



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



Hollabaugh Bros., Inc. Fall CSA - Week 8

Box contents:

Pink Lady Apples, Bosc Pears, Watermelon Radishes, Leeks, carrots, Dried Apple Snitz

Dairy Add-on contents:

AVC Milk (Skim, 1.5%, Whole, or chocolate), AVC Butter

Welcome to the final week of our fall CSA program! We hope you enjoy your bag 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 bag for an additional charge. If you'd like to add anything to your bag, 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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Pink Lady Apples

Pink Lady apples are the result of a cross between a Lady Williams apple with a Golden Delicious. This combination created a variety of apple known as Cripps Pink. In order to be sold under the trademarked name Pink Lady the Cripps Pink apple must meet a list of requirements based upon color and taste. Over half of a given crop typically does not meet the strict requirements, and those apples are sold under their variety name, Cripps Pink. The apple originated in Australia.

Pink Lady apples are distinctive in color and taste, exceptionally sweet to tart taste with a firm and juicy flesh. The apples are medium in size and oblong in shape with yellow skin, covered with a red to pink blush. The flesh is highly crisp and resistant to browning when sliced. This is a beautiful fruit.

Pink Lady apples are rich in dietary fiber and contain vitamins A and C. An average Pink Lady apple contains between 50 and 60 calories and has a high water content. They also contain boron, which helps to strengthen bones and pectin, which aids in digestion.

Storage and Preparation

The crisp texture of Pink Lady apples makes them an excellent addition to both fruit and vegetable salads. They work well in sweet baked goods such as pies, cakes and pancakes and can be used to create sauces, preserves and juice. Try sliced thin and served atop savory tarts and flat breads. Their flavor pairs well with gorgonzola cheese, raisins, figs, winter squash, cherries, pecans and with warm spices such as cinnamon, nutmeg and cardamom. Store and prepare them as you would Honeycrisp.

See below the recipe for [Magic Fruit and Veggie Cupcakes](#) under **Carrots**.

See below the recipe for [Radish, Apple, and Onion Salad](#) under **Watermelon Radishes**.

Pink Lady Pancakes

Ingredients

4 T. sugar	1 tsp. vanilla extract
1 egg*	1/4 cup brown sugar
1 cup self-rising flour	2 pink lady apples
3/4 cup milk*	Whipped cream, maple syrup*, fresh berries (if available)
1/4 tsp. baking soda	

Directions

Whisk together all the ingredients except for the apple, till you have a smooth batter. Take each apple quarter and slice lengthwise into slices no thicker than about 2-3mm. Use a mandolin if possible. Heat up some butter or olive oil in a cast iron (preferably) griddle or frying pan over a low-medium heat, then place 1/2 cup pancake batter on the heated pan and decorate with apple slices to form a flower shape. Once the bottom has cooked and is golden brown, carefully flip over to the apple side (try not to dislodge any of the apple slices) and fry till the apple is cooked and caramelized to a golden brown. These pancakes are very fluffy and sweet and make a very special breakfast or supper when served with fresh whipped cream, fruit, and real maple syrup.



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Bosc Pears

The **Bosc pear** is a cultivar of the European Pear (*Pyrus communis*). Characteristic features are a long tapering neck and russeted skin. Its flesh is dense, crisp, and smooth. It is called the "aristocrat of pears." Ripe Bosc pears will have a luscious pear aroma, especially when sniffed at the stem. Ripe ones will have a bit of give as you hold them firmly in your hand, but do avoid pressing down with your fingers into the pear to check for ripeness, since that can bruise the fruit.

Storage and Use

Use Bosc pears in any recipe calling for cooking pears in which you want the whole, halved, sliced, or chopped pear to hold its shape while cooking. They are also delicious raw, especially sliced into salads. Keep them under refrigeration for several weeks and wash right before using.

See below the recipe for [Arugula, Pear, and Watermelon Radish Salad](#) under **Watermelon Radishes**.

See below the recipe for [Magic Fruit and Veggie Cupcakes](#) under **Carrots**.

Pork Chops with Pear Chutney

Ingredients

1 shallot, diced	Pinch crushed red pepper
3 tablespoons cider vinegar*	3 pears , peeled, cored, and cut in large dice
2 tablespoons light brown sugar	2 tablespoons dried cranberries
1 tablespoon unsalted butter	2 tablespoons chopped fresh cilantro*
1 1-inch piece peeled fresh ginger*, cut into coins	Chops:
1 teaspoon Madras curry powder	8 thin bone-in pork chops*, each about 4 ounces
1 cinnamon stick	Kosher salt and freshly ground black pepper
Kosher salt	2 tablespoons vegetable oil

Directions

For chutney: In medium microwave-safe bowl, stir together shallot, vinegar, brown sugar, butter, ginger, curry powder, cinnamon stick, 1/4 teaspoon salt, and red pepper. Cover and seal with plastic wrap and heat in microwave oven on HIGH for 1 minute. Carefully remove plastic wrap and stir in pears and cranberries. Re-cover and microwave for 10 minutes more. Carefully poke holes in plastic wrap to release steam and set aside.

For pork chops: Heat a large skillet over medium-high heat. Pat pork chops dry and season with salt and pepper to taste. Add 1 tablespoon oil to pan and heat until shimmering. Lay 4 chops in pan and sear until golden on one side, about 3 minutes. Turn and cook 1 more minute. Remove from pan; set aside and keep warm. Repeat with remaining oil and chops. Add chutney to pan and, scrape up any brown bits from bottom using a wooden spoon. Simmer until slightly thickened. Stir in cilantro. Serve chops with chutney. (Courtesy of: Food Network)



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Watermelon Radishes

The Watermelon Radish, an heirloom variety of daikon radish, originated in China. Its flesh has a green exterior with a deep pink to bright red center that closely resembles that of its namesake. These radishes are larger than regular radishes and can range in size from a golf ball to that of a softball. They have a mild radish flavor that's a blend of slightly pepper and slightly sweet.

Arugula, Pear, and Watermelon Radish Salad

Ingredients

3 cups green leaf lettuce*, washed
1 cup arugula
1 **pear**, sliced
1 **watermelon radish**, sliced
2 Tbsp seeds mix (sunflower*, pumpkin, flax, poppy seed)

Vinaigrette:

2 tsp raspberry jam*
1 tsp balsamic cream vinegar
1 Tbsp sesame oil
2 Tbsp e.v.o. oil*
dash salt and pepper
dash sugar*

Directions

Take washed lettuce and break into smaller pieces and place in bowl. Mix in Arugula. Wash and peel watermelon radish. With a mandolin slicer cut watermelon radish into thin rounds. Wash pear and cut using mandolin, stopping before hitting the core then turning on the other side to do the same. In a bowl whisk olive oil, sesame oil, balsamic cream, raspberry jam, salt, pepper, and sugar. Blend with a small whisk until smooth and well incorporated. Grab a good handful of the arugula lettuce mix. Place some slices of watermelon radish and pear off to one side. Mix up vinaigrette and drizzle over salad. Sprinkle some seed mix. Ready to serve. (Courtesy of: www.sugarlovespices.com)

Radish, Apple, and Onion Salad

Ingredients

4 **radishes**, thinly sliced
2 **apples**, cored, seeded and thinly sliced and tossed with 2 teaspoons lemon juice
1/2 onion* or 1 **leek** thinly sliced
1 head lettuce*, chopped
Dill and Poppy Dressing:
3 tablespoons red wine vinegar*

2 teaspoons sugar*
1 teaspoon salt*
1/4 cup extra-virgin olive oil*
1/2 cup sour cream*
1 teaspoon poppy seeds
2 tablespoons chopped dill or 2 teaspoons dried dill

Directions

Combine radish, apple (coated in lemon to retard browning) and onion with chopped lettuce. In a small bowl, combine vinegar with sugar and salt. Whisk in oil, stir in sour cream, poppy and dill. Drizzle dressing evenly over salad and serve. (Source: Rachael Ray, Food Network)



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Leeks

Leeks, considered to be the sweetest and the most mild flavored member of the onion family, offer an earthy, mild onion flavor. Native to the eastern Mediterranean, leeks are hardy plants that can withstand cold climates. The cylindrical, white, root gradually becomes a stalk with a fan of dark green, flat leaves. Often interchangeable with onions and garlic, leeks are a good source of iron, vitamin C and folate.

Storage and Use

Store your unwashed and untrimmed leeks in the refrigerator in loosely wrapped plastic where they will keep for 1 to 2 weeks. Cooked leeks will only stay fresh for up to two days, so be sure to eat them shortly after you prepare them!

See below the recipe for [Radish, Apple, and Onion Salad](#) under **Watermelon Radishes**.

See below the recipe for [Sauteed Carrots and Leeks](#) under **Carrots**.

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.



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Sauteed Carrots and Leeks

Ingredients

2 leeks, finely chopped	1 tablespoon white sugar
4 carrots, finely chopped	1/2 teaspoon dried thyme
1/3 cup chicken broth	1/2 teaspoon kosher salt
2 tablespoons butter	1/8 teaspoon ground black pepper

Directions

Combine leeks, carrots, chicken broth, butter, sugar, thyme, salt, and pepper in a skillet; bring to a boil. Reduce heat and simmer until liquid evaporates, about 15 minutes. Cook and stir mixture until leeks and carrots are lightly browned, 2 to 3 minutes. (Courtesy of: allrecipes.com)

Magic Fruit and Veggie Cupcakes

Ingredients

1/2 cup all-purpose flour	Pinch of salt
1/2 cup whole-wheat flour	1 large egg*
1 tablespoon soy flour	1/4 cup packed light brown sugar, plus more for topping (optional)
2 tablespoons wheat germ	2 tablespoons extra-virgin olive oil
1/2 cup bran flakes cereal or old-fashioned oats (or a combination)	1 teaspoon vanilla extract
1/4 cup ground flax seeds	2/3 cup plus 1 tablespoon whole milk*
1 teaspoon baking soda	3/4 cup grated or finely chopped carrots
1 teaspoon baking powder	3/4 cup grated or finely chopped fresh apples and pears
1 teaspoon ground cinnamon	

Directions

Preheat the oven to 350 degrees. Line a 24-cup mini muffin pan with paper liners or mist with cooking spray. Whisk the flours, wheat germ, bran flakes, flax seeds, baking soda, baking powder, cinnamon and salt in a large bowl; set aside. Beat the egg and brown sugar in a medium bowl with a wooden spoon until smooth. Add the olive oil, vanilla, milk, vegetables and fruit and mix well. Pour the wet ingredients into the dry mixture and stir just until blended. Spoon the batter into the prepared pan, filling each cup about three-quarters of the way. Sprinkle the tops with brown sugar, if desired. Bake for 20 to 24 minutes. Remove from the pan and cool on a rack. (Courtesy of: Melissa d'Arabian; Food Network)



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Apple Snitz

These particular snitz are made with our Honeycrisp apples. It's an old-fashioned Pennsylvania treat and can easily be made at home. There's nothing added to them, so they're a wonderful (addictive), healthy snack! No preservatives, no sugar, no spices. Just plain ol' good apples!

Storage and Use

Keep your snitz in their plastic bag or airtight container for up to a year in the refrigerator. In Southern Appalachia, dried apple slices were strung on a thick string and hung from the cabin rafters. If you want to try these at home, be sure to make a double batch: they won't last long!

D.I.Y. Apple Snitz

Method 1: Quarter the apples. Remove the core with seeds and the concave ends by cutting away the thin sliver shown next to the knife. Then cut 1/4-inch thick wedge-shaped slices from end to end.

Method 2: Remove the Core with a Fruit Corer. This will make a hole through the Apple. Then slice the Apple starting at the bottom. If this small first slice contains unsightly remnants of the end, then discard it. Slice the remaining Apple into 1/4" round slices which will all have a hole in the middle.

To avoid excessive browning, dip the apple slice in a diluted lemon juice solution. Sprinkle cinnamon on the slices for added zip. You may peel or leave the peels on as desired. Do remember that many of the important nutrients are found in the peel. Use a food dehydrator, a very slow oven, or string the apple slices on a thick string and hang to dry in a bright, sunny spot. You'll have a healthy, tasty snack.

Snitz and Knepp

Ingredients

1 1/2 lbs. cured ham or 1 hamhock*
1 c. dried **apple snitz**
Brown sugar (2 T. or so, to taste)

Directions

Wash snitz; cover with water and soak overnight. Cover ham with cold water and cook slowly for 3 hours. Add apples and the water they were soaked in. Add brown sugar and cook 1 hour longer. Use dumpling recipe below for knepp (or Bisquick). This dish can also be made without meat by preparing snitz as above, sweeten with brown sugar and add 3 tablespoons butter or meat fryings.

For Homemade Dumplings

1 1/2 c. flour	2 tsp. baking powder
3/4 cup milk*	3/4 tsp. salt

Directions

Sift dry ingredients together and mix with milk. Drop in boiling broth as soon as mixed. Boil 10 minutes, uncovered. Boil 10 minutes, covered (do not lift lid, will spoil dumplings). (Source: Hollabaugh Bros., Inc.)