaspoon salt*
Salt*	1 teaspoon oregano
½ cup chopped onion*	¼ teaspoon pepper
¼ cup butter*	½ cup sour cream*
2 medium <b>tomatoes</b> , peeled and sliced	2 tablespoons chopped parsley

#### Directions

Peel the eggplant and cut into 1-inch cubes. Sprinkle cubes with salt and let drain 30 minutes. Pat dry. Sauté eggplant and onion in butter in a large skillet approximately 8 minutes or until tender crisp. Stir in tomatoes, salt, oregano, and pepper. Cover and cook slowly for another 10 minutes. Remove from heat. Stir in sour cream and parsley and serve. (Source: The Practical Produce Cookbook)



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## **Eggplant Parmesan Sandwich**

### **Ingredients**

1 large eggplant	Canola oil for frying
2 large eggs*	Salt* and pepper
1 cup all-purpose flour*	Bread*
¾ cup Italian breadcrumbs	1 cup marinara sauce*
¾ cup panko breadcrumbs	1 cup shredded mozzarella cheese*

### **Directions**

Peel the skin off the eggplant and cut into ¼ inch slices (this is optional). Sprinkle salt on the slices and let rest for 10 minutes. Pat with a paper towel and sprinkle crushed pepper on both sides. Break the eggs in a wide bowl and beat well. Put flour in another bowl, and place bread crumbs, mixed together, on a plate and set aside. Heat ½ inch oil in a pan over medium heat. Dip slices of eggplant in the flour, then the egg, then the bread crumbs. Coat it well. Place it in the oil and cook, browning on both sides. Repeat until all the slices are done. Assemble the sandwich by layering the marinara sauce or fresh tomato, fried eggplant, and mozzarella cheese in between two slices of buttered bread. Grill or toast until cheese melts. Serve hot.



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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.

See below the recipe for [Zucchini Chard Cakes](#) under **Zucchini**.

### Chard-Tomato Sauté

#### Ingredients

3 tablespoons extra-virgin olive oil*, plus more for drizzling	2 tablespoons drained capers
1 chopped large <b>tomato</b>	Course salt and freshly ground pepper
2 cups chopped blanched <b>Swiss chard</b>	¼ cup sliced fresh basil*
2 thinly sliced garlic* cloves	Basil leaves, for topping
	Grated Parmesan*

#### Directions

Heat 3 tablespoons olive oil in a large skillet. Add garlic, tomato, and capers; cook, stirring, 2 minutes. Add chard and sliced basil; heat through. Season with salt and pepper. Drizzle with more oil; top with basil leaves and grated Parmesan. (Courtesy of: Martha Stewart)



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## Rigatoni with Swiss Chard and Sausage

### Ingredients

Kosher salt  
12 ounces rigatoni  
2 tablespoons extra-virgin olive oil\*  
12 ounces sweet Italian sausage\*, casings removed, crumbled  
4 tablespoons unsalted butter  
6 cloves garlic\*, chopped  
1 bunch **Swiss chard**, stems removed, leaves chopped  
1 tablespoon plus 1 teaspoon all-purpose flour\*  
1 3/4 cups milk\* (not skim)  
1/2 cup grated parmesan cheese\* (about 1 ounce)  
Grated zest of 2 lemons \*  
Freshly ground pepper

### Directions

Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs. Reserve 1/2 cup cooking water, then drain the pasta. Meanwhile, heat the olive oil in a large Dutch oven or wide skillet over medium-high heat. Add the sausage and cook until browned, about 5 minutes. Transfer to a plate using a slotted spoon; set aside.

Wipe the Dutch oven clean; add the butter and melt over medium heat. Add the garlic and cook, stirring, until slightly softened, 1 to 2 minutes. Add the chard and cook, stirring occasionally, until wilted, 3 to 4 minutes. Sprinkle in the flour and cook, stirring, until combined, 1 to 2 minutes.

Add the milk to the chard mixture and bring to a boil; cook 1 minute. Stir in the sausage, parmesan, lemon zest and a few grinds of pepper. Reduce the heat to medium low and simmer, stirring occasionally, until slightly thickened, about 6 minutes. Add the pasta to the pot and toss, adding enough of the reserved pasta water to loosen. (Source: Food Network)



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## Zucchini

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 19<sup>th</sup> 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.

See above the recipe for [Corn, Zucchini, and Bell Pepper Quesadillas](#) under **Bicolor Sweet Corn**.

### Zucchini Chard Cakes

#### Ingredients

1 lb zucchini	1 egg*
1/2 onion	1 c flour*
Small bunch of <b>Swiss chard</b> leaves	1/2 tsp salt*
Small bunch of parsley, chopped	splash of milk*
1 clove garlic*, minced	2 Tbsp oil* + some for the pan

#### Directions

Shred the zucchini. You can do this quite easily with a box grater, or if you're intending to shred a large quantity, use a food processor. Grate the onion. Remove the stems from the chard, (save the stems for another purpose, such as a stir fry) and chop the leaves. Combine the egg, salt, and flour in a bowl. Add in the zucchini, chard, onion, garlic and parsley and stir to form a thick batter. Add just a splash of milk and the oil to form a more workable, pourable batter. Heat your skillet and lightly coat it with oil when hot. Preheat the oven to 200F. Pour 1/4 cup spoonfuls of batter onto the hot skillet and cook 2-3 minutes per side, until browned. Flip and cook another 2 minutes. Transfer the cakes to the oven to keep warm while you cook the remainder of the pancakes. Serve as a side, topped with tomato chutney, or as a light summer dinner with a side of greens. (Courtesy of: [www.vitalcommunities.org](http://www.vitalcommunities.org))



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## 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 [Corn, Zucchini, and Bell Pepper Quesadillas](#) under **Bicolor Sweet Corn**.

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