



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



Hollabaugh Bros., Inc. Fall CSA - Week 6

Box contents:

cameo Apples, Spaghetti Squash, Romanesco, Yellow Onions, Garlic, Microgreens

Dairy Add-on contents:

AVC Milk (Skim, 1.5%, Whole, or Chocolate), Shredded Cheddar, Tomato Basil Goat cheese

Welcome to the week six 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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Cameo Apples

The **Cameo** is a cultivar of apple, discovered by chance by the Caudle family in a Dryden, Washington orchard in 1987. Its parentage is uncertain, perhaps a cross between a Red Delicious and a Golden Delicious, since it was found near orchards of those fruits. This apple is bright red striped over creamy orange, and it is firm and crisp with a pleasing aromatic flavor.

Cameo apples are sodium and cholesterol free and rich in soluble fiber, which has been shown to promote a healthy cardiovascular system. They also contain a fair amount of potassium and vitamin C as well as some iron, vitamin A and calcium. A recent study of the newest apple varieties conducted at the University of Bonn revealed that Cameo apples contained the highest amount of antioxidants of all thirty-one apples studied.

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 **Grilled Cheese with Ham, Brie, Microgreens, Apple, and Dijon** under **Microgreens**.

Apple, Potato and Onion Hash

Ingredients

2 large potatoes
1 tablespoon extra-virgin olive oil*, 1 turn of the pan
2 tablespoons butter*
2 **apples**, chopped
1 small **onion**, chopped
Salt* and pepper

Directions

Prick potatoes several times each with a fork and microwave on high for 10 to 12 minutes. Cool potatoes until you can handle them and chop.

Heat a medium nonstick skillet over medium-high heat with extra-virgin olive oil and butter. Add apples and onions and cook 5 minutes, add potatoes and season with salt and pepper, to taste. Crisp and brown the potatoes with apples and onions 5 minutes more, then serve.

(Source: Rachael Ray, Food Network)



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Spaghetti Squash

The spaghetti squash (*Cucurbita pepo* var. *fastigata*) is an oblong seed-bearing variety of winter squash. This squash ranges either from ivory to yellow or orange in color. The orange varieties have a higher carotene content. Its center contains many large seeds. Its flesh is bright yellow or orange. When raw, the flesh is solid and similar to other raw squash; when cooked, the flesh falls away from the fruit in ribbons or strands like spaghetti, making it a wonderfully healthy substitute for pasta. Spaghetti squash contains many nutrients, including folic acid, potassium, vitamin A, and beta carotene. The squash is also low in calories.

Storage and Preparation

Store spaghetti squash like you would other winter squash—in a cool, dry place. It should keep for several weeks. Do not wash until you are ready to use. Spaghetti squash may be baked or microwaved (5-10 minutes, or until soft, (be sure to pierce with a knife before microwaving to release steam).

Spaghetti Squash with Apples, Bacon, and Walnuts

Ingredients

1 medium spaghetti squash	2 medium apple , peeled and chopped
1 teaspoon ground cumin	1 cup apple cider or juice*
8 bacon* strips, chopped	2 tablespoons maple syrup*
8 green onions*, sliced	1/2 teaspoon salt
2 tablespoons butter*	1 dash pepper
2 garlic cloves, minced	1/2 cup chopped walnuts*, toasted
1/4 teaspoon crushed red pepper flakes	2 tablespoons minced fresh parsley

Directions

Preheat oven to 400°. Cut squash lengthwise in half; remove and discard seeds. Sprinkle with 1/2 teaspoon cumin. Place squash in a 15x10x1-in. baking pan, cut sides down. Bake until easily pierced with a fork, 35-45 minutes. In a large skillet, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels. Discard drippings. Add green onions, 2 tablespoons butter, garlic and pepper flakes; cook and stir over medium heat until tender, 2-3 minutes. Stir in apples, cider, syrup, salt, pepper and remaining cumin. Bring to a boil; cook until slightly thickened, 4-6 minutes. When squash is cool enough to handle, use a fork to separate strands. Add squash to skillet; cook until liquid is absorbed, 2-3 minutes. Stir in bacon, walnuts and parsley. 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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Spaghetti Squash Casserole

Ingredients

- 1 3-pound **spaghetti squash**, halved lengthwise and seeded
- 1 T. olive oil*
- 1 15-oz. container ricotta cheese*
- 1 large egg*
- 4 cups baby spinach, chopped*
- 1 **garlic** clove, pressed
- 1/8 tsp. ground nutmeg
- kosher salt and black pepper
- 2 cups grated mozzarella (1/2 pound)*

Directions

Heat oven to 400° F. Place the squash on a rimmed baking sheet, drizzle the cut sides with the oil, place cut-side down, and roast until tender, 40 to 50 minutes. Meanwhile, in a large bowl, combine the ricotta, egg, spinach, garlic, nutmeg, 1 teaspoon salt, and 1/8 teaspoon pepper. With a fork, gently scrape out the strands of flesh and add to the ricotta mixture. Mix gently to combine. Transfer the mixture to an 8-inch square baking dish, sprinkle with the mozzarella, and bake until browned and bubbling, 18 to 22 minutes. Serves 6-8.



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Romanesco

Sometimes called Romanesco broccoli or Romanesco cauliflower, Romanesco is actually a unique Italian variety of broccoli. The vegetable produces a yellowish-green dense head that forms an unusual spiral pattern. Romanesco has an intense nutty flavor that is described like a cross between cauliflower and broccoli.

Storage and Use

This pale, green vegetable can be prepared just like you would cauliflower or broccoli. To store, separate the florets and place in a plastic bag in the refrigerator. For optimum quality, use within a few days.

Roasted Romanesco

Ingredients

1 head Romanesco , cut into bite-size pieces	2 grinds fresh black pepper
1 tablespoon olive oil, or more to taste	1 pinch garlic powder
Salt to taste	1 pinch paprika

Directions

Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with aluminum foil. Spread Romanesco onto the prepared baking sheet; drizzle with olive oil and season with salt, black pepper, garlic powder, and paprika. Roast in the preheated oven until tender, 15 to 20 minutes. (Source: allrecipes.com)

Romanesco Broccoli and Rigatoni

Ingredients

Salt* and black pepper	1 teaspoon grated lemon* peel
1 pound rigatoni pasta	2 sprigs rosemary, finely chopped
3 tablespoons butter*	1/2 teaspoon crushed red pepper
1 large onion , chopped	2/3 cup grated pecorino-romano cheese (a couple of generous handfuls), plus more to pass around the table
2 large cloves garlic , finely chopped	1/2 cup chopped walnuts*, toasted
1/2 cup dry white wine	
1 cup chicken or vegetable stock	
1 head romanesco broccoli or broccolini, cut into florets	

Directions

Bring a large pot of water to a boil, salt it, add the pasta and cook until al dente. Drain, reserving a couple of ladlefuls of the pasta cooking water. While the pasta is working, in a large, heavy saucepan or Dutch oven, melt the butter over medium-high heat. Add the onion and garlic and cook until golden, 6 to 7 minutes. Stir in the wine for 1 minute, then the chicken stock. Add the broccoli, lemon peel, rosemary and crushed red pepper; season with salt and black pepper. Cover and cook for 10 minutes. In a serving bowl, toss the pasta, reserved pasta cooking water, cooked vegetables, cheese and nuts for a minute. Season with salt and black pepper and serve, passing extra cheese at the table. (Courtesy of: www.rachaelraymag.com)



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Yellow onions

Yellow onions account for over eighty percent of the US onion crop and are the most widely grown onion in northern Europe. The term “yellow onion” is a broad label to encompass multiple known seed varieties of yellow onions. Yellow onions are crunchy with a pungent flavor when raw, but develop a nutty, mild flavor with sweet undertones when cooked.

Storage and Use

Yellow onions are the most common cooking onion and are best suited for both raw and cooked applications such as dry-roasting, sautéing, grilling, caramelizing, and braising. They are also popularly chopped and used as a flavoring for soups, stews, and stocks. The bulbs will keep 1-2 months when stored whole in a cool, dry, dark place with plenty of air circulation. Sliced onions will keep for up to one week when stored in a sealed container in the refrigerator.

See above the recipe for [Apple, Potato and Onion Hash](#) under **Cameo Apples**.

See above the recipe for [Romanesco Broccoli and Rigatoni](#) under **Romanesco**.

Garlic

The garlic herb, originally from Asia, has long been used for its medicinal qualities and as a garnish in food. It has been used as an antiseptic, to lower circulating fats in the body, to help prevent stomach cancer, to use against gastrointestinal parasites, and to modestly lower blood pressure. Not only is garlic healthy in small amounts, it tastes great too!

Store your garlic in an open container in a dark and dry place with plenty of air circulation. Garlic will keep this way for three to six months. However, once you start removing cloves from garlic, its shelf life decreases to about one to two months. Once garlic has been peeled, it should be stored in a tightly closed container in the refrigerator where it will keep for up to one week.

See above the recipe for [Romanesco Broccoli and Rigatoni](#) under **Romanesco**.

See above the recipe for [Spaghetti Squash with Apples, Bacon, and Walnuts](#) under **Spaghetti Squash**.

See above the recipe for [Spaghetti Squash Casserole](#) under **Spaghetti Squash**.



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Microgreens

Microgreens, also known as micro herbs or vegetable confetti, are baby plants, falling somewhere between a sprout and a baby green. These young vegetable greens are approximately 1-3 inches tall and are harvested 7-21 days after germination after the plant's first true leaves have emerged. Introduced to the Californian restaurant scene in the 1980's, microgreens have steadily gained popularity. They have an intense aromatic flavor and a concentrated nutrient content that often has larger amounts of vitamins, minerals, and antioxidants than the plants' more mature counterparts. Microgreens can be grown from various seeds, but the microgreens in totes this week can range from sunflower, radish, endive, and chicory.

Storage and Use

Microgreens can be incorporated into a variety of dishes, including sandwiches, wraps, or salads. They can also be blended into smoothies or juiced. They can also be used to garnish pizzas, soups, omelets, curries, and other warm dishes. Store your microgreens in their original container in the refrigerator for up to one week.

Grilled Cheese with Ham, Brie, Microgreens, Apple, and Dijon

Ingredients

1-2 tablespoon butter*	6 thin slices of apple
2 slices brioche	Small handful of microgreens
4 slices ham*	1 tablespoon Dijon mustard
6 thin slices brie cheese*	

Directions

Heat skillet to medium heat, add butter, let melt, and swirl to coat. Add slices of bread to skillet, and place brie and ham on top of each slice. Cook until cheese begins to melt and the bread is golden. Top one side of bread with apple slices, mustard and microgreens. Put bread slices together. Transfer to a plate and cut in half. (Courtesy of: www.thefeedfeed.com)

Avocado Toast with Microgreens

Ingredients

2 pieces toast	balsamic glaze
1 avocado*	1 pinch Salt*
1 cup microgreens	1 pinch crushed red pepper

Directions

Cut avocado in half and scoop out the flesh. Sprinkle with sea salt and smash with a fork. Spread avocado on warm toast. Top with microgreens, sprinkle with a pinch of crushed red pepper and drizzle with balsamic glaze. (Courtesy of: www.mysweetgreensmn.com)