



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



## Hollabaugh Bros, Inc. Fall CSA - Week 4

### Box contents:

Honeycrisp Apples, Yukon Gold Potatoes, carrots, Spinach, Parsley

### Dairy Add-on contents:

AVC Milk (Skim, 1.5%, Whole, or chocolate), Parmesan Wedge

Welcome to the week four 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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## Honeycrisp Apples

The Honeycrisp (*Malus domestica* 'Honeycrisp') is a cultivar developed at the Minnesota Agricultural Experiment Station's Horticultural Research Center at the University of Minnesota, Twin Cities. Designated in 1960 as the MN 1711, and released in 1991, the Honeycrisp was once slated to be discarded. Instead, it has become a prized commodity, known for its sweetness, firmness, and tartness. It is useful for a variety of purposes—in sauce, pies, recipes, and for eating raw. If you want to know more about the history of the prized and delicious Honeycrisp, you can read about it here: <http://www.minnesotaharvest.net/apple-varieties/honeycrisp/>. Honeycrisp apples are our choice for our signature apple sauce.

### Storage and Use

Store your Honeycrisps like you would any other apple—in cold but not freezing temperature. The crisper drawer of the fridge works well. Put apples in plastic bags with holes in them for air circulation. Honeycrisps stored under these conditions should last for about six weeks. Do not wash until ready to use. Honeycrisp apples are cholesterol free, fat free, and an excellent source of fiber.

See below the recipe for **Carrot-Apple Side Dish** under **Carrots**.

See below the recipe for **Apple Salad with Mustard Dressing** under **Spinach**.

### Easy Honeycrisp Apple Crisp

#### Ingredients

2 Honeycrisp apples

1 T. brown sugar

1 T. cinnamon

1/4 tsp. salt\*

1/4 tsp. nutmeg

1 cup whole wheat flour

1/2 cup sugar\*

1/2 cup milk\*

1/2 tsp. vanilla extract\*

2 T. cold butter\*

#### Directions

Preheat oven to 375. Chop apples and combine with 1/2 tablespoon cinnamon, salt, nutmeg and brown sugar in a small baking dish. In a separate bowl, stir flour, sugar and remaining cinnamon. Chop 1 tablespoon of butter and add it to flour. Mash with a fork until thoroughly combined and small bits of butter remain. Add vanilla and milk gradually, stirring as you go. The mix should be somewhat sticky, not too watery or too thick. Spread dough on top of apples, and place in oven. Bake at 375 for about 30 minutes, or until apples look juicy and topping is golden brown. Serves 2-4.



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## Yukon Gold Potatoes

The Yukon Gold is a variety of potato characterized by its smooth eye-free skin and yellow tinged flesh. This variety of potato was developed in 1960's by at the University of Guelph in Ontario, Canada. The official cross was made in 1966, and the Yukon Gold was released into the market in 1980.

The more intense yellow color of the flesh, the higher the vitamin A levels, which promotes good vision, healthy skin, and improved immune system. The peel stores good amounts of potassium, helping to reduce risk of stroke, as well as vitamin A. Scrub them gently and leave on the peels when cooking.

### Storage and Use

Since they have a slightly higher sugar content, gold potatoes do not store as well as russets. They need a cold environment, 40 to 50 degrees F., and 90 percent humidity is optimum. Storage below 33 degrees F. will cause the starches to turn to sugar. Store gold potatoes in a paper bag (preferable) or perforated plastic bag in the refrigerator vegetable crisper drawer, away from onions. Use within a week. If you have a cold storage area, you can store the potatoes in a well-ventilated area, being careful to keep them away from any light source. Do not wash before storing as you will remove the protective coating. Lightly scrub just prior to using.

Unlike some other potato varieties the Yukon Gold can stand up to both dry heat and wet heat cooking methods. Its waxy moist flesh and sweet flavor make it ideal for boiling, baking and frying but these potatoes will also stand up to grilling, pan frying, and roasting.

### Parslied Potatoes

#### Ingredients

8 to 10 medium **potatoes**, quartered  
¼ cup butter\*  
2 tablespoons snipped **parsley** or 1 teaspoon dry flakes  
1/8 teaspoon celery salt or seasoned salt (optional)

#### Directions

Potatoes can be peeled or unpeeled. In same sauce pan used to cook potatoes, melt butter; stir in parsley and celery salt. Add potatoes; toss lightly. (Courtesy of: The Practical Produce Cookbook)



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## Classic Beef Stew

### Ingredients

3 pounds chuck roast*, cut into 1-inch pieces	2 cups red wine
1 tablespoon coarse kosher salt	2 cups beef stock
2 teaspoons freshly ground black pepper	3 bay leaves
2 tablespoons vegetable or canola oil	2 sprigs fresh thyme
2 large onions*, diced	3 pounds <b>Yukon potatoes</b> , peeled and cut in 1/2-inch cubes
3 large <b>carrots</b> , diagonally cut in 1-inch pieces	1 tablespoon minced fresh rosemary
3 garlic* cloves, chopped	2 tablespoons minced fresh <b>parsley</b>
1/4 cup tomato paste	
1/4 cup all-purpose flour*	

### Directions

Remove top rack from oven and preheat to 325°F. Season beef with salt and pepper. Put half of oil in a Dutch oven over medium-high heat. Just as the oil begins to smoke, add half of beef evenly spaced. Brown on most sides and transfer to a plate. Add remaining oil, sear remaining beef; remove from pan. Add onions, carrot, garlic and tomato paste. Stir over medium-high heat, scraping brown bits from bottom of pan, 2-3 minutes. Add flour and stir to combine. Add red wine, scraping bottom of pan, then reduce heat to medium low, simmer until syrupy, about 5 minutes. Stir in beef, beef stock, bay leaves and thyme. Return to a boil, again scraping sides and bottom clean; put lid on Dutch oven and place in the oven. Cook for 2 hours. Add potatoes and rosemary and continue to cook, covered, until potatoes are tender, approximately 1 hour. If needed, add additional salt and pepper to taste. Serve, garnished with fresh parsley. (Source: [www.certifiedangusbeef.com](http://www.certifiedangusbeef.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 above the recipe for [Classic Beef Stew](#) under **Yukon Gold Potatoes**.

### 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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## Spinach

**Spinach** (*spinacia oleracea*) is a dark green leaf vegetable with slightly bitter taste is a rich source of vitamin A, C and iron. Depending on the variety the leaves can be flat or curly. Spinach supposedly originated in Persia (Iran), and Arab traders carried it into India. From there the plant made its way into ancient China. Spinach appeared in England and France in the 1300s, probably via Spain, becoming popular because it could be harvested early in the season when other vegetables were scarce.

Spinach is rich in antioxidants, especially when consumed fresh or lightly steamed. It is rich in vitamins A, E, K, and Bs. It also contains iron, calcium, potassium, folic acid, and omega-3 fatty acids. Spinach should be stored in the refrigerator and used within a few days. Wash well.

### Apple Salad with Mustard Dressing

#### Ingredients

1 1/2 tablespoons extra-virgin olive oil*	1/4 teaspoon salt*
1 1/2 tablespoons cider vinegar*	1/4 teaspoon freshly ground black pepper
1 tablespoon minced shallot	2 cups thinly sliced <b>apple</b>
2 teaspoons whole-grain Dijon mustard	5-ounces <b>spinach</b>
2 teaspoons honey*	

#### Directions

Combine olive oil, vinegar, minced shallot, Dijon mustard, honey, salt, and pepper in a large bowl, stirring with a whisk. Add apple and greens; toss to coat. (Courtesy of: myrecipes.com)

### Spinach Frittata

#### Ingredients

4 large eggs*	1 cup lengthwise-halved grape tomatoes*
1/2 cup whole milk*	2 tablespoons salted butter*
1/2 teaspoon salt*	1 small onion*, finely chopped
1/4 teaspoon freshly ground black pepper	4 cups fresh baby <b>spinach</b>
1 cup shredded Swiss cheese*	

#### Directions

Preheat the oven to broil. In a medium bowl, whisk together the eggs, milk, salt and pepper until smooth. Fold in the cheese and tomatoes and set aside. In a 9-inch, oven-safe nonstick frying pan over medium heat, melt the butter. Add the onion and saute until softened, about 5 minutes. Add the spinach and cook until wilted, about 2 minutes. Pour the egg mixture over the spinach, and cook until almost set, 2 to 4 minutes. Transfer the pan to the oven and broil until golden brown on top, 5 to 7 minutes. Remove from the oven and turn out onto a serving plate. (Courtesy of: Trisha Yearwood, Food Network)



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## Parsley

**Parsley** (*Petroselinum crispum*) is a species of *Petroselinum* in the family of *Apiaceae*. This biennial herb is native to the central Mediterranean region, widely used elsewhere, and cultivated as an herb, spice, and vegetable. It is used in European, Middle Eastern, and American cooking to season and garnish a variety of dishes. It is also used as a snack, in soups and stews, and in casseroles. Parsley is rich in antioxidants, folic acid, Vitamins K, C, and A.

### Preparing and Storing Parsley

Store your fresh parsley unwashed in a plastic bag in the crisper of your refrigerator. Use within a few days for best results. You can freeze parsley by double-bagging it and pushing all of the air out of the bags. Wash, drain, and snip unwanted leaves first. You can also make parsley cubes to freeze for use in stews and soups.

Process the parsley in a blender or food processor with enough water or olive oil to make a thick puree. Freeze this in small covered containers or in a clean ice cube tray. Once frozen through, transfer the parsley cubes to a sealable plastic bag for long-term storage. Plop a parsley cube directly into soups or stews for a burst of fresh herbal goodness as the mood strikes you.

See above the recipe for [Parslied Potatoes](#) under **Yukon Gold Potatoes**.

See above the recipe for [Classic Beef Stew](#) under **Yukon Gold Potatoes**.

### Crunchy-Herbed Chicken Breasts

#### Ingredients

2/3 cup panko bread crumbs	2 garlic* cloves, minced
1/2 cup grated Parmesan cheese*	1/2 teaspoon salt
1/2 cup grated Romano cheese	1/2 teaspoon pepper
1 tablespoon minced fresh oregano or 1 teaspoon dried oregano	1/2 cup all-purpose flour
1 tablespoon minced fresh basil or 1 teaspoon dried basil	2 eggs*, lightly beaten
2 teaspoons minced fresh <b>parsley</b>	6 boneless skinless chicken breast halves (5 ounces each)
	Olive oil-flavored cooking spray

#### Directions

In a shallow bowl, mix the first nine ingredients. Place flour and eggs in separate shallow bowls. Dip both sides of chicken in the flour, eggs, then crumb mixture, patting to help coating adhere. Place on a greased baking sheet. Spritz tops with cooking spray. Bake at 375° for 25-30 minutes or until a thermometer reads 170°. (Courtesy of: Lucia Johnson; Taste of Home)