



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



Hollabaugh Bros, Inc. Fall CSA - Week 1

Box contents:

Autumn Crisp Apples, cauliflower, Zucchini, Acorn Squash, White Potatoes, Honeycrisp Applesauce No Sugar with Spice

Dairy Add-on: AVC Milk, White Eggs

Welcome to the first week of our Fall CSA Program! If you're continuing on from the summer, then you know what to expect! If you're new, we're so happy you're joining us! Thank you for supporting our family farm!

If you are new to the HBI CSA program, read on for a bit more detail about how it will work! Each week, we'll post this document on our website. It'll be filled with recipes, fun facts, and storage/preservation instructions. In each recipe, ingredients that are in this week's share will be bold-faced. Items in recipes marked with an asterisk are also available for sale 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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Autumn Crisp Apples

The Autumn Crisp is the 63rd apple released from the Cornell University Research Station breeding program in Geneva, New York. It's a cross between the Golden Delicious and the Monroe apple. You'll appreciate its crisp, juicy sweet yet tart taste. It's a real winner as a dessert apple, and contains more vitamin C than many apple varieties. Another great feature of this apple is that it is slow to brown after being cut. This makes the Autumn Crisp an excellent choice for salads and other fresh presentations. If you're partial to Honeycrisp, you'll become a fan of the Autumn Crisp, too!

Storage and Use

Store apples in the crisper drawer of your refrigerator. A perforated plastic bag works best, and allows some of the moisture to escape while keeping the apples crisp. Allow to come to room temperature for best flavor.

See below the recipe for [Roasted Cauliflower with Apples, Bacon, and Balsamic Vinegar](#) under **Cauliflower**.

See below the recipe for [Harvest Stuffed Squash](#) under **Acorn Squash**.

See below the recipe for [Applesauce Apple Tart](#) under **Honeycrisp Applesauce, No Sugar with Spice**.



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cauli-flower

Cauliflower (*Brassica oleracea*) is an annual plant that reproduces by seed. Typically, only the head is eaten. Cauliflower heads resemble those in broccoli, which differs in having flower buds. Its name is from Latin *caulis* (cabbage) and flower. Also in the same family (but in different cultivar groups) are cabbage, Brussels sprouts, kale, broccoli, and collard greens.

Cauliflower has a long history. The first reliable reference to cauliflower is found in the writings of the Arab Muslim scientists in the 12th and 13th centuries. The plants were introduced to France from Genoa in the 16th century, but they did not commonly appear on grand tables until the time of Louis XIV. There are four major groups of cauliflower: Italian, Northwest European biennial, Northern European annuals, and Asian. There are hundreds of varieties around the world, and at least 80 known in North America. The heads range in color from the common white to purple, orange, and green.

The first colored cauliflower was found in the Bradford Marsh in Canada in 1970. This small, orange cauliflower caused intrigue among plant breeders. Through successive generations of traditional crossbreeding with other cauliflower varieties, Mr. Micheal Dickson of Cornell University created a variety of larger and more flavorful orange cauliflower. Through the same breeding techniques, plant breeders have also developed purple and green varieties of cauliflower.

These colorful varieties of cauliflower have their own unique flavors and important nutrients at many levels higher than ordinary white cauliflower. All cauliflower is low in fat, low in carbohydrates but high in dietary fiber, folate, water, and vitamin C, and possesses high nutritional density. Cauliflower contains important phytochemicals that may help fight cancer.

Storage and Use

Cauliflower can be roasted, boiled, fried, steamed, or eaten raw. Steaming or microwaving better preserves anticancer compounds than boiling. The outer leaves and thick stalks are removed for cooking, leaving only the florets. The leaves are also edible, but are most often discarded.

Store uncooked cauliflower in a paper or plastic bag in the refrigerator where it will keep for up to a week. To prevent moisture from developing in the floret clusters, store it with the stem side down. If you purchase pre-cut cauliflower florets, consume them within one or two days as they will lose their freshness after that. Since cooking causes cauliflower to spoil quicker, consume it within two to three days of placing in the refrigerator after cooking.



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Miracle Mashies

Ingredients

1 large **potato** (about 13 ounces)
3 cups **cauliflower** florets
3 tablespoons fat-free half-and-half
1 tablespoon light whipped butter or light buttery spread
Salt and freshly ground black pepper
1/2 teaspoon crushed garlic*, optional

Directions

Bring a large pot of water to a boil. Meanwhile, peel and cube the potato. Once boiling, add potato and cauliflower to the pot of water. Allow water to return to a boil, and then reduce heat to medium. Simmer until very tender, 15 to 20 minutes. Remove from heat and drain. Transfer contents to a large bowl. Add half-and-half, butter, 1/4 teaspoon salt, and crushed garlic, if using. Mash it all together with a potato masher, until completely blended. Season with salt and pepper. Enjoy!
(Source: Hungry Girl, Food Network)

Roasted Cauliflower with Apples, Bacon, and Balsamic Vinegar

Ingredients

1 head **cauliflower**, cut into florets
2 tablespoons aged balsamic vinegar
4 **apples**, peeled and cut into thick slices
4 strips bacon*, chopped
Sea salt and ground black pepper

Directions

Marinate the cauliflower in the vinegar for 1 hour. Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper. Spread out the cauliflower and apple slices on the prepared baking sheet and cover with the chopped bacon and generous amounts of salt and pepper. Cover the baking sheet with another piece of parchment paper and roast for 40 minutes. Remove from the oven and uncover. Using a spatula, flip the cauliflower mixture. Place back in the oven and roast for another 15 minutes, or until the cauliflower is tender and the bacon is crisp. (Courtesy of: www.sustainabledish.com)



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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 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.

Zucchini Chocolate Cake

Ingredients

1 ½ cup sugar	½ cup cocoa
½ cup butter*	1 teaspoon baking powder
¼ cup vegetable oil	1 teaspoon soda
3 eggs*	1 teaspoon salt
½ cup milk*	½ teaspoon cinnamon (optional)
1 teaspoon vanilla	2 cups shredded, peeled zucchini
2 ½ cups flour	

Directions

Cream sugar, butter and oil. Beat in eggs, milk and vanilla. Combine dry ingredients and add. Stir in zucchini. Pour into a buttered 13 x 9 pan. Bake at 350° approximately 40 minutes. Variation: add 1 teaspoon grated orange to the batter. Make glaze with ¾ cup powdered sugar, ½ teaspoon grated orange peel and 1 tablespoon orange juice. Drizzle over the cake. (Courtesy of: The Practical Produce Cookbook)



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Summer Squash Parmesan Crisps

Ingredients

1/2 cup vegetable oil
1 cup Panko*
1/2 cup grated Parmesan cheese
2 **zucchinis**, 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 zucchini rounds in flour, dip into eggs, then dredge in Panko mixture, pressing to coat. Add zucchini 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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Acorn Squash

Acorn squash (*Cucurbita pepo* var. *turbinata*), also occasionally called pepper squash or Des Moines squash, is a winter squash with longitudinal ridges and sweet, yellow-orange flesh. Although considered a winter squash, acorn squash belongs to the same species as all summer squashes (including zucchini and yellow crookneck squash). They derive their name from their acorn-like shape. Most acorn squash are dark green with a single orange splash, although newer varieties are yellow or even white. The acorn squash is native to Central and South America and was introduced to North America by early European settlers. The acorn 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 vitamins C and B, magnesium, and manganese.

Storage and Use

Acorn squash are hardy and will last throughout the winter in storage, keeping up to several months in a cool dry location such as a cold cellar. Do not wash your squash until ready to use. Halved squash will keep a few days under refrigeration. Acorn squash may be baked, microwaved, sautéed or steamed. It may be stuffed with rice, meat or vegetable mixtures. Try toasting the seeds like you would pumpkin seeds.

Harvest Stuffed Squash

Ingredients

2 acorn squash	2 tablespoons flour
¾ lb. ground beef*	2 tablespoons soy sauce
1 medium onion*, chopped	3 tablespoons dry red wine
1 cup chopped apples	4 teaspoons shredded Parmesan Cheese*
1 garlic* clove, minced	

Directions

Preheat oven to 400°. Cut squash in half lengthwise; discard seeds. Place squash, covered with saran wrap, in microwave. Microwave for 5-8 minutes, or until fork pokes easily into meat of squash. Meanwhile, cook beef with onion, apple, and garlic in a skillet over medium heat until meat is no longer pink and onion is tender. Sprinkle flour evenly over meat mixture; stir in to blend. Gradually stir in soy sauce and wine. Bring to a boil; cook and stir until slightly thickened. Remove from heat. Fill each squash half with an equal amount of meat mixture. Place in oven and bake 15 minutes. Sprinkle cheese over meat mixture. Bake 5 minutes longer. Yield: 4 servings. (Courtesy of: Ellie Hollabaugh Vranich; Hollabaugh Bros., Inc.)



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Acorn Squash Bisque

Ingredients

2 acorn squash (about 3 pounds)
1 T. butter*
1 medium onion, finely chopped*
Kosher salt and freshly ground pepper, to taste
1/2 T. fresh thyme leaves (more for garnish if desired)
1 can (14 ½ oz) chicken broth*
1/2 cup half-and half*

Directions

Microwave squashes on high just until tender when pierced with the tip of a knife, 8 to 10 minutes. Remove from the microwave, and halve each squash lengthwise (to speed cooling). When cool enough to handle, scoop out and discard the seeds. Scrape out flesh into a bowl; discard skin. In a large saucepan, heat butter over medium heat. Add onion; season with salt and pepper. Cook, stirring occasionally, until tender, 3 to 5 minutes. Add squash, thyme, broth, and 2 cups water. Bring to a boil over high heat; reduce to medium, and cook until squash is very tender, 10 to 12 minutes. Working in batches, puree mixture in a blender until very smooth, about 1 minute (or use an immersion blender directly in the pan). Return to pan; add half-and-half, and season generously with salt and pepper. Thin bisque, if needed, by adding a little more water. Serve garnished with thyme. Makes four servings.



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Eva White Potatoes

The white potato is a starchy, tuberous crop from the perennial *Solanum tuberosum* of the Nightshade family. It was 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.

See above the recipe for [Miracle Mashies](#) under **Cauliflower**.

Sausage Potato Soup

Ingredients

1 lb. ground sausage*
6 medium **potatoes**, peeled and diced
2 carrots*, diced
2 stalks celery*, diced
1 qt. water
1 medium onion*, chopped
6 Tablespoons butter*
6 Tablespoons flour*
1 ½ cup milk*
1 teaspoon salt*
½ teaspoon pepper

Directions

Fry the sausage in a skillet until no longer pink, drain grease and set aside. Cook potatoes, carrots, and celery in water until tender, about 20 minutes. Drain vegetables, saving liquid. Set vegetables aside. In same pan, sauté the onion in butter. Add flour, salt, and pepper. Gradually add milk, stirring constantly until thickened. Gently stir in vegetables and sausage. Add reserved liquid until it reaches desired consistency, about 1 ½ qt. Add salt and pepper to taste. (Courtesy of: Kay Hollabaugh; Hollabaugh Bros., Inc.)



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Honeycrisp Applesauce, No Sugar with Spice

We think you'll enjoy this popular variety of applesauce made with our own Honeycrisp apples. They simply cannot be beat! Enjoy it plain, stir it into hot cereal (oatmeal, Cream of Wheat), use it in quick bread mixes as a substitute for oil, or top pancakes with it.

Storage and Use

Unopened, the applesauce will be good for years if stored in a dry pantry. Once opened, refrigerate and use within a few weeks.

Applesauce Apple Tart

Ingredients

- 1 (9-inch) baked sweet tart shell
- 1-1/2 c **Honeycrisp Applesauce**
- ¼ c brown sugar
- 2 baking **apples**
- 2 T melted butter*

Directions

Heat oven to 400°. Peel and thinly slice the apples. Toss with the remaining brown sugar and melted butter. Spread the applesauce in the base of the baked tart shell and arrange slice apples over top. Brush the apple with any butter and brown sugar remaining in the bottom of the bowl. Bake until apple slices are very soft & golden, about 20 minutes. Remove the tart from the oven and let cool slightly. Unmold. Serve warm or cold. Serves 8. (Source: Hollabaugh Bros., Inc.)

Applesauce Barbeque Chicken or Pork

Ingredients

- 4 Boneless Skinless Chicken Breast halves OR 6 Boneless Pork chops*
- ½ t. pepper
- 1 T. olive oil
- 2/3 c. **applesauce** of your choice
- 2/3 c. spicy barbeque sauce*
- 2 T. brown sugar
- 1 t. chili powder

Directions

Sprinkle meat with pepper. In large skillet, brown chicken or pork in oil on both sides. In a small bowl, combine the remaining ingredients; pour over chicken. Cover and cook for 7-10 minutes longer or until meat thermometer reads 170°. Serves 4 or 6 depending on meat choice. (Source: Hollabaugh Bros., Inc.)