



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



Hollabaugh Bros, Inc. Fall CSA - Week 3

Box contents:

Jonagold Apples, Butterkin Squash, Red Beets, Kale, Apple Cider

Dairy Add-on contents:

AVC Milk (Skim, 1.5%, Whole, or Chocolate), Apple Smoked Gouda

Welcome to the week three 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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Jonagold Apples

The Jonagold (*Malus domestica*) is a cultivar of apple developed in 1953 in New York, a cross between the crisp Golden Delicious and the blush-crimson Jonathan. The result is a large sweet fruit with a thin skin. The Jonagold has a green-yellow basic color with crimson, brindled covering color. This apple is a fluffy yet crisp fruit. It is juicy and aromatic and has a most pleasing sweet-sour taste.

Remember that apples are very low in Saturated Fat, Cholesterol and Sodium. They're also a good source of Dietary Fiber and Vitamin C. Enjoy one every day! With so much variety from which to choose, you'll never be bored.

Storage and Use

To store, keep apples as cold as possible in the refrigerator. Apples do not freeze until the temperature drops to 28.5 degrees F. Do not wash until you are ready to eat or use in cooking. The Jonagold is very good for eating fresh, in pie & salads, and for making applesauce.

See below the recipe for [Butterkin Squash, Apple, and Onion Au Gratin](#) under **Butterkin Squash**.

See below the recipe for [Apple Cider Chicken](#) under **Apple Cider**.

Sour Cream Apple Squares

Ingredients

2 cups all-purpose flour*	1/2 teaspoon salt*
2 cups firmly packed brown sugar	1 cup sour cream*
1/2 cup margarine or butter*	1 teaspoon vanilla*
1 cup chopped nuts*	1 egg*
3/4 teaspoon baking soda*	2 cups finely chopped peeled apples
1-2 teaspoons cinnamon	

Directions

Preheat oven to 350 degrees. Mix flour, brown sugar and margarine (or butter) at low speed until crumbly. Stir in nuts. Press 1 3/4 cups of crumbs into ungreased 9 x 13 pan. To remaining crumb mixture, add baking soda, cinnamon, salt, sour cream, vanilla and egg. Blend well. Stir in apples. Spoon apple mixture evenly over crumbs in pan. Bake 30-40 minutes or until toothpick inserted in center comes out clean. Cut into squares and serve with ice cream or whipped cream.



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Butterkin Squash

Butterkins are a new variety of butternut squash! They have a dark orange interior that is super sweet and smooth in texture. They can be used in any recipe that calls for butternut squash or cooking pumpkin of any kind!

Storage and Use

These squash will store all winter in a dry, moderate-tempered room with good ventilation. Or, cut them up, cook them off, and freeze the cooked pumpkin “meat” until you need it!

Butterkin Squash, Apple, and Onion Au Gratin

Ingredients

Cooking spray	4 apples - peeled, cored and sliced
1/4 cup flour*	1/2 onion , thinly sliced
1 teaspoon salt*	1 cup chicken stock
1 pinch cinnamon	1 cup shredded sharp Cheddar cheese*
1 butterkin squash - peeled, seeded and sliced	3 slices bacon*, cooked and crumbled

Directions

Preheat oven to 350. Spray 9- x 11-inch glass baking pan with cooking spray. Place flour, salt, and cinnamon into a large plastic bag. Add squash, apples, and onions; shake until lightly dusted. In glass dish, layer 1/2 of squash, apples, and sweet onion. Pour 1/2 cup chicken stock over the top, then sprinkle 1/2 of cheese. Layer with remaining squash, apple, and onions. Pour remaining chicken stock over the top, and cover with foil. Bake in preheated oven for 40 minutes. Take out and sprinkle with bacon crumbles and remaining cheese. Return, uncovered, to oven; bake for another 5 minutes. Let sit for 5 minutes before serving. (Courtesy of: allrecipes.com)

Butterkin Squash Bread

1 butterkin squash	2 tsp. ground cinnamon
1/3 c. canola oil	5 T. butter, softened*
1 ½ c. flour*	½ c. sugar*
½ tsp. baking powder	½ c. brown sugar
½ tsp. baking soda*	2 eggs*
½ tsp. salt*	½ tsp. vanilla*

Directions

Cut squash in half and scoop out seeds. Peel skin and cut squash into 1 inch chunks. Roast until soft and allow to cool. Puree with 1/3 cup oil in the food processor. Cream butter and sugars in mixer. In a separate bowl, whisk dry ingredients together. In a small bowl whisk eggs and vanilla together. Add to creamed mixture by alternating egg mix and flour mix. Fold in squash puree (should come out to 1 1/4 c puree; save any extra for another recipe). Grease pan and bake at 350 for about 50 min or until a cake tester/toothpick comes out clean. (Source: healthfullyeverafter.com)



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Red Beets

Beets are descended from a wild seashore plant called the sea beet. Beets prefer a cooler climate although they are tolerant of heat. They can be harvested any time during their growth cycle. Growers say the faster beets grow, the better the flavor. Beets are made up of both an edible root and edible leaves. Beet greens are actually more nutritious than the beets, containing twice the potassium and are exceptionally high in beta carotene and folic acid. Beets have the highest sugar content of any vegetable.

Storage and Use

Steaming and roasting bring out the best flavor a beet can offer. The skin should be peeled, which is easiest after it has cooked, when it will slip easily away from its flesh. Beets pair well with cheese, bacon, apples, fennel, citrus, potatoes, shallots, vinegar, walnuts, and smoked and cured fish. Beets will keep, refrigerated, for up to a week or longer if their tops are removed. Sauté them or use them in salad.

See below the recipe for [Kale with Roasted Beets and Bacon](#) under **Kale**.

Roasted Beets and Sauteed Beet Greens

Ingredients

1 bunch beets, with greens	1 salt*, to taste
1/4 cup olive oil, divided	1 tbsp red wine vinegar*, (optional)
2 clove garlic*, minced	1 black pepper, to taste
2 tbsp onion*, chopped (optional)	

Directions

Preheat the oven to 350 degrees (175 degrees C). Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted. Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet. When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper. (Courtesy of: www.Kitchme.com)



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Kale

Kale (*Brassica oleracea* Acephala Group) is a vegetable with green or purple leaves, in which the central leaves do not form a head. Until the end of the Middle Ages, kale was one of the most common green vegetables in all of Europe. Curly leafed varieties of cabbage already existed along with flat leafed varieties in Greece in the fourth century BC. These forms, which were referred to by the Romans as Sabellian kale, are considered to be the ancestors of modern kales. During World War II, the cultivation of kale in the United Kingdom was encouraged by the *Dig for Victory* campaign. The vegetable was easy to grow and provided important nutrients to supplement those missing from a normal diet because of rationing. Kale is very high in beta carotene, vitamins K and C, and is rich in calcium. Kale is also a source of indole-3-carbinol, a chemical which boosts DNA repair in cells and appears to block the growth of cancer cells.

Storage and Preparation

To store, place kale in a plastic storage bag removing as much of the air from the bag as possible. Store in the refrigerator where it will keep for 5 days. The longer it is stored, the more bitter its flavor becomes. Do not wash kale before storing because exposure to water encourages spoilage.

Kale with Roasted Beets and Bacon

Ingredients

2 **beets** (about 14 ounces)

1 tablespoon olive oil*

Kosher salt and freshly cracked black pepper

6 thick-cut applewood-smoked bacon* slices (8 ounces), diced

1 large bunch **kale** (about 1 1/2 pounds), washed, stemmed and cut into 1-inch pieces

1/3 cup low-sodium chicken stock

4 tablespoons apple cider vinegar*

Directions

Preheat the oven to 425 degrees F. Wash and trim the beets, removing both ends. Place them on a 12-inch square sheet of heavy-duty aluminum foil. Drizzle with the olive oil and season generously with salt and pepper. Seal up the foil packet and roast until the beets are fork-tender, about 1 hour.

In a large skillet over medium heat, cook the bacon until medium-crisp (or however you prefer your bacon). Transfer the bacon to a paper towel-lined plate. Increase the heat to high and add the kale, stirring to coat in the rendered bacon grease. Cover and cook for a few minutes, and then add the chicken stock and 2 tablespoons of the vinegar. Stir to combine, cover and allow to wilt for 6 to 8 minutes.

Peel and cut the beets into chunks and add them to the kale. Stir in the remaining 2 tablespoons vinegar. Add the bacon, stir to combine and season with salt and pepper. Serve immediately.

(Source: Guy Fieri, Food Network)



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Kale Slaw

Ingredients

1 head **kale**, stems removed and thinly sliced
1 large carrot*, grated
1/2 an orange, juiced
1/2 a lemon*, juiced
Salt* and freshly ground black pepper
1 tablespoon olive oil*
1/2 red onion*, sliced very thinly
1 slice bacon*, cooked crisp and chopped
1 rounded tablespoon mayonnaise*

Directions

Place the kale into a salad bowl. Toss with the carrot, orange juice, lemon juice, and salt, and using your hands, rub the acid into the kale. Let the kale sit a few minutes while you shock the onion. Prepare a large bowl of ice water and a saucepan with boiling water. Place the thinly sliced onion into the boiling water for 15 to 30 seconds, and then shock them in the cold water, stopping the cooking immediately. Drain the water and blot the onions with a paper towel. Add the onion, bacon, olive oil, salt and pepper and toss well. Add the mayonnaise and mix the slaw well. Refrigerate until ready to serve. Can be made several hours in advance. (Courtesy of: Melissa d'Arabian; Food Network)



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Apple Cider

Our apple cider needs no introduction. It's fresh, pressed from our own delicious apples, and is wonderful cold, hot, mulled, or for use in recipes.

Storage and Use

Store your cider in the refrigerator. A best-by date is stamped on each container. You probably won't have to worry about it going bad; the chances of it lasting that long are slim to none!

Apple Cider Chicken

Ingredients

2 tablespoons olive oil*	1 apple , cored and sliced into 1/4-inch wedges
2 tablespoons butter*	3 cloves garlic*, minced
4 boneless, skinless chicken breasts (about 2 pounds)	2 teaspoons dried thyme
Salt* and freshly ground black pepper	2 bay leaves
1/2 onion*, chopped	2 tablespoons all-purpose flour*
	1 1/2 cups apple cider

Directions

Heat oil and 1 tablespoon butter in a skillet over medium-high heat. Season the chicken breasts with salt and pepper, add to pan and sear until golden, about 4 minutes each side. Remove chicken from pan, and set aside. Add remaining butter and onion, apple, garlic, thyme and bay leaves. Saute until apple begins to get color and onions soften, about 6 minutes. Add flour and stir 2 to 3 minutes. Nestle chicken back into pan, add cider, bring to a boil, reduce to a simmer and cover. Cook until chicken is cooked through, about 12 minutes. (Source: Sunny Anderson, Food Network)



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Apple Cider Snickerdoodles

Ingredients

- 1 1/4 cups **apple cider**
- 1 1/2 cups all-purpose flour*
- 1 teaspoon cream of tartar
- 1/2 teaspoon baking soda*
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon kosher salt*
- 1/2 cup unsalted butter, at room temperature
- 1/2 cup granulated sugar*, plus 3 tablespoons for rolling
- 1/4 cup packed light brown sugar
- 1 large egg*
- 1/4 cup plus 2 tablespoons finely chopped red and green crispy apple chips, plus whole chips for garnish
- 2 teaspoons apple pie spice

Directions

Preheat the oven to 400 degrees F. Heat the cider in a medium skillet over medium-high heat until it comes to a boil. Continue to cook until syrupy and reduced to about 2 tablespoons, 12 to 14 minutes. Set aside to cool slightly. Whisk the flour, cream of tartar, baking soda, cinnamon and salt in a medium bowl until smooth. Beat the butter with 1/2 cup of the granulated sugar and the light brown sugar in a separate bowl on medium-high speed until fluffy and smooth, 2 to 3 minutes. Beat in the reduced cider and the egg (the mixture may look slightly curdled). Stir in the flour mixture and 1/4 cup of the chopped apple chips until combined. Stir together the remaining 3 tablespoons of granulated sugar, 2 tablespoons of chopped apple chips and the apple pie spice in a small bowl. Roll heaping tablespoons of dough into balls, using lightly moistened hands if the dough is too sticky, and then roll in the spiced sugar mixture. Place the dough balls 3 inches apart on ungreased baking sheets and top with a few pieces of whole apple chips. Bake until the edges are just set but centers are still soft, 11 to 13 minutes, rotating pans halfway through the baking time. Cool 2 to 3 minutes on the baking sheet, and then transfer to a wire rack to cool completely. (Courtesy of: Food Network)