



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



## Hollabaugh Bros, Inc. Summer CSA - Week 9

### Box contents:

Allstar Peaches, Yellow Seedless Watermelon, Blue Adirondack Potatoes, Bell Peppers, Garlic, Buttercup Squash and/or Delicata Squash.

### Dairy Add-on contents:

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

Welcome to the ninth 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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## Allstar Peaches

An all-purpose yellow freestone peach, Allstar 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.

See below the recipe for [Watermelon Peach Salad](#) under **Yellow Seedless Watermelon**.

### Peachalicious Fried Chicken

#### Ingredients

Cooking oil  
1 teaspoon salt\*  
½ teaspoon paprika  
1 – 1 ½ cup fresh sliced **peaches**  
2 tablespoon vinegar\*  
1 teaspoon dried basil  
¾ cup flour\*  
¼ teaspoon seasoned pepper  
1 cup orange juice  
2 tablespoons brown sugar  
1 teaspoon ground nutmeg  
1 clove **garlic**  
6 fryer chicken leg quarters\* or breast halves\*

#### Directions

Heat ½ "oil in large skillet over medium heat. Combine flour, salt, pepper, & paprika. While oil is heating, coat chicken in seasoned flour. Brown chicken on all sides. Combine orange juice and peaches with brown sugar, vinegar, nutmeg, basil and minced garlic in a saucepan. Heat mixture over medium heat. Reduce to medium low and simmer for 10 minutes. Remove chicken from skillet when brown and pour off excess fat. Put chicken back in pan and pour peach mixture over top. Cover and simmer 20 minutes, until chicken is cooked though. (Source: Hollabaugh Bros., Inc)



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## Yellow Seedless Watermelon

The seedless watermelon is a sterile hybrid invented over 50 years ago by crossing a watermelon plant having two sets of chromosomes with a plant having four sets of chromosomes. The seed having three sets of chromosomes that is produced from this crossing is the seed that creates seedless watermelons! Since these watermelons are sterile, they have few or no mature black seeds.

Watermelon is a tender, warm-season vegetable that is truly one of summertime's sweetest treats. It is fun to eat—and good for you. Watermelon seeds were brought to this country by African slaves. Today there are more than 100 different varieties of watermelons. The flesh may be red, pink, orange or yellow. There are seedless varieties and super-sweet round ones that fit nicely into the refrigerator. The Yellow Baby is an early season hybrid melon with yellow flesh, weighing in at 6-10 pounds.

Watermelons are low in calories and very nutritious. Watermelon is high in lycopene, second only to tomatoes. Recent research suggests that lycopene, a powerful antioxidant, is effective in preventing some forms of cancer and cardiovascular disease. According to research conducted at the University of North Carolina at Chapel Hill, men who consumed a lycopene-rich diet were half as likely to suffer a heart attack as those who had little or no lycopene in their diets. Watermelon is also high in Vitamin C and Vitamin A, in the form of disease fighting beta-carotene. Research also suggests that the red pigmented foods provide this protection. Lycopene and beta-carotene work in conjunction with other plant chemicals not found in vitamin/mineral supplements. Potassium is also available, which is believed to help control blood pressure and possibly prevent strokes.

### Storage and Use

Look for melons that are very heavy and have a hard rind. Ninety percent of watermelon is water. The rind color should be right for the variety with a waxy bloom. Probably the most important indicator of ripeness is the underside which sets on the ground. Turn the melon over. It should be yellow or creamy colored on the underside. If it is white or pale green the melon is not ready to harvest.

The flesh should be deep colored with mature seeds. Most watermelons have dark brown or black seeds. The seedless variety produces a few white seeds. Once picked, uncut watermelon can be stored for about two weeks at room temperature especially if the temperature is about 45 to 50°. Uncut watermelons have a shorter refrigerator life, so store at room temperature until ready to chill and eat. Tightly cover cut pieces in plastic wrap and store in the refrigerator.

The National Watermelon Promotion Board suggests washing whole watermelons with clean water before slicing to remove potential bacteria. The flavor of watermelon is best enjoyed raw. Heating diminishes the flavor and softens the texture. Watermelon tastes best icy cold in fruit smoothies, slushes or simply eaten from the rind.

To make melon balls, cut the watermelon in half lengthwise then into quarters. Watermelon balls can be scooped right out of rind. Create perfect balls, using a melon baller (available in the Farm Market), and a twist of the wrist. The watermelon shell can be used to hold the melon balls as well as other fruit. Watermelon punch is also served from the hollow rind. By sitting the round end inside a ring or bowl, the shell will remain stable during serving.



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## Watermelon Pico de Gallo

### **Ingredients**

2 jalapenos\*, seeded and finely diced  
Juice of 1 to 2 limes\*  
1 bunch fresh cilantro\*, chopped  
1 **green bell pepper**, finely diced  
1 **red bell pepper**, finely diced  
1 **yellow bell pepper**, finely diced  
1/2 red onion\*, diced  
1/2 small seedless **watermelon**, diced  
1/2 teaspoon salt\*  
Tortilla chips\*, for serving, optional

### **Directions**

Throw the jalapenos, lime juice, cilantro, bell peppers, red onions and watermelon into a large bowl and toss together. Add the salt, taste with a chip and adjust as needed. Serve with chips or on top of grilled chicken or fish, or as a side salad! (Courtesy of: Ree Drummond; Food Network)

## Watermelon Peach Salad

### **Ingredients**

*For salad:*

2 cups cubed seedless watermelon  
3 peaches, halved, pitted and sliced into 1/2-inch segments  
5 ounces baby arugula  
2 scallions, thinly sliced  
1 tablespoon minced chives  
1/3 cup crumbled feta

*For vinaigrette:*

Juice of 1 lime  
1 tablespoon minced jalapenos  
1/4 teaspoon kosher salt plus more for serving  
1/4 teaspoon black pepper plus more for serving  
1/4 cup olive oil

### **Directions**

In a large bowl, combine the watermelon, peaches, arugula, scallions, chives and feta. For the vinaigrette, whisk together the lime juice, jalapenos, salt, pepper and olive oil in a small bowl. Drizzle the vinaigrette over the salad and season with salt and pepper before serving. (Courtesy of: [www.lastingredient.com](http://www.lastingredient.com))



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## Blue Adirondack Potatoes

The purple potato, botanical name *Solanum andigenum*, is the name designated to dozens of heirloom and heritage varieties of purple and blue potatoes. Purple potatoes have deep violet, ink-colored skin and flesh. Unlike white-fleshed potatoes, purple potatoes are rich in the antioxidant anthocyanin. An immune system booster, anthocyanin is most often found in blue, red, and purple produce such as berries and pomegranates and has been shown to aid in the prevention of certain cancers.

Potatoes were first domesticated in the region of modern-day southern Peru and extreme northwestern Bolivia between 8000 and 5000 BCE. The potato is the world's fourth-largest food crop, following rice, wheat and corn. There are now over 1,000 types of potatoes. White potatoes, sometimes called Irish potatoes, have long been a food staple in many cultures. The annual diet of an average global citizen in the first decade of the 21st century included about 73 pounds of potato. The potato contains vitamins and minerals, as well as an assortment of phytochemicals, such as carotenoids and natural phenols.

### Storage and Preparation

Do not store potatoes in the refrigerator. Refrigeration converts the starch in potatoes to sugar which will cause the potato to darken when cooked. Store potatoes in a cool, dark place to prevent the starch from turning to sugar. Potatoes should keep for a few weeks, unless stored in a root cellar where they may keep for a few months. If potatoes develop green areas or start to sprout, these areas should be trimmed before using. Wash well before using, especially when they will not be peeled.

### Tuscan Potato Skillet

#### Ingredients

1 pound potatoes  
1/2 tsp. salt\*  
1/4 tsp. pepper  
1 pound chicken tenderloins  
2 T. extra virgin olive oil, divided\*  
1 T. chopped fresh rosemary  
4 cloves garlic, minced\*  
12 oz. frozen green beans, thawed  
1 lemon\*, zested and juiced\*

#### Directions

Cube the potatoes. Place in a large microwave-safe bowl and season with salt and pepper. Microwave on HIGH for 4 minutes. Stir and microwave for 4 minutes more.

While potatoes are cooking, cut each chicken tenderloin into 4 equal pieces. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add chicken and cook for 5 minutes or until nicely browned, stirring frequently. Add remaining oil and potatoes; cook and stir for 5 minutes more to brown potatoes and fully cook chicken. Stir in rosemary, garlic, green beans, lemon zest and juice. Cook for a few minutes more to heat through. Season to taste with salt and pepper. Serves 4.



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## Scalloped Potatoes with Tomatoes and Bell Peppers

### Ingredients

2 large egg\* yolks  
1 1/2 cups whole milk\*  
1 1/2 cups heavy cream\*  
1/2 teaspoon freshly grated nutmeg  
Kosher salt and freshly ground pepper  
3 cloves **garlic**, smashed  
2 bay leaves  
1 pound **potatoes**, peeled, sliced 1/8 inch thick and patted dry  
1 1/2 cups coarsely grated gruyere cheese (about 6 ounces)  
4 plum tomatoes\*, sliced 3/4 inch thick  
2 **bell peppers**, cut into 3/4-inch-thick strips  
1 onion\*, halved and sliced 1/2 inch thick  
2 tablespoons extra-virgin olive oil\*, plus more for the baking dish  
3 teaspoons herbes de Provence  
1 1/4 cups breadcrumbs (preferably fresh)

### Directions

Whisk the egg yolks and 1/2 cup milk in a small bowl and set aside. Combine the remaining 1 cup milk and 1 cup cream in a medium saucepan; stir in the nutmeg, 1 teaspoon salt and 1/2 teaspoon pepper. Add the garlic and bay leaves and bring to a boil over medium heat. Reduce the heat to medium low; add the potatoes and simmer until halfway cooked, about 6 minutes. Remove from the heat. Gradually stir in the egg-milk mixture and 1 cup gruyere. Cover and keep warm.

Preheat the broiler. Put the tomatoes, bell peppers and onion on a baking sheet in separate piles. Drizzle each pile with 2 teaspoons olive oil and sprinkle each with 1 teaspoon herbes de Provence, and salt and pepper to taste. Toss each pile of vegetables to coat, then spread out the piles. Broil until tender and charred around the edges, about 10 minutes.

Preheat the oven to 375 degrees F. Brush a 1 1/2-quart baking dish with olive oil. Sprinkle half of the breadcrumbs (1/2 cup plus 2 tablespoons) in the dish. Spoon out half of the potatoes and arrange evenly over the breadcrumbs; top with the broiled onions and half each of the tomatoes and bell peppers. Top with the remaining potatoes in an even layer and all of the cream mixture; discard the garlic and bay leaves. Top with the remaining tomatoes and bell peppers.

Bake until the potatoes are tender and lightly golden, 40 to 50 minutes. Drizzle with the remaining 1/2 cup cream and sprinkle with the remaining 1/2 cup plus 2 tablespoons breadcrumbs and 1/2 cup gruyere. Continue baking until the cheese melts, about 5 more minutes. Let rest 10 minutes before serving. (Source: Food Network)



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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 [Watermelon Pico de Gallo](#) under **Yellow Seedless Watermelon**.

See above the recipe for [Scalloped Potatoes with Tomatoes and Bell Peppers](#) under **Blue Adirondack Potatoes**.

### Quick Chicken Fajitas with Peppers

#### Ingredients

1 lb. boneless chicken breast*	salt and pepper to taste
1 tablespoon oil	2.3 cup chunky salsa*
1 <b>green pepper</b> in ¼-inch strips	1 ½ teaspoon chili powder
1 medium onion*, thinly sliced	8 8-inch flour tortillas*

#### Directions

Cut chicken into thin strips. Heat oil in a large skillet. When hot add chicken, pepper and onion. Stir fry 4 minutes or until chicken is lightly browned. Drain. Sprinkle lightly with salt and pepper. Combine salsa and chili powder and add to chicken; cook and stir until thoroughly heated. Warm tortillas. Place about ½ cup of the mixture on each tortilla. Fold up bottom; fold in sides and secure with a toothpick, leaving top open. Serve with sour cream if desired. (Source; The Practical Produce Cookbook)



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## Buttercup and/or Delicata Squash

The buttercup squash was discovered by chance in 1925 at the North Dakota State University Agricultural Experiment Station by Dr. Albert F. Yeager. After years of selective breeding Dr. Yeager released the “buttercup – shaped” squash in 1931 under the buttercup name. The squash was specifically bred to be a substitute for the sweet potato which had proved to be difficult to grow in the Northern Great Plains. Considered to be one of the most superiorly flavored winter squash varieties on the market, the buttercup squash offers a sweet and mild flavor, very similar to that of a sweet potato. The buttercup squash is rich in vitamin A and contains dietary fiber and vitamin C.

The Delicata squash (*Cucurbita pepo var. pepo*/'*Delicata*') is a winter squash with distinctive longitudinal dark green stripes on a yellow or cream colored background and sweet, orange-yellow flesh. It is also known as the peanut squash, Bohemian squash, or sweet potato squash. The squash was introduced to European settlers by the Native Americans. Although considered a winter squash, delicata squash belongs to the same species as all types of summer squash. Like summer squash, the delicata does not keep as long as winter varieties. This squash is not as rich in beta carotene as other winter squashes, but is a good source of dietary fiber and potassium, as well as smaller amounts of vitamins C and B, magnesium, and manganese.

### Storage and Use

Keep your winter squash stored in a cool and dry place and use within a few months. This squash may be baked, steamed, or roasted. It can also be substituted for sweet potatoes, in any recipes where it is called for. The cooked flesh can be pureed and used as filling for pies and ravioli, or added to soups, sauces and curries. The squash can be peeled and cubed to add to recipes. It can also be halved, stuffed and baked with sweet and savory fillings.

### Winter Squash Crustless Quiche

#### Ingredients

2 cups **Winter Squash**, peeled and cubed  
1 cup Cottage Cheese\*  
2 Eggs\*  
1/2 cup Milk\*  
1/4 tsp. Ground Nutmeg  
1/2 tsp. Herb de Provence blend (or other vegetable/herb seasoning blend)  
2 cups Brown Rice cooked  
1/4 cups Nuts chopped

#### Directions

In a pan with a small amount of water, cook the squash for about 10 minutes or until very tender. Drain. In a blender, mix together cottage cheese and eggs till smooth. Add squash, milk, herbs de Provence, and nutmeg. Blend until smooth. Pat cooked rice on the bottom of a 10 x 6 x 2 inch casserole dish. Pour squash mixture on top. Bake at 350° F for 40 - 45 minutes or until set. Let stand for 5 minutes. Sprinkle with nuts. Cut into squares and serve immediately. Serves 8.



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## **Winter Squash Casserole**

### **Ingredients**

2 1/2 lb **winter squash**  
2 tablespoons packed brown sugar  
1/4 teaspoon salt\*  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
2 tablespoons butter\* or margarine  
1 tablespoon chopped fresh chives  
1/8 teaspoon ground nutmeg, if desired

### **Directions**

Heat oven to 350°F. Cut squash into quarters; remove seeds. In ungreased shallow baking pan, place pieces, cut sides down. Bake 45 to 50 minutes or until tender. Cool slightly. Spray 1-quart casserole with cooking spray. Scoop squash pulp from skin; place in medium bowl. Discard skin. Add brown sugar, salt, cinnamon, 1/4 teaspoon nutmeg and butter to squash. Mix with potato masher or fork until well blended. Spoon into casserole. Sprinkle with chives and 1/8 teaspoon nutmeg. Bake 20 to 25 minutes or until hot. Serves 4. (Courtesy of: Pillsbury)

## **Garlic**

The garlic herb, originally from Asia, has long been used for its medicinal qualities and as a garnish in food. It has been used as an antiseptic, to lower circulating fats in the body, to help prevent stomach cancer, to use against gastrointestinal parasites, and to modestly lower blood pressure. Not only is garlic healthy in small amounts, it tastes great too!

Store your garlic in an open container in a dark and dry place with plenty of air circulation. Garlic will keep this way for three to six months. However, once you start removing cloves from garlic, its shelf life decreases to about one to two months. Once garlic has been peeled, it should be stored in a tightly closed container in the refrigerator where it will keep for up to one week.

See above the recipe for **Peachalicious Fried Chicken** under **Allstar Peaches**.

See above the recipe for **Tuscan Potato Skillet** under **Blue Adirondack Potatoes**.

See above the recipe for **Scalloped Potatoes with Tomatoes and Bell Peppers** under **Blue Adirondack Potatoes**.