



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



Hollabaugh Bros, Inc. Summer CSA - Week 8

Box contents:

Bounty Peaches, castleton Prune Plums, Tomatoes, Eggplant, Microgreens, Leaf Lettuce

Dairy Add-on contents:

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

Welcome to the eighth 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!



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



Bounty Peaches

The **Bounty Peach** is an all-purpose yellow freestone peach great for eating, cooking, canning, or freezing. It is sweet and juicy!

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.

Oven Roasted Fruit

Ingredients

6 peaches , pitted and cut into quarters or eighths	1/2 cup sugar*
6 plums or prune plums , pitted and quartered or halved	2 cups fresh raspberries
	2 tablespoons orange juice

Directions

Preheat the oven to 450 degrees F. Place the peaches and plums snugly in a single layer, cut side up, in 2 glass or porcelain oven-proof baking dishes. Sprinkle with the sugar, and then top with the raspberries. Bake for 20 to 25 minutes, until tender. Heat the broiler and place the fruit about 5 inches below the heat and broil for 5 to 8 minutes, until the berries release some of their juices. Remove from the broiler and sprinkle with orange juice. Serve warm, at room temperature, or chilled. (Source: Food Network)

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)



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



Savory Peach Chicken

Ingredients

1 tablespoon canola oil	2 tablespoons rice vinegar
4 skinless, boneless chicken breasts, about 1 ¼ pounds	¼ cup orange juice
½ teaspoon salt*	1 teaspoon freshly grated ginger*
¼ teaspoon pepper	2 cloves garlic*, minced
2 tablespoons brown sugar	½ cup low-sodium chicken broth*
2 tablespoons low-sodium soy sauce	4 large firm-ripe peaches , cut into ¼-inch slices
	2 tablespoons sliced almonds

Directions

Heat the oil in a large skillet over a medium-high heat. Season the chicken on both sides with salt and pepper, add to the skillet and cook until browned, about 2 minutes per side. Meanwhile combine the brown sugar, soy sauce, rice vinegar and orange juice in a small bowl and set aside. When the chicken is browned, transfer to a plate and set aside.

Add the ginger and garlic to the pan and cook, stirring, for 30 seconds. Add the chicken broth, the soy sauce mixture, and the peaches to the pan. Turn the heat up to high and cook, uncovered, for about 6 minutes, stirring occasionally until the sauce is nicely thickened and the peaches soften. Add the chicken back to the pan with the sauce, turn the heat down to moderate-low, cover and cook for about 5 minutes, or until chicken is cooked through.

In the meantime, toast the almonds in a dry skillet over a medium-high heat stirring frequently, until golden brown and fragrant, about 2 minutes.

Serve the chicken topped with the sauce and sprinkled with the toasted almonds.



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



Castleton Prune Plums

Prune Plums (*Prunus domestica Stanley*) are European self-fertile blue plums with golden flesh. Their ability to create a high concentration of fermentable sugars makes them the ideal candidate to create prunes. In addition to direct consumption, prune plums are also a commercial fruit crop used for the processing industry of cheeses and distilled alcohols, including brandy and wine. The Castleton Prune Plum is an oval-shaped fruit with deep purple skin and golden, freestone flesh. These plums great when picked fresh or when dried (prunes) or canned. They have a dryer flesh than Japanese plums, so they dry better. The fruit bears a large central inedible pit that resembles the skin's coloring.

Storage and Use

Prune-plums have a somewhat longer shelf life than other plums due to having firmer flesh and a higher sugar content. Refrigerate ripe fruit for up to one week. Wash right before using. Prune plums are most often used in dessert recipes.

See above the recipe for [Oven Roasted Fruit](#) under **Bounty Peaches**.

Brandied Plums

Ingredients

1 ½ cups brandy
½ cup cane sugar
1 (3 inch) cinnamon stick
1 tsp. ground cloves
6-8 ripe **red plums**
2 T. butter*
Mr. G's vanilla ice cream*

Directions

Combine brandy, sugar, cinnamon stick, and cloves in a deep skillet. Bring to a boil over high heat. Cook, stirring until sugar dissolves. Reduce heat, add plums, and cook until soft (5-7 minutes). Transfer plums to a large bowl. Strain the liquid to remove the seasonings. Simmer and reduce the liquid by half to concentrate flavor. Stir in butter. Slice plums and arrange decoratively in dessert dishes. Place a scoop of vanilla ice cream on top and pour warm sauce over the ice cream. Serve immediately. Serves 4.



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



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 [Grilled Eggplant Quesadillas](#) under **Eggplant**.

BLT Wraps

Ingredients

2 teaspoons honey*
2 teaspoons Dijon mustard
4 tablespoons mayonnaise*
4 (10-inch) flour tortillas*
8 slices bacon*, cooked crisp
8 lettuce leaves
8 slices tomato
Extra-virgin olive oil*
Salt* and freshly ground black pepper
Add microgreens!

Directions

In a small bowl, combine the honey, mustard, and mayonnaise. Spread evenly on the tortillas. Top each with, 2 slices bacon, 2 lettuce leaves, and 2 slices of tomato. Drizzle olive oil over the tomatoes and season with salt and pepper, to taste. Fold 1 edge of each tortilla over the filling, roll up tightly and put them, seam side down, on a cutting board. Cut as desired and secure with wooden picks, if needed. Arrange them on a serving platter and serve. (Courtesy of: Paula Deen; Food Network)



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



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.

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.



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



Grilled Eggplant Quesadillas

Ingredients

2 large **eggplants**
1 ½ cups vinaigrette made with red wine vinegar*
8 ounces shredded Monterey Jack cheese
1 bunch fresh basil, chopped
2 to 3 **tomatoes**
2 cups assorted roasted peppers* (green or red bell, jalapenos, poblanos)
4 (12-inch) flour tortillas*
Vegetable oil

Directions

For the Grilled Eggplant: Slice the eggplant into 1/2-inch rounds. Brush the slices with some red wine vinaigrette. Grill the eggplant over hot coals, turning and basting occasionally with more vinaigrette until the slices turn very soft. Cover the eggplant until ready to use.

For the Quesadillas: If you are using an oven rather than a griddle to cook the tortillas, preheat the oven to 400°F. Layer the cheese, basil, grilled eggplant, tomatoes, and peppers inside the tortillas. Fold the tortillas in half. Brush the outside of the tortillas with oil. Bake the tortillas or cook them on a hot griddle until their centers are hot and their exteriors are brown and crisp. While the tortillas are still hot, brush the quesadillas with a bit more oil. (Courtesy of: Bounty from the Box: The CSA Farm Cookbook; Mi Ae Lipe)

Eggplant Chips

Ingredients

1 **eggplant**, sliced into strips
½ cup soft bread crumbs
1/8 cup grated Romano cheese
1 clove garlic*, chopped
2 sprigs fresh parsley*, chopped
½ teaspoon dried oregano
Salt* and pepper to taste
2 tablespoons vegetable oil

Directions

Preheat oven to 400°. Cut eggplant strips in half again, lengthwise. Lay strips on a baking sheet. In a small bowl combine bread crumbs, Romano cheese, garlic, parsley, oregano, salt and pepper. Sprinkle over eggplant strips and drizzle with oil. Bake in preheated oven for 25 minutes or until crispy. (Source: Hollabaugh Bros., Inc.)



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



Microgreens

Microgreens, also known as micro herbs or vegetable confetti, are baby plants, falling somewhere between a sprout and a baby green. These young vegetable greens are approximately 1-3 inches tall and are harvested 7-21 days after germination after the plant's first true leaves have emerged. Introduced to the Californian restaurant scene in the 1980's, microgreens have steadily gained popularity. They have an intense aromatic flavor and a concentrated nutrient content that often has larger amounts of vitamins, minerals, and antioxidants than the plants' more mature counterparts. Microgreens can be grown from various seeds, but the microgreens in totes this week can range from sunflower, radish, endive, and chicory.

Storage and Use

Microgreens can be incorporated into a variety of dishes, including sandwiches, wraps, or salads. They can also be blended into smoothies or juiced. They can also be used to garnish pizzas, soups, omelets, curries, and other warm dishes. Store your microgreens in their original container in the refrigerator for up to one week.

See above the recipe for [BLT Wraps](#) under **Tomatoes**.

Parmesan and Ricotta Cheese Pizza with Pistachios, Bacon, and Microgreens

Ingredients

- 1 Pizza Crust
- 1/2 Cup Ricotta Cheese*
- 1/2 Cup Parmesan Cheese*, Grated
- 2 Tablespoons Extra Virgin Olive Oil*
- 1/2 teaspoon Pepper, Fresh Ground
- 1/4 teaspoon Sea Salt
- 1/4 Cup Pistachios, Chopped
- 4 Strips Applewood Smoked Bacon*, Sliced into 1-2" strips
- 1/2 Cup **Micro Greens**

Directions

Preheat the oven to 500 degrees F. Prepare the dough and sprinkle a small amount of flour on a pizza stone or baking pizza pan to prevent the pizza from sticking. In a bowl combine together the Ricotta, Parmesan, Olive Oil, Sea Salt and Pepper, mix well then place the mixture atop of the prepared pizza dough. Then layer with the Bacon and half of the Pistachios. Bake the Pizza for 14-18 minutes until the dough is browned and the bacon is crispy. Before serving garnish with the remaining Pistachios and the Micro Greens. (Courtesy of: www.whatwelovemost.wordpress.com)



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



Leaf Lettuce

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

See above the recipe for [Peach and Pecan Salad](#) under **Bounty Peaches**.

See above the recipe for [BLT Wraps](#) under **Tomatoes**.