



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



## Hollabaugh Bros, Inc. Summer CSA - Week 11

### Box contents:

Flamin' Fury Peaches, Red Bartlett Pears, Canary Melon, Bell Peppers, Radishes

### Dairy Add-on contents:

AVC Milk (Skim, 1.5%, Whole, or Chocolate), Buffalo Wing cheese Bar

Welcome to the eleventh 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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## Flamin' Fury Peaches

A series of peaches developed by Michigan peach breeder, Paul Friday, the Flamin' Fury peach has outstanding size, color, and a sweet flavor.

### Peach Pear Pie

#### Ingredients

2-1/2 cups sliced peeled fresh **peaches**  
2-1/2 cups sliced peeled fresh **pears**  
1 tablespoon lemon juice  
1/3 cup packed brown sugar  
1/4 cup sugar\*  
3 tablespoons cornstarch  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground allspice  
1 unbaked pastry shell\* (9 inches)

#### TOPPING:

1/2 cup all-purpose flour\*  
1/4 cup sugar\*  
3 tablespoons brown sugar  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1/4 cup cold butter\*  
1/3 cup chopped walnuts

#### Directions

In a bowl, sprinkle the peaches and pears with lemon juice. Combine the sugars, cornstarch, cinnamon and allspice. Add to fruit, toss gently to coat. Pour into pastry shell. For topping, combine the flour, sugars, cinnamon and nutmeg in a small bowl; cut in butter until mixture is crumbly. Stir in walnuts. Sprinkle over filling. Cover edges loosely with foil. Bake at 375° for 1 hour or until bubbly. Cool on a wire rack. (Courtesy of: Taste of Home)



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## **Fruit Souffle Omelette**

### **Ingredients**

6 tablespoons plus 1/2 teaspoon sugar*	4 large eggs*, separated
1/2 teaspoon ground cinnamon	1/2 teaspoon pure vanilla extract*
1 to 2 apples, <b>pears</b> , <b>peaches</b> , etc., peeled, cored (or pitted), and thinly sliced, or 1 cup berries	1/2 teaspoon freshly grated lemon zest
3 tablespoons unsalted butter	2 teaspoons melted butter*
	1 tablespoon confectioners' sugar

### **Directions**

Combine 1/2 teaspoon of the sugar with the cinnamon. Place the fruit in a small bowl and add the cinnamon-sugar. Toss to combine. Heat the 3 tablespoons of butter in a small saute pan over medium heat. Add the fruit and saute for about 5 minutes or until the fruit begins to caramelize. Remove from the heat and set aside. Preheat the oven to 375 degrees F. Using an electric mixer, beat the egg whites until stiff peaks form. Using an electric mixer, beat the egg yolks with the remaining sugar until very light and fluffy. Fold in the vanilla and lemon zest. When well blended, fold in the beaten egg whites.

Pour the melted butter into a 7-inch, ovenproof omelette pan over medium heat. Place the fruit (if sliced, fan it out) into the pan and pour in the batter to cover the fruit. Cook for 1 1/2 minutes. Place in the preheated oven and bake for about 10 minutes or until the omelette is puffed and golden. Remove from the oven and carefully invert onto a serving plate. Dust with confectioners' sugar and serve. NOTE: If desired, you can garnish the plate with fresh fruit and mint. (Source: Food Network)



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## Red Bartlett Pears

A beloved favorite, Bartlett pears carry the true “pear shape” and have the distinctive sweet “pear flavor” that many people think of when think about pears. The pear that we know as a Bartlett in North America is actually called the “Williams” pear in other parts of the world. The Bartlett pear was discovered in England in 1765 by a Mr. Stair, and was introduced to the rest of England by a nurseryman with the name of Williams. Around 1799 several Williams Pear trees were imported to the United States on the grounds of the Brewer Estate in Massachusetts. After Enoch Bartlett acquired the estate (not knowing the identity of the pear trees) he propagated and introduced the variety to the rest of United States under his own name: Bartlett. By the time it was realized that the Williams and Bartlett pears were one and the same, the pear variety was too widely popular in the U.S. under its adopted name.

### Storage and Use

Bartletts, like most tree fruits, are harvested when they are fully mature but not yet ripe. As a Bartlett ripens, it turns from green to yellow. Allow your Bartlett to ripen at room temperature. If you prefer your pears just moist and mildly sweet, eat while still greenish-yellow. For a burst of sweet juicy flavor, allow your Bartletts to ripen until golden yellow.

See above the recipe [Peach Pear Pie](#) under **Flamin’ Fury Peaches**.

See above the recipe [Fruit Souffle Omelette](#) under **Flamin’ Fury Peaches**.



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## **Pork Chops with Pear Chutney**

### **Ingredients**

1 shallot, diced  
3 tablespoons cider vinegar\*  
2 tablespoons light brown sugar  
1 tablespoon unsalted butter  
1 1-inch piece peeled fresh ginger\*, cut into coins  
1 teaspoon Madras curry powder  
1 cinnamon stick  
Kosher salt

Pinch crushed red pepper  
3 **pears**, peeled, cored, and cut in large dice  
2 tablespoons dried cranberries  
2 tablespoons chopped fresh cilantro\*

### **Chops:**

8 thin bone-in pork chops\*, each about 4 ounces  
Kosher salt and freshly ground black pepper  
2 tablespoons vegetable oil

### **Directions**

For chutney: In medium microwave-safe bowl, stir together shallot, vinegar, brown sugar, butter, ginger, curry powder, cinnamon stick, 1/4 teaspoon salt, and red pepper. Cover and seal with plastic wrap and heat in microwave oven on HIGH for 1 minute. Carefully remove plastic wrap and stir in pears and cranberries. Re-cover and microwave for 10 minutes more. Carefully poke holes in plastic wrap to release steam and set aside.

For pork chops: Heat a large skillet over medium-high heat. Pat pork chops dry and season with salt and pepper to taste. Add 1 tablespoon oil to pan and heat until shimmering. Lay 4 chops in pan and sear until golden on one side, about 3 minutes. Turn and cook 1 more minute. Remove from pan; set aside and keep warm. Repeat with remaining oil and chops. Add chutney to pan and, scrape up any brown bits from bottom using a wooden spoon. Simmer until slightly thickened. Stir in cilantro. Serve chops with chutney. (Courtesy of: Food Network)



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## Canary Melon

This is the first year we've grown Canary melons, and we hope you enjoy this bright yellow fruit! The Canary melon is a variety of muskmelon which are known for their smooth skin and uniquely musk free, neutral aroma. The oval-shaped melon has a pale ivory-colored flesh that is almost similar in texture to a ripe pear. Its flavor is tangy and mildly sweet with nuances of banana and pineapple flavors. Canary melons are a good source of vitamins A and C, as well as fiber. The Canary melon's given name refers to the melon's color, not the Canary Islands, though it is clearly documented that the melons were cultivated there. They are in fact believed to have originated from Persia.

### **Storage and Use**

Canary melons can be used in fresh preparations such as cold soups and salads. They can also be processed into granitas, sorbets, and popsicles. To store, keep uncut melons at room temperature until fully ripe and then refrigerate for up to five days. Refrigerate cut melon in a covered container for up to three days.

### **Canary Melon Jam**

#### **Ingredients**

- 1 **canary melon** (or cantaloupe, roughly 2 pounds)
- 2 cups granulated sugar
- Juice of 1 lemon\*

#### **Directions**

Cut the melon into slices and remove the seeds and skin (try not to cut too close to the skin as the flesh near here remains quite hard and crunchy). You should have about 2 pounds of fruit left. Chop the melon flesh into roughly 1-inch/2-cm cubes and combine with sugar and lemon in a bowl. Let macerate about 6 hours or overnight. Place a saucer in the freezer to use for testing the jam setting later. Pour the melon and all its juices into a large heavy-bottomed pot. Bring to a rapid boil and cook, on high, for about 25 minutes or until the jam is set. During this time, check it and stir it often to make sure it's not sticking or burning. If you think it is (or is close to) sticking or burning, check to see if the jam has set right away with the saucer test. To check if jam is set, place a blob of the hot liquid jam on the cold saucer. Wait a moment for it to cool then look at it. It should be wobbly; if you tilt the plate it should slide slowly; and if you poke it, most importantly, it should wrinkle slightly. If so, it's done. If you prefer a smooth rather than a chunky jam, you can mash the fruit or blend with an immersion blender off the heat. (I did the latter.) Remove from the heat and spoon into sterilized jars and either process the jars (boiling the closed jar and its contents for at least 10 minutes) or seal and keep refrigerated. If refrigerating (and once opened), use the jam within a couple of weeks. (Courtesy of: [www.food52.com](http://www.food52.com))



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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.

### 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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## **Roasted Bell Pepper and Radishes**

### **Ingredients**

1 lb. **radishes**, washed and trimmed both ends  
2 **bell peppers**, chopped  
2 cups fresh green peas  
2 tbsp. olive oil\*  
1 tsp. chili flakes  
2 tbsp. white balsamic vinegar  
¼ cup fresh parsley, chopped  
Sea salt & pepper, to taste

### **Directions**

Preheat oven to 400 degrees. In a roasting pan add radishes and 1 tablespoon of olive oil and season with salt, roast for 15 minutes. Remove from oven and add peas, bell peppers, chili flakes and remainder of oil, season with salt and pepper. Mix well and return to oven and roast for additional 20 minutes. Arrange on serving platter and garnish with fresh parsley and drizzle with white balsamic vinegar.

**Chef's Tip:** You can really bulk up this recipe up by adding carrots and cauliflower and whatever other vegetables you wish. (Courtesy of: [www.naturefresh.ca](http://www.naturefresh.ca))





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## Radishes

**Radishes** (*raphanus sativus*) are edible roots with a taste that ranges from mild to peppery. The most common variety in the US is the Red Globe. A member of the mustard family, radishes were first cultivated in China, then in Egypt and Greece, where the vegetable was so highly regarded that gold replicas were made of it. In ancient Greek and Roman culture, radishes were grown for winter storage and often weighed 50 to 100 lbs. each. They were eaten cooked or raw and seasoned with honey and vinegar. Store radishes in perforated plastic bags in the refrigerator for up to one week. To prepare, cut off root ends. Soak in ice water to increase crispiness.

**Radishes are versatile and tasty. Consider these quick and easy ways to incorporate radishes into your meal and snack planning:**

- For extra crunch and bite, add sliced radishes to stir-fry.
- Stir chopped or sliced radishes into tuna, egg, potato or chicken salad.
- Thinly sliced radishes make a tasty, fresh garnish sprinkle over New England clam chowder or other milk-based soups.
- For an unusual vegetable side dish, sauté quartered radishes in butter until crisp-tender, about 2 minutes; sprinkle with cracked black pepper.
- Bagels spread with cream cheese and sliced radishes make a quick appetizer or snack.
- Roast radish halves brushed with oil at 450 degrees F for 15 minutes. Great with roast beef or chicken.
- A combination of mayonnaise and chopped radishes makes a tangy instant spread for ham or roast beef sandwiches.
- Thinly slivered radishes stirred into rice pilaf add both spice and crunch.

See above the recipe for [Roasted Bell Pepper and Radishes](#) under **Bell Peppers**.

### **Tex-Mex Cole Slaw** **(4-6 servings)**

#### **Ingredients**

4 cups shredded coleslaw mix (from a 16-ounce bag)  
1-1/2 cups **radishes** cut in thin wedges  
1 can black beans\*, rinsed and drained  
2/3 cup thick and chunky salsa\*  
1/4 cup reduced-calorie mayonnaise  
Chopped scallions\* for garnish, optional

#### **Preparation**

In a medium bowl combine coleslaw mix, radishes and black beans. Stir in salsa and mayonnaise. Garnish with chopped scallions if desired. Serve immediately.