



News from Bethany at

# Spiral Path FARM



**4/16/24**

**Your Share Menu:**

**Carrots**  
Store in vegetable drawer of the fridge.

**Sweet Potatoes**  
Store at room temperature  
(From winter storage!)

**Baby Arugula**  
Store inside the fridge  
(Washed and Dried)

**Overwintered Kale**  
Store inside the fridge.

**Yellow Onion**  
Store at room temperature.

**Overwintered Collards**  
Store inside a sealed bag in the fridge.

**Red Spring Onions**  
"Scallions or Green Onions"  
Trim off the roots and store inside a plastic bag in the fridge  
(Use the entire green stem for flavor)

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## Welcome aboard our 30<sup>th</sup> growing season!

We're so excited to finally be bringing you organic veggies and to be celebrating three decades of doing so for our CSA members! This program started in 5 flower beds under the care of Mike and Terra Brownback and has grown into a 300-acre certified organic operation now under the care of their son, Will Brownback, thanks to the support of people like you. If this is your first season with our farm, welcome to Community Supported Agriculture! Eating seasonally is far and above the best way to receive the freshest and most nutritious food. We strongly believe that healthy people begin with good food grown in healthy soil and our promise to our community is to continue to grow the best-tasting, most nutritious food using the best sustainable practices. You, as the conscientious consumer, are playing a key role in the choices that you make every day and in choosing to support us you are impacting the future of agriculture and the health of the generations beyond our children's children. Keep reading these newsletters to get updates about what is happening on the farm each week. We want to make sure that you are beyond satisfied as a supporting CSA customer. Although we take great care in packing and handling your produce, "compost happens." Please do not hesitate to contact us if you are ever unsatisfied with any item in your weekly share so that we can quickly address the issue and send you replacements.

*Recipes are on the back!*

**Overwintered?** You are getting a special spring treat in your shares this week. The kale and collards in your box this week were both overwintered, meaning they were planted last winter before our season ended and left in the fields over winter. This brings on a phenomenon known as "cold sweetening". The cooler weather triggers the plants to create sugars in the forms of glucose and fructose. These sugars help the plant by making its cells less prone to freezing as sugar lowers the freezing point of water. And a happy consequence for all of us is that it makes the leafy greens oh so sweet! I sautéed some of each up with salt, pepper, lemon juice, chicken stock, onion, and garlic and combined it with some rice for my lunches this week!

### Isla's Ideas

Happy Spring! We have been starting to plant some greens, including parsley and salad. I am glad we planted those because it has been so rainy lately and now it is finally glorious outside! Which is good, because I have a trampoline and I love doing gymnastics on it. This week I have been practicing front handsprings and front flips. I think I have been doing pretty good but need to work on my landings. In a couple of weeks I will be trying out for a gymnastics team, called the Gymettes. I'm looking forward to competitions and hope I'm ready for them. What is your favorite sport or outdoor activity? Write to me and let me know at csa@spiralpathfarm.com. I love to hear what you say!

**Check out our website:**  
**Weekly CSA Menu** - Posted every Monday morning!  
**Virtual Farm Cookbook** - Search by veggie item! Hundreds of recipes shared by us and other members.

## **Lemony Arugula Salad with Couscous, Cucumbers, and Feta**

3 cups cooked couscous  
4 cups baby arugula  
½ a cucumber (chopped)  
½ cup feta cheese  
2 Tbsp lemon juice  
4 Tbsp extra virgin olive oil  
½ tsp honey  
1 tsp dried basil (or a handful of fresh chopped basil)  
Salt & Pepper

*Whisk lemon juice, olive oil, honey, basil, salt, and pepper together. Toss the cooked couscous with the dressing and set aside for 5 minutes, stirring occasionally. Once slightly cooled, add arugula, cucumbers, and feta. Toss well and serve.*

## **Deirdre's Loaded Scalloped Sweet Potato and Kale**

6 cups sweet potatoes (sliced very thin, skins on)  
½ cup spring onions (sliced thin, bulbs and green tops; set aside 2 Tbsp)  
4 cups kale (chopped)  
1 tsp salt & ¼ tsp black pepper  
4 Tbsp flour  
2 cups half and half (blended with 1 cup plain Greek yogurt or 1 cup sour cream)  
4 cups cheddar cheese (shredded)

*Butter a 9x13 glass dish. Pre-heat oven to 350 degrees. Prep all of the above in separate bowls or plates. Build layers in your 9 x 13 pan; sweet potatoes (single layer), then ½ spring onions, ½ kale, ½ the salt and pepper, then 1/3 the cheese. Sprinkle the layer with 2 Tbsp flour. Repeat for another layer. Slowly and evenly, pour your half and half blend over your layers. Make about 2 layers, ending with sweet potatoes. Top with cheddar cheese and 2 Tbsp chopped spring onions. Bake uncovered for 1 hour and 20 minutes.*

## **Shepherd's Pie-Collards Style**

1 bunch collards (sliced and then chopped fine)  
½ lb. bacon (chopped uncooked \* optional)  
1 medium onion (chopped)  
3 cloves garlic (sliced)  
2 cups carrots (thinly sliced)  
¼ cup sesame oil  
4 cups mashed gold potatoes  
2 cups shredded cheddar cheese  
½ tsp salt & ¼ tsp pepper  
2 Tbsp tamari sauce –this is naturally fermented soy sauce, great flavor  
2 9-inch pie crusts (optional)

*Heat the sesame oil in a large skillet, add bacon (optional,) onions, garlic, carrots, stir and cook till translucent. Add collards all at once and stir to coat. Add 2 Tbsp water to steam and cover on med heat for 5 minutes, stirring occasionally. When collards are fully softened, add the tamari sauce, and stir. Place this mix in a 9x13 glass lasagna pan or two 9-inch pie crusts. Cover with mashed potatoes, and top with cheese. Bake at 375 degrees for about 45 minutes.*