



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



Hollabaugh Bros, Inc. Fall CSA - Week 5

Box contents:

Nittany Apples, Sweet Potatoes, Acorn Squash, Broccoli, Parsnips

Dairy Add-on contents:

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

Welcome to the week five 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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Nittany Apples

The Nittany apple, introduced by the Pennsylvania State University and named after the Penn State mascot, is a hybrid cross between the Golden Delicious and York Imperial apples. It has a greenish-yellow background with a red blush. The flesh is white, crisp, juicy, and contains a sweet flavor. The Nittany is great for eating fresh, baking, and making sauce!

Storage and Usage

Store all apples at a constant, cool temperature for maximum shelf life. These apples will store for weeks in your fridge!

See below the recipe for [Acorn Squash, Parsnip, and Apple Soup](#) under **Acorn Squash**.

See below the recipe for [Broccoli and Apple Autumn Slaw](#) under **Broccoli**.

Nan's Apple Muffins

Ingredients

| | |
|---------------|--|
| 1 egg | 3 teaspoons baking powder |
| ¾ cup milk | 1 teaspoon salt |
| ½ cup oil | 1 ½ cup chopped, peeled apples |
| 2 cup flour | 1 teaspoon sugar (for sprinkling on top muffins) |
| 1/3 cup sugar | |

Directions

Grease bottoms only of 12 medium muffin cups. Beat egg. Stir in milk and oil. Stir in remaining ingredients all at once just until flour is moistened. Fill muffin cups ¾ full. Sprinkle tops of muffins with the 1 teaspoon sugar. Bake 350° until golden, about 20 minutes.

Note: A variation of this is to mix 1/3 cup brown sugar, 1/3 cup nuts and ½ teaspoon cinnamon and sprinkle over tops of muffins before baking.

(Source: Nan Robison; Hollabaugh Bros., Inc.)



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Sweet Potatoes

The **sweet potato** (*Ipomoea batatas*) is a dicotyledonous plant that belongs to the family Convolvulaceae. Its large, starchy, sweet-tasting, tuberous roots are a root vegetable. Sweet potatoes are thought to have originated either in Central America or South America. In Central America, sweet potatoes were domesticated at least 5,000 years ago. Besides simple starches, sweet potatoes are rich in complex carbohydrates, dietary fiber, beta-carotene (a provitamin A carotenoid), vitamin C, vitamin B₆, manganese and potassium.

Storage and Preparation

Do not store sweet potatoes in the refrigerator. Store sweet potatoes in a cool, dark place to prevent the starch from turning to sugar. They should keep for a few weeks, unless stored in a root cellar where they may keep longer. Wash well before using, especially the potatoes will not be peeled. White sweet potatoes may be prepared with the skins on.

Maple-Roasted Sweet Potatoes and Parsnips

Ingredients

| | |
|---|-----------------------------|
| 3 medium sweet potatoes peeled and thinly sliced into rounds | 1 leek finely diced |
| 3-4 parsnips peeled and thinly sliced | 2 cloves garlic* minced |
| 4 tablespoons olive oil | 1/3 cup maple syrup* |
| 1/2 teaspoon salt | 2 Tablespoons Dijon mustard |
| 1/4 teaspoon black pepper | 2 Tablespoons fresh parsley |

Directions

Preheat oven to 400° F. Place sliced sweet potatoes and parsnips in a medium bowl. Add 2 tablespoons of olive oil, salt and pepper and toss to evenly coat. Arrange the slices alternating between sweet potatoes and parsnips in the bottom of a small baking dish. In a medium skillet, heat remaining olive oil over medium heat. Saute leeks and garlic for 5 minutes. Pour in maple syrup and stir in the Dijon. Continue cooking for 2 additional minutes until syrup starts to simmer. Pour syrup and leeks over the sweet potatoes and parsnips evenly. Place in the oven for 30-40 minutes until cooked through. Remove from oven and allow to stand 5 minutes. Garnish with parsley and serve warm. (Courtesy of:

www.simplebites.com)



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Sweet Potato Bread

Ingredients

- 1 cup cooked **sweet potato flesh**, cooled (will take about a pound of sweet potatoes)
- 1 1/2 cups all-purpose flour*, plus some for dusting
- 1 tsp. salt*
- 1 tsp. baking soda*
- 1/2 tsp. baking powder
- 1/2 tsp. cinnamon
- 2/3 cup sugar*
- 1/3 cup light brown sugar, packed
- 1 stick butter, melted, plus more for coating*
- 2 large eggs, at room temperature*
- 1 tsp. vanilla extract*
- 1/2 cup whole milk, divided*
- 1/2 cup nuts, such as pecans or walnuts, roughly chopped (optional)

Directions

Set oven to 350°F. Coat a 9x5-inch loaf pan with butter and dust with flour. Whisk together dry ingredients (except nuts), making sure to break up lumps. Using a hand mixer on medium speed, mix the sugars with the cooled sweet potato for about 1 minute. Add melted butter and mix on low speed until smooth, then add eggs, one at a time, and the vanilla, mixing until creamy. On low speed, mix in half of the dry flour blend, then ¼ cup milk. Repeat with remaining flour and milk, but do not over mix. Fold in the nuts, if using, and pour batter into the loaf pan. Bake for 55–60 minutes or until a knife inserted in the middle comes out clean. Let the bread sit in the pan on a wire rack for 15 minutes before cooling it completely on the rack and out of the pan. Makes 1 loaf. (Source: Hollabaugh Bros., Inc.)



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Acorn Squash

Acorn squash (*Cucurbita pepo* var. *turbinata*), also occasionally called pepper squash or Des Moines squash, is a winter squash with longitudinal ridges and sweet, yellow-orange flesh. Although considered a winter squash, acorn squash belongs to the same species as all summer squashes (including zucchini and yellow crookneck squash). They derive their name from their acorn-like shape. Most acorn squash are dark green with a single orange splash, although newer varieties are yellow or even white. The acorn squash is native to Central and South America and was introduced to North America by early European settlers. The acorn squash is not as rich in beta-carotene as other winter squashes, but is a good source of dietary fiber and potassium, as well as vitamins C and B, magnesium, and manganese.

Storage and Use

Acorn squash are hardy and will last throughout the winter in storage, keeping up to several months in a cool dry location such as a cold cellar. Do not wash your squash until ready to use. Halved squash will keep a few days under refrigeration.

Acorn squash may be baked, microwaved, sautéed or steamed. It may be stuffed with rice, meat or vegetable mixtures. Try toasting the seeds like you would pumpkin seeds.

Acorn Squash, Parsnip, and Apple Soup

Ingredients

| | |
|--|---|
| 1 acorn squash (approximately 2 pounds), roasted (see instructions, below) | 1 large apple, peeled, cored, and chopped |
| 2 tablespoons butter* | 1 teaspoon garlic*, minced |
| 1 ½ cups onion*, peeled and diced | ¼ teaspoon salt* |
| 1 cup carrots*, peeled and chopped | ¼ teaspoon pepper |
| ½ cup parsnip, peeled and chopped | ½ teaspoon ground ginger |
| ¼ cup parsley | 3 cups vegetable or chicken broth* |
| ¼ cup celery*, chopped | 1 cup milk* |

Directions

Roasting the squash enhances and sweetens the flavor. To do this, preheat the oven to 400°F and place a piece of parchment paper on a baking sheet. Carefully cut the squash in half lengthwise, then scoop out the seeds and pulp. (Save the seeds to [roast](#) for snacking!). Brush the cut sides of the squash with 1 teaspoon vegetable oil, then position each piece facing down on the parchment-lined baking sheet. Bake for 45 minutes to 1 hour, or until the flesh is tender.

Allow the squash to cool slightly. Scrape small chunks of roasted squash from the peel using a metal spoon and set aside. Melt the butter in a large saucepan over medium heat. Add onion, carrots, parsnips, parsley, and celery and cook for 3 minutes. Add apple, garlic, salt, pepper, and ginger, and cook for another 5 minutes, stirring frequently. Add the roasted squash, followed by the broth. Bring to a boil, then turn the heat down to a simmer. Cook for 15 minutes. Remove the saucepan from the heat and stir in the milk. Use an immersion blender to purée the soup. (NOTE: If you don't have an immersion blender, you can divide the soup into small batches and use a standard blender or food processor). Ladle the soup into bowls, sprinkle with fresh parsley, and serve with a warm crusty baguette on the side.

(Courtesy of: www.farmersalmanac.com)



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Cheesy Rice-Stuffed Acorn Squash

Ingredients

2 small **acorn squash**, halved lengthwise and seeded
Kosher salt and freshly ground pepper
3 tablespoons unsalted butter
1/2 onion*, finely chopped
2 cloves garlic*, minced
2 tablespoons all-purpose flour*
2 cups milk*
1 cup shredded cheddar cheese* (about 4 ounces), plus more for topping
1/4 teaspoon ground nutmeg
2 cups cooked brown rice
1 10-ounce package frozen chopped spinach, thawed and squeezed dry
Chopped fresh parsley, for topping

Directions

Position a rack in the upper third of the oven; preheat to 425 degrees F. Put the squash, cut-side up, in a large microwave-safe dish with 1 tablespoon water; dot with 1 tablespoon butter and season with salt and pepper. Cover with plastic wrap and pierce with a knife to vent. Microwave until tender, about 15 minutes. Meanwhile, heat the remaining 2 tablespoons butter in a large pot or Dutch oven over medium heat. Add the onion; cook, stirring, until softened, about 5 minutes. Add the garlic and cook 1 minute. Add the flour and cook, stirring, 3 minutes. Whisk in the milk until smooth, then bring to a simmer and cook until thickened, about 5 minutes. Add the cheese, stirring to melt. Add the nutmeg, 3/4 teaspoon salt and a few grinds of pepper. Stir in the rice and spinach. Transfer the squash to a rimmed baking sheet and fill with the rice mixture. Sprinkle with more cheese and bake until lightly browned, about 15 minutes. Top with parsley. (Courtesy of: Food Network)



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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.

Chicken and Broccoli Casserole

Ingredients

| | |
|------------------------------|----------------------------------|
| 1 chicken breast | 2 heaping teaspoons curry powder |
| 1 can cream of mushroom soup | ½ stick butter* |
| ½ cup mayo | ½ package stuffing mix |
| ½ cup milk* | 1 head broccoli |

Directions

Boil chicken, dice, and place in bottom of 8x8 casserole dish. Cut broccoli into small pieces. Cook broccoli in chicken water until still crisp, but tender, about 4 minutes. Place broccoli in dish on top of chicken. Combine soup, mayo, milk, and curry powder. Mix and layer on top of broccoli. Melt butter and mix with stuffing mix, then layer on top. Bake at 350° for 20-30 minutes. Serves 4. (Courtesy of Cindy Baugher; Hollabaugh Bros., Inc.)

Broccoli and Apple Autumn Slaw

Ingredients

| | |
|---------------------------------|---|
| ½ cup plain low-fat yogurt* | 1/2 bunch broccoli , finely chopped (3 cups) |
| ¼ cup mayonnaise* | 1/2 apple , finely chopped |
| 1 T. cider vinegar* | ¼ cup dried cranberries |
| 1 small shallot, finely chopped | 2 T. toasted pine nuts |
| Kosher salt and black pepper | |

Directions

In a large bowl, stir together the yogurt, mayonnaise, vinegar, shallot, ¾ teaspoon salt, and ½ teaspoon pepper. Add the broccoli, apple, cranberries, and pine nuts and toss to combine. Serves four.



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Parsnips

The **parsnip** (*Pastinaca sativa*) is a root vegetable closely related to the carrot. Its long tuberous root has cream-colored skin and flesh and can be left in the ground when mature as it becomes sweeter in flavor after winter frosts. The parsnip is native to Eurasia. It has been used as a vegetable since antiquity and was cultivated by the Romans, although there is some confusion in recorded writing between parsnips and carrots. It was used as a sweetener before the arrival in Europe of cane sugar. It was introduced into the United States in the nineteenth century.

The parsnip is usually cooked but can also be eaten raw. It is high in vitamins and minerals, especially potassium. It also contains antioxidants and both soluble and insoluble dietary fiber. In Roman times, parsnips were believed to be an aphrodisiac. However, parsnips do not typically feature in modern Italian cooking. Instead, they are fed to pigs, particularly those bred to make Parma ham.

Storage and Preparation

Parsnips resemble carrots and can be used in similar ways but they have a sweeter taste, especially when cooked. While parsnips can be eaten raw, they are more commonly served cooked. They can be baked, boiled, pureed, roasted, fried or steamed. When used in stews, soups and casseroles they give a rich flavor. Roast parsnip is considered an essential part of Christmas dinner in some parts of the English-speaking world and frequently features in the traditional Sunday Roast. Parsnips can also be fried or thinly sliced and made into crisps.

Treat parsnips as you would any other root vegetable. Keep cold and relatively dry, and do not allow to freeze. Under refrigeration, parsnips will keep a week or two. Wash before using. There is no need to peel parsnips. Like potatoes, parsnips will turn dark when exposed to air. You may soak them in cold water until you are ready to cook to help prevent this darkening.

See above the recipe for [**Maple-Roasted Sweet Potatoes and Parsnips**](#) under **Sweet Potatoes**.

See above the recipe for [**Acorn Squash, Parsnip, and Apple Soup**](#) under **Acorn Squash**.