



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



Hollabaugh Bros, Inc. Fall CSA - Week 2

Box contents:

Yoinashi Asian Pears, Savoy Cabbage, Butternut Squash, Roma Tomatoes, Yellow Onions

Dairy Add-on contents:

AVC Milk (Skim, 1.5%, Whole, or Chocolate), AVC Mild Cheddar

Welcome to the week two of our fall CSA program! We hope you enjoy your box 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 box for an additional charge. If you'd like to add anything to your box, 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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Yoinashi Asian Pears

Yoinashi is a popular, newer variety of Asian pear. The large fruit has a russet-colored skin with crisp off-white flesh that delivers a sweet and juicy flavor. There are thousands of different known varieties of Asian pears, each varying slightly in shape and color. All Asian pears today are relatives of *Pyrus ussuriensis* (Ussuri pear) and *Pyrus serotina* (Japanese sand pear). The Asian pear is known by many names including Nashi, Japanese pear, sand pear and Chinese pear. Even though Asian pears are sometimes referred to as “apple pears” their appearance and texture, the fruit is not a hybrid of the two.

Storage and Use

Unlike European pears, the Asian pears **ripen on the tree**. Therefore, there is no need for storage in a brown bag before you eat them. They will keep in the refrigerator crisper for several weeks. Wash before eating.

See below the recipe for [Easy Squash and Pear Soup](#) under **Butternut Squash**.

Asian Pear Turkey Salad

Ingredients

1/4 cup mayonnaise*
2 T. apple cider vinegar*
1 T. Dijon mustard
Pepper
2 cups cooked diced turkey
2 celery* ribs, diced fine
A slice of red onion*, diced fine
2-3 T, chopped fresh parsley
1 **Asian pear**, cored, peeled, and chopped
1/4 cup currants (or use raisins)

Directions

Place mayo, vinegar, Dijon and a grinding of fresh black pepper in a large bowl. Whisk to combine into a dressing. Add turkey, celery, onion, parsley, pear and currants. Gently stir everything together, and taste. Adjust the seasoning, adding more pepper or a pinch of salt as needed. Refrigerate for at least several hours, and then serve. Serves 4.



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Savoy Cabbage

Savoy cabbage, one of many cabbage varieties, is believed to have originated from England and Holland. The highly contrasting shades of green of this cabbage are combined with a deeply crinkled texture. A milder and sweeter alternative to green or red cabbage, the leaves of savoy cabbage are tender, even when eaten raw. This makes them an ideal choice for salads, vegetable wraps, or other dishes. Like the rest of the cabbage family, savoy cabbage has a high nutritional value.

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. \

Stuffed Whole Cabbage

Ingredients

SAUCE:

2 lbs. diced **tomatoes**
1 can (6 ounces) tomato paste
1 garlic* clove, minced
1-1/2 teaspoons dried oregano
1 teaspoon dried thyme
1 teaspoon brown sugar
1/2 teaspoon salt*

FILLING:

1 large head **cabbage** (4 pounds), such as savoy
2 teaspoons vegetable oil

1 medium **onion**, chopped
1 pound ground beef*
3/4 cup cooked rice
1 large egg*, beaten
1 teaspoon salt*
1/2 teaspoon pepper
1-1/4 cups water, divided
3 tablespoons cornstarch
2 tablespoons shredded Parmesan cheese*
Fresh thyme and oregano leaves, optional

Combine sauce ingredients; set aside. Line a medium bowl with cheesecloth, allowing 6 inches to overhang edges of bowl. Place cabbage in bowl with core facing up. Remove core and center of cabbage, leaving a 1-in. shell. Discard core; chop center cabbage leaves.

Heat large skillet over medium heat; add oil. Cook onion and 1 cup chopped cabbage in oil until tender, 4-5 minutes. Remove from the heat and cool slightly. In a small bowl, combine beef, onion mixture, 1 cup sauce, onion mixture, beef, rice, egg, salt and pepper. Spoon mixture into cabbage shell. Gather cheesecloth around cabbage and twist tightly to securely enclose cabbage leaves and filling.

Place 1 cup water, remaining chopped cabbage and remaining sauce in a Dutch oven; mix well. Carefully add stuffed cabbage, with twisted cheesecloth facing down. Bring to a boil. Reduce heat; and simmer, covered until whole cabbage is tender and thermometer inserted in the middle of the cabbage reads 165°, 1 to 1-1/4 hours. Remove cabbage and discard cheesecloth. Place cabbage on a serving platter; keep warm.

Combine the cornstarch and remaining 1/4 cup water; add to Dutch oven. Bring to a boil, stirring constantly. Boil until thickened, 2 minutes. Cut cabbage into wedges; serve with sauce and Parmesan cheese. If desired, sprinkle with fresh thyme and oregano leaves. (Courtesy of: Taste of Home)



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Escalloped Cabbage Casserole

Ingredients

2 tablespoons butter*, plus more for greasing the pan
Kosher salt
1 head **green cabbage**
2 tablespoons all-purpose flour*
1 cup milk*
Freshly ground black pepper
One 15-ounce jar processed cheese sauce or dip, such as Cheez Whiz
1 cup grated pepper Jack cheese*
1 jalapeno pepper*, sliced into rounds, seeds removed
Paprika, as needed

Directions

Preheat the oven to 350 degrees F. Butter a 9-by-9-inch baking dish. Bring a medium pot of salted water to a boil. Slice the cabbage into 4 wedges. Remove the hard inner core. Parboil the wedges for 1 to 2 minutes. Drain very well, then arrange in the prepared baking dish. In a medium skillet over medium heat, melt the butter. Whisk in the flour and cook for a minute or 2. Whisk in the milk, add a pinch of salt and pepper and cook until beginning to thicken. Turn off the heat and stir in the processed cheese and pepper Jack. Pour the cheese mixture over the cabbage. Dot with the jalapeno rounds and sprinkle on some paprika. Bake until golden and bubbly, about 20 minutes. (Courtesy of: Ree Drummond; Food Network)



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Butternut Squash

Butternut squash (*Cucurbita moschata*), is a type of winter squash with a sweet, nutty taste similar to that of a pumpkin. It has yellow skin and orange fleshy pulp. When ripe, it turns increasingly deep orange, and becomes sweeter and richer. The most popular variety originated in Massachusetts, although there is dispute over exactly who developed it. This popular winter squash is a good source of fiber, vitamin C, manganese, magnesium, and potassium. It's also an excellent source of vitamins A and E.

Storage and Use

Store whole butternut squash in a cool, dry place (not the refrigerator) with plenty of ventilation; it should keep for up to three months. Cut squash will stay fresh for up to a week, wrapped, in the fridge. Technically a fruit, Butternut squash can be roasted, toasted, puréed for soups, or mashed and used in casseroles, breads, and muffins. The fruit is prepared by removing the skin, stalk, and seeds, which are not usually eaten or cooked. However, the seeds are edible, either raw or roasted, and the skin is also edible and softens when roasted. One of the most common ways to prepare butternut squash is roasting. To do this, the squash is cut in half lengthwise, lightly brushed with cooking oil, and placed cut side down on a baking sheet. It is then baked for 45 minutes or until it is softened. Once roasted, it can be eaten in a variety of ways as outlined above.

Easy Squash and Pear Soup

Ingredients

1 pound of fresh butternut squash , cubed	2 large Olympic Asian pears , peeled, cored and quartered
1 tablespoon olive oil*	1 T. fresh thyme
1 onion , chopped	
1 carton vegetable broth (32 ounces carton)	

Directions

Heat 1 T. olive oil in large stockpot in medium/low heat. Add onion and squash. Heat for 10 minutes. Stir occasionally. Add pears and vegetable broth. Bring to a boil. Reduce heat, add thyme, and simmer about 25 minutes. Use blender (or immersion blender) to blend soup. Add salt and pepper to taste. Serve warm. Makes four servings.

Baked Butternut Squash

Ingredients

1 Butternut Squash , halved lengthwise & seeded	1 T butter, divided*
Water	Salt & Pepper, to taste

Directions

Preheat oven to 350°. Place squash, cut sides down, in a 9x13 baking dish. Pour water, about ½ ", into dish around squash halves. Bake in oven until tender and easily pierced with a fork, about 1 ½ hours. Carefully remove skin with a fork; it should be easy to remove. Top squash halves with butter and season with salt & pepper. (Source: Hollabaugh Bros., Inc.)



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Roma 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 above the recipe for [Stuffed Whole Cabbage](#) under **Savoy Cabbage**.

Tomato and "Dirt" Salad

Yield: 4 small servings

Ingredients

8 oz burrata cheese, or fresh ricotta*
Enough freshly sliced **tomatoes** for 4 portions
Wine vinegar, extra virgin olive oil*, salt* and pepper to taste
Fresh sliced basil leaves
For the crumbs:
2 tbsp olive oil*, more if needed

3 large brown mushrooms*, minced fine
big pinch of salt
3 slices of dark rye, made into crumbs
1 rounded tablespoon ground almonds (aka almond meal, almond flour, or just crush your own)

Directions

Chop brown mushrooms until they are a very fine mince. Transfer mushrooms to a skillet with olive oil over medium-high heat. Add a big pinch of salt and cook the mushrooms until they become dry and brown. Meanwhile, break up slices of dark rye bread and place into a food processor. Process until the bread turns into fine crumbs. Reduce heat to medium on the mushrooms and add the bread crumbs. Mix and toast the mixture until the bread becomes crisp. Add more olive oil if the mixture becomes too dry. Add and mix ground almonds. Continue to cook on medium-low heat for three to four minutes. Cool to room temperature. Place four small scoops of burrata cheese on each of four plates (if serving four). Add sliced tomatoes. Dress with white wine vinegar and a small amount of olive oil. Season with black pepper and basil. Top with dirt mixture. Serve. (Source: Foodwishes.com)



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Yellow Onions

Yellow onions account for over eighty percent of the US onion crop and are the most widely grown onion in northern Europe. The term “yellow onion” is a broad label to encompass multiple known seed varieties of yellow onions. Yellow onions are crunchy with a pungent flavor when raw, but develop a nutty, mild flavor with sweet undertones when cooked.

Storage and Use

Yellow onions are the most common cooking onion and are best suited for both raw and cooked applications such as dry-roasting, sautéing, grilling, caramelizing, and braising. They are also popularly chopped and used as a flavoring for soups, stews, and stocks. The bulbs will keep 1-2 months when stored whole in a cool, dry, dark place with plenty of air circulation. Sliced onions will keep for up to one week when stored in a sealed container in the refrigerator.

See above the recipe for [Stuffed Whole Cabbage](#) under **Savoy Cabbage**.

See above the recipe for [Easy Squash and Pear Soup](#) under **Butternut Squash**.