

Hollabaugh Bros., Inc. Fall CSA - Week 7

Box contents:

Goldrush Apples, Brussels Sprouts (on the stalk!), Green Leaf Lettuce, Turnips, Red Potatoes

Dairy Add-on contents:

AVC Milk (Skim, 1.5%, Whole, or chocolate), AVC Pepper Jack cheese

Welcome to the week seven 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!

Goldrush Apples

The Gold Rush Apple (*Malus domestica*) possesses a crisp, hard flesh, a yellow/gold skin, and a pleasing sweet/tart balance. It stores incredibly well and tends to mellow (sweeten) as it is stored. It's a wonderful all-purpose apple!

Storage and Preparation

Store your Gold Rush apples in the refrigerator, and they will last for many weeks. Wash well before using. The Gold Rush is highly versatile and can be enjoyed fresh, used for making hard cider, in cooking, and for juice.

See below the recipe for [Salad with Shaved Brussels Sprouts](#) under **Green Leaf Lettuce**.

Apple Turnip Mashed Potatoes

Ingredients

1 lb turnips , peeled, cut into 1-inch pieces	1 teaspoon chopped fresh thyme leaves
1 lb potatoes , peeled, cut into 1-inch pieces	3/4 cup buttermilk
3 slices bacon* , cut into 1/4-inch pieces	2 tablespoons butter* , melted
2 medium apples , peeled, chopped	Salt* and pepper to taste
2 teaspoons roasted garlic (from 10-oz jar)	

Directions

In 5-quart Dutch oven, place turnips and potatoes; add enough water to cover. Heat to boiling; boil uncovered 15 to 20 minutes or until tender. Drain. Meanwhile, in 10-inch nonstick skillet, cook bacon over medium-high heat 5 to 6 minutes or until crisp. Drain on paper towels; reserve 2 tablespoons drippings in skillet. Crumble bacon; set aside. In reserved drippings, cook apples over medium-high heat 6 minutes, stirring frequently, until tender and lightly browned. In large bowl, mash turnips, potatoes, apples, garlic and thyme with potato masher until blended (mixture will be chunky). Stir in buttermilk and melted butter. Season with salt and pepper. Sprinkle with bacon. (Courtesy of: BettyCrocker.com)

Apple Walnut Cake

Ingredients

1 cup butter* , softened	½ teaspoon salt*
2 cups sugar*	¼ teaspoon mace
3 eggs*	2 cups chopped walnuts
3 cups flour*	3 cups chopped, peeled baking apples
1 ½ teaspoon baking powder	1 teaspoon vanilla*
1 teaspoon cinnamon	

Directions

In mixing bowl, cream butter and sugar. Add eggs, one at a time, beating well after each addition. Add vanilla. Combine flour, baking powder, cinnamon, salt, and mace. Gradually add to creamed mixture. Stir in apples and nuts, batter will be stiff. Spoon into a greased and floured 10-inch tube pan. Bake at 325° for 1 hour and 15 minutes or until the cake test done. Cool 10 minutes in pan before removing to a wire rack to cool completely. (Courtesy of: Karen Szoke; Hollabaugh Bros., Inc.)

Brussels sprouts (on the stalk!)

The **Brussels sprout** is a cultivar in the Gemmifera group of cabbages (*Brassica oleracea*), grown for the edible buds. Brussels sprouts are typically small (less than two inches) in diameter and look like miniature cabbages. The Brussels sprout may indeed have originated in Brussels, Belgium, although it is likely these small green powerhouses of nutrition were cultivated in ancient Rome. French settlers brought this vegetable to Louisiana in the 18th century, and Thomas Jefferson grew them at Monticello.

Brussels sprouts, as with broccoli and cauliflower, contains sulforaphane, a chemical believed to have potent anticancer properties. Although boiling reduces the level of the anticancer compounds, steaming and stir-frying do not result in significant loss. Brussels sprouts are 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 Use

Brussels sprouts grow like buds in helical patterns along the side of long thick stalks. The stalks themselves are not edible, but Brussels sprouts are sometimes harvested still attached the stalk. The stalk provides the sprouts with a source of post-harvest nutrients allowing them to retain their livelihood and moisture longer than loose Brussels sprouts. If you don't plan on using your Brussels sprout stalk right away, place the stalk in water and put it in the refrigerator.

Keep unwashed and untrimmed Brussels sprouts in the vegetable compartment of the refrigerator. Stored in a plastic bag, they can be kept for 10 days. If you want to freeze Brussels sprouts, blanch them first for between three to five minutes. They will keep in the freezer for up to one year.

When ready to prepare, cut away any surplus stem and peel loose surface leaves and discard. Once cut and cleaned, boil, steam, stir-fry or roast the buds; however, boiling results in significant loss of anticancer compounds. To ensure even cooking throughout, buds of a similar size are usually chosen. Some cooks will make a single cut or a cross in the center of the stem to aid the penetration of heat. Avoid overcooking Brussels sprouts, as they will become soggy and develop an unpleasing sulfur taste and smell.

See below the recipe for [Salad with Shaved Brussels Sprouts](#) under **Green Leaf Lettuce**.

Roasted Brussels Sprouts and Potatoes with Rosemary

Ingredients

1 lb. Brussels Sprouts	3/4 tsp. freshly ground black pepper
1 lb. potatoes , chopped in 1 1/2- inch cubes	1-2 sprigs Rosemary, removed from stem
5 T. olive oil*	Optional: 2 cloves garlic*, pressed
1 tsp. kosher salt	

Directions

Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix sprouts and potato cubes in a bowl with the olive oil, salt and pepper, and rosemary. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts and spuds evenly. Sprinkle with more kosher salt and serve immediately.

Green Leaf Lettuce

Green leaf lettuce is a variety of loose-leaf lettuce. It is characterized by tender, delicate, fully flavored leaves in a loose bunch. Like all lettuces, green leaf lettuce is a very low calorie green vegetable. It is great source of Vitamin A, Vitamin K, and Vitamin C, as well as the minerals iron, calcium, magnesium, and potassium. Wash your green leaf lettuce, dry it, and then store it in the refrigerator in plastic bag. It should stay fresh up to seven days.

Salad with Shaved Brussels Sprouts

Ingredients

½ cup light balsamic dressing*
1 large head **lettuce**, chopped
3 ounces grated Manchego cheese
¼ cup dried cranberries*
10 to 12 **Brussels sprouts**
1 large **apple**, diced
1/3 cup chopped Marcona almonds

Directions

Trim the ends of the Brussels sprouts; discard the outer leaves or any discolored leaves. Slice the sprouts very thin or use a mandolin to carefully slice into thin slivers. Combine all ingredients in a large mixing bowl with light balsamic dressing and gently toss all together. Serve. (Courtesy of: whatsfordinner.com)

Low Carb Lettuce Burgers

Ingredients

Sauce:	1/2 teaspoon freshly ground black pepper
1/4 cup Greek yogurt	5 dashes Worcestershire sauce
2 tablespoons adobo sauce (from canned chipotles in adobo)	Toppings:
1 tablespoon Dijon mustard*	1 head green leaf lettuce
2 dashes Worcestershire sauce	2 avocados*, sliced
Burgers:	1 tomato*, sliced
2 pounds ground chuck*	1/4 red onion*, thinly sliced into rings
1 teaspoon kosher salt	12 small sweet pickles*, chopped

Directions

For the sauce: Mix together the yogurt, adobo sauce, mustard and Worcestershire sauce in a small bowl. Set aside. For the burgers, combine the ground chuck, salt, black pepper and Worcestershire sauce in a bowl. Form four patties and set aside. Heat a skillet over medium-high heat. Cook the patties until done in the middle, 4 to 6 minutes per side. Cut the base of each lettuce leaf on the head and carefully peel it away so that it stays as intact as possible. Top the patties with avocado slices, tomato slices, red onion rings and chopped pickles, then drizzle with the sauce to taste. Use two or three lettuce leaves per patty and wrap them around the patty as tightly as you can. Slice in half and serve immediately! (Source: Ree Drummond, Food Network)

Turnips

The **turnip** (*Brassica rapa* subsp. *rapa*) is a root vegetable commonly grown in temperate climates worldwide for its white, bulbous taproot. The turnip's root is high in vitamin C. The green leaves of the turnip top ("turnip greens") are a good source of vitamin A, folate, vitamin C, vitamin K and calcium. Turnip greens are high in lutein (8.5 mg / 100 g). Turnip greens are delicious when steamed or sautéed in olive oil.

The turnip was a well-established crop in early Greek and Roman times. Sappho, a Greek poet from the 7th century BC, called one of her paramours *Gongýla*, "turnip". We don't recommend calling a significant other by this endearment, however! Pliny the Elder considered the turnip one of the most important vegetables of his day, rating it "directly after cereals or at all events after the beans, since its utility surpasses that of any other plant".

Storage and Preparation

If you buy turnips with their greens attached, remove the greens when you get them home. Clean, store, and cook the greens. Store turnips loosely wrapped in a plastic bag in the crisper of the fridge or, if you're lucky enough to have one, loose in a root cellar. Like any root vegetable, they want a cool, dark, dry environment. Wash well and peel if needed before preparing.

See above the recipe for [Apple Turnip Mashed Potatoes](#) under **Goldrush Apples**.

Roasted Turnips

Ingredients

2 pounds **turnips** with purple tops, cut into wedges
4 tablespoons unsalted butter, cubed
3 sprigs fresh thyme
2 shallots, sliced
1 tablespoon olive oil
Kosher salt and freshly ground black pepper

Ingredients

Preheat the oven to 450 degrees F. Toss together the turnips, butter, thyme sprigs, shallots, olive oil and some salt and pepper in a 13-by-9-inch baking dish. Roast until the turnips begin to soften, about 30 minutes. Adjust the seasoning and serve.



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Red Potatoes

Potatoes were first domesticated in the region of modern-day southern Peru and extreme northwestern Bolivia between 8000 and 5000 BCE. The potato is the world's fourth-largest food crop, following rice, wheat and corn. There are now over 1,000 types of potatoes. White potatoes, sometimes called Irish potatoes, have long been a food staple in many cultures. The annual diet of an average global citizen in the first decade of the 21st century included about 73 pounds of potato. The potato contains vitamins and minerals, as well as an assortment of phytochemicals, such as carotenoids and natural phenols.

Storage and Preparation

Do not store potatoes in the refrigerator. Refrigeration converts the starch in potatoes to sugar which will cause the potato to darken when cooked. Store potatoes in a cool, dark place to prevent the starch from turning to sugar. Potatoes should keep for a few weeks, unless stored in a root cellar where they may keep for a few months. If potatoes develop green areas or start to sprout, these areas should be trimmed before using. Wash well before using, especially when they will not be peeled.

See above the recipe for [Apple Turnip Mashed Potatoes](#) under **Goldrush Apples**.

See above the recipe for [Roasted Brussels Sprouts and Potatoes with Rosemary](#) under **Brussels Sprouts (on the stalk!)**.