



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



Hollabaugh Bros., Inc. Summer CSA - Week 12

Box contents:

Gala Apples, Concord Grapes, Portobello Mushrooms, carrots, Broccoli

Dairy Add-on contents:

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

Welcome to the final 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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Gala Apples

Gala apples are early ripening crosses between old favorites Cox Orange Pippin and Golden Delicious. They were developed in New Zealand and introduced to the U.S. in the mid-'60s. In 2006, Gala was ranked by the U.S. Apple Association as the number two favorite apple in the United States (behind Red Delicious and before Golden Delicious). Like other early apples, the Gala will not store as well as later season varieties, so eat these lovelies right now.

Gala apples are low in calories, high in water content and offer a fair amount of vitamins A, C and B. They also contain a dietary fiber known as pectin, which has been shown to lower cholesterol levels and help prevent heart attacks. They contain trace amounts of boron, which has been touted for its ability to help build strong bones. This is why the old folk saying “An apple a day keeps the doctor away” has real merit.

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. Gala apples can be eaten fresh, used for applesauce, or cooked in recipes. They have a slightly buttery taste that is a perennial pleaser.

See below the recipe for [Chicken Salad with Concord Grapes](#) under **Concord Grapes**.

See below the recipe for [Carrot-Apple Side Dish](#) under **Carrots**.

Apple Pecan Crunch

Ingredients

4 c. apples, peeled and chopped
1 tsp. cinnamon
¼ lb. butter*
1 c. sugar
¾ c. flour
½ c. raisins
½ c. chopped pecans

Directions

Butter casserole. Add apples. Sprinkle with cinnamon. Blend sugar, flour, and butter until crumbly. Add raisins. Spread mixture over apples. Top with nuts. Bake at 400 degrees for 35 minutes. Serve warm with Mr. G's vanilla ice cream!



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Concord Grapes

Concord grapes are a cultivar derived from the species *Vitis labrusca* (fox grape). These blue/purple grapes are used as table grapes, wine grapes, and juice grapes. They are often used to make grape jelly, grape juice, grape-flavored sodas, and candy. ConCORDs are a slip-skin variety, meaning that the skin is easily separated from the fruit. These grapes have large seeds and are highly aromatic. The Concord grape was developed in 1849 by Ephraim Wales Bull in Concord, Massachusetts. Bull planted seeds from wild *Vitis labrusca* and evaluated over 22,000 seedlings to find what he considered the perfect grape. Concord grapes are primarily grown in Washington, New York, Michigan, Pennsylvania and Ohio.

Blue and purple fruits, like the Concord grape, provide health promoting plant nutrients (**polyphenols**) that may not be found in other colors of fruits and vegetables. Concord grapes and 100% grape juice both count as part of the fruit group and can be delicious, colorful additions to the diet. Concord grapes contain plant nutrients (or phytonutrients) called **polyphenols**. In fact the grapes used to make red wine and the Concord grapes used in certain 100% grape juices contain many of the same polyphenols. Studies suggests that these plant nutrients act as **antioxidants** to help minimize the damaging effects of LDL or “bad” cholesterol and help support healthy, clear arteries. A 2010 pilot study reported that Concord grape juice may benefit older adults with early memory decline.

Storage and Use

Store grapes in a plastic bag or container in the refrigerator for up to a week. Wash before using.

Chicken Salad with Concord Grapes

Ingredients

4 boneless, skinless chicken breasts*
1 1/2 cups low-fat plain Greek yogurt
1/2 cup red grapes, preferably **Concord**, halved with seeds taken out
1/2 cup slivered almonds
1/2 cup finely chopped pecans
1/4 cup dried cranberries
2 small **apples**, finely diced
1/2 small red onion*, finely chopped
Salt and freshly ground pepper
Toasted bread or crackers, for serving

Directions

In a large stockpot over high heat, cover the chicken with water and bring to a boil. Cook for 20 to 30 minutes, or until tender. Drain and set aside to cool completely, about 20 minutes, then dice.

In a large bowl, mix together the chicken, yogurt, grapes, almonds, pecans, cranberries, apples and onions. Season with salt and pepper to taste. Serve on toasted bread or with crackers.

(Source: Trisha Yearwood, Food Network)



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Concord Grape Swirl Ice Cream

Yield: 1 ½ quarts

Ingredients

For the Grape Jam and Syrup:

15 ounces **Concord grapes** (about 3 small bunches or 2 1/2 cups stemmed grapes), stemmed
1/2 cup plus 2 tablespoons sugar
1 teaspoon vitamin C powder (optional, to brighten color)

For the Custard:

9 large egg* yolks
2 cups milk*
2 cups heavy cream
12 tablespoons sugar
1/2 vanilla bean, split lengthwise, seeds scraped, bean and seeds reserved
1/2 teaspoon coarse salt

Directions

Make the Jam and Syrup: Mash grapes with sugar and vitamin C powder, if using. Cover bowl and let stand at room temperature for 1 hour or refrigerated overnight.

Transfer grape mixture to a small saucepan and bring to a boil over medium-high heat. Reduce heat and simmer until thickened and grapes burst, 5 to 10 minutes. Strain liquid through a fine-mesh sieve into a bowl. Set sieve over another bowl and, using a plastic bowl scraper, press the grapes through the sieve to remove seeds and skin and create a jam. You should have about 1/2 cup liquid syrup and 3/4 cup grape jam. Cover and transfer both bowls to refrigerator for at least 1 hour and up to overnight.

Make the Custard: In a large bowl, whisk together egg yolks and 6 tablespoons sugar until pale yellow; set aside.

In a large saucepan, whisk together milk, cream, remaining 6 tablespoons sugar, vanilla bean, and seeds. Bring mixture to a boil over medium-high heat. As soon as mixture begins to rise up the sides of the pan, remove from heat.

Whisk 1 cup of the hot milk mixture slowly into the reserved egg yolk mixture; whisk to combine. Slowly whisk egg mixture into saucepan with remaining hot milk mixture; whisk in salt. Transfer custard mixture to a large bowl; cover and chill until very cold, at least 8 hours and up to overnight.

Add grape syrup to chilled custard and whisk to combine; strain through a fine-mesh sieve and discard solids.

Transfer grape jam to a large metal bowl and transfer to freezer; freeze until firm but not solid. Transfer custard to an ice cream maker; freeze according to manufacturer's instructions. Transfer ice cream to bowl with semifrozen jam and fold with a rubber spatula to combine. Transfer to an airtight container and keep frozen until ready to serve, up to 5 days.

(Source: Martha Stewart)



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Portobello Mushrooms

Mushrooms are low in calories and are sodium free, fat free, and cholesterol free. They contain vitamins B, C, and D. Mushrooms are in the fungi family. The main body is subterranean, or lives on dead trees and living tree roots and can vary in size from a few inches to several miles wide. When they absorb a large amount of water, they can grow amazingly fast. There are over 2,000 types of mushrooms, but only 2.5 - 5% are safe for human consumption.

Storage and Use

Look for mushrooms with a fresh, smooth appearance, free from major blemishes, with a dry (not dried) surface. A closed veil (the thin membrane under the cap) indicates a delicate flavor; an open veil means a richer flavor. Always keep mushrooms refrigerated. They're best when used within several days after purchase but will keep up to a week. Do not rinse mushrooms until ready to use. If purchased loose, store mushrooms in a paper bag. If purchased in packages, do not open until ready to use; store unused portion in a paper bag. Storing in air-tight containers or plastic bags will cause condensation and speed spoilage.

Ricotta-Stuffed Portobello Mushrooms

Ingredients

3/4 cup ricotta cheese
3/4 cup grated Parmesan cheese*, divided
1/2 cup shredded mozzarella cheese*
2 tablespoons minced fresh parsley
1/8 teaspoon pepper
6 large **portobello mushrooms**
6 slices large tomato*
3/4 cup fresh basil leaves
3 tablespoons slivered almonds or pine nuts, toasted
1 small garlic* clove
2 tablespoons olive oil
2 to 3 teaspoons water

Directions

In a small bowl, mix ricotta cheese, 1/4 cup Parmesan cheese, mozzarella cheese, parsley and pepper. Remove and discard stems from mushrooms; with a spoon, scrape and remove gills. Fill caps with ricotta mixture. Top with tomato slices. Grill, covered, over medium heat until mushrooms are tender, 8-10 minutes. Remove from grill with a metal spatula. Meanwhile, place basil, almonds and garlic in a small food processor; pulse until chopped. Add remaining Parmesan cheese; pulse just until blended. While processing, gradually add oil and enough water to reach desired consistency. Spoon over stuffed mushrooms before serving. **Editor's Note:** To toast nuts, bake in a shallow pan in a 350° oven for 5-10 minutes or cook in a skillet over low heat until lightly browned, stirring occasionally. (Courtesy of: www.tasteofhome.com)



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Portobello Mushroom Sandwiches

Ingredients

- 2 large (8 to 10 oz. total) **portobello mushrooms**
- ¼ cup Italian or red wine vinegar* salad dressing
- 2 bell peppers*, quartered lengthwise
- 2 slices Provolone* or Mozzarella Cheese*
- 2 Tbsp. olive spread or finely minced pitted kalamata olives
- 2 Tbsp minced fresh basil
- 1 Tbsp. mayonnaise*
- 4 slices rustic Italian bread, lightly toasted or 2 Kaiser rolls, split and lightly toasted

Directions

Heat grill to medium-high heat or preheat broiler. Clean mushrooms and scrape out gills with a spoon. Brush dressing over both sides of mushrooms and bell peppers. Grill over medium heat or broil 4 to 5 inches from heat 5 minutes per side or until vegetables are tender. Place cheese over mushrooms during the last minute of cooking. Meanwhile, combine olive spread, basil and mayonnaise; spread over bread or rolls. Fill sandwiches with the mushrooms and peppers. (Courtesy of: www.sargento.com)



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carrots

The carrot (*Daucus carota*) is a root vegetable from the parsley family. It has lacy green leaves and a long slender orange root. Baby carrots are often more tender, but are less flavorful because of their immaturity. Carrots come in almost every color: red, black, yellow, and white; orange carrots came later. First cultivated in Afghanistan, carrots originally had purple exteriors and yellow flesh. It was the Dutch who cultivated the bright orange carrot during the Middle Ages. Carrots are rich in Vitamin A.

Storage and Use

Remove leaves immediately because they rob the root of moisture (Note: You can eat the carrot greens or include them in fresh salads.). Keep carrots away from apples which emit a gas which causes carrots to become bitter. Refrigerate in a plastic bag. Older carrots may need to be peeled. Younger carrots may be eaten skin on. Wash well. Carrots may be chopped and boiled, fried or steamed, and cooked in soups or stews. They are also enjoyed raw or grated in salads or slaws.

See below the recipe for [Roasted Broccoli and Carrots with Parmesan](#) under **Broccoli**.

Carrot-Apple Side Dish

Ingredients

1-1/2 cups diced **carrots** (about 6 medium)
2 cups water
1 tablespoon butter*
1/4 cup packed brown sugar
1 tablespoon lemon juice
1/8 teaspoon ground cinnamon
1 cup diced peeled **apple**
1 tablespoon cornstarch
2 tablespoons cold water

Directions

In a saucepan, cook carrots in water until crisp-tender; drain. Add butter, brown sugar, lemon juice and cinnamon; mix well. Stir in apple. Cover and simmer for 10 minutes, stirring occasionally. Combine cornstarch and cold water; stir into carrot mixture. Bring to a boil; cook and stir for 1 minute or until thickened. Simmer, uncovered, for 2 minutes or until glazed, stirring constantly. (Courtesy of: Taste of Home)



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Broccoli

Broccoli (*Brassica oleracea*) is a cruciferous cousin of the cabbage. Its name is actually derived from the Italian for “flowering head of the cabbage.” It was intentionally cultivated through careful breeding in the northern Mediterranean during the sixth century B.C. Broccoli was introduced to the United States by Italian immigrants and has only recently been added to the North American diet (circa 1920s).

Broccoli packs a powerhouse punch of health benefits. It is high in vitamin C and fiber and contains multiple nutrients with anti-cancer properties. A single serving provides more than 30 mg of vitamin C and a half cup provides 52 mg. It is rich in lutein and is part of a heart-healthy diet.

Storing and Using

Place unwashed broccoli in a plastic bag, remove as much air as possible, and store in the refrigerator. Use within 10-12 days. Once broccoli is cut, the vitamin C begins to degrade, so plan carefully how you will use your vegetable. Be aware that boiling reduces the nutritional value. Steam your broccoli instead, and consider retaining the liquid for vegetable stock (cool and freeze in a large container, adding vegetable scraps and cooking liquid until you have enough to make a good veggie stock).

Rinse broccoli under cold running water. Cut florets into quarters for quick and even cooking. Be sure to enjoy the stems and leaves of broccoli; they provide a good balance of flavors and are rich in nutrients. Peel the broccoli stem and cut the stem into 1/2" slices. Broccoli may also be sautéed, stir-fried, roasted, and used in soups, casseroles, and lasagnas.

Roasted Broccoli and Carrots with Parmesan

Ingredients

6 medium **carrots** - peeled (about 10 ounces)
1 large head **broccoli** - cut into florets (about 3 cups florets)
1 1/2 teaspoons Italian seasoning
1/2 teaspoon kosher salt
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/4 teaspoon black pepper
2 tablespoons extra-virgin olive oil*
3 tablespoons finely grated Parmesan cheese*

Directions

Preheat the oven to 400 degrees F. Generously coat a large rimmed baking sheet with non-stick spray. If the carrots are thick, cut them in half lengthwise. Cut diagonally into 1 ½-inch thick slices, then place the carrots in the center of the baking sheet. Add the broccoli florets to the baking sheet with the carrots. In a small bowl, stir together the Italian seasoning, salt, pepper, garlic powder, and onion powder. Drizzle the vegetables with the oil, then sprinkle on the spice mix. Toss to coat the vegetables evenly, then spread them into an even layer. Place in the oven and roast for 20 minutes, until they are browned and tender, tossing once halfway through. Sprinkle with Parmesan. Enjoy hot. (Courtesy of:

www.wellplated.com)



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Chicken Broccoli Braid

Ingredients

2 c cooked chicken*, cut up
1 c **broccoli**, chopped
½ c bell pepper, chopped
1 clove garlic*, pressed
1 c. sharp Cheddar cheese*, shredded
½ c mayonnaise*
2 t dill weed
¼ t salt
2 pkg. (8oz. each) refrigerated crescent rolls
1 egg* white, lightly beaten
2 T slivered almonds

Directions

Preheat oven to 375°. Chop chicken and broccoli and place in bowl. Add chopped red pepper. Press garlic and shredded cheese over mixture. Add mayonnaise, dill and salt. Mix well. Unroll package of refrigerated rolls. Do not separate. Arrange the longest sides of dough across width of 12 x 15 jelly roll pan. Repeat with other package of dough. Roll out dough to seal perforations. On long side of pan, cut dough into strips 1 ½ " apart, 3 " deep leaving approx. 6 " in the center of dough for filling. Spread filling down middle of dough.

To Braid: Lift strips of dough across mixture to meet center, twisting each strip one turn. Continue alternating strips to form braid. Tuck ends under to seal at ends. Brush egg white over dough and sprinkle with almonds. Bake 25-28 minutes until golden brown. (Courtesy of: Beverly Brillhart; Hollabaugh Bros, Inc.)