



News from Bethany at



5/7/24

Your Share Menu:

Potatoes
Store inside a cool dark cabinet.

Yellow Onion
Store at room temperature.

Turnips
Store in the fridge inside a sealed bag.

White 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)

Collards
Store inside a sealed bag in the fridge.

Mixed Greens
Store in the fridge
Washed/dried and ready to eat!

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Greetings!
The warm temperatures were welcome here on the farm! We were able to take the frost blankets off our strawberry patch, and the sides were raised on our greenhouses most of the week. I was very excited to see the blossoms all starting to open in our strawberry field this week. Its looking promising for a big harvest this year. Our field crew also got our netting set up for our pea transplants to be able to climb as they grow, and we got sweet corn and yummy peppers transplanted for later this summer too. In the packhouse, we put all of our seed potatoes into a room with heaters to get them to start sprouting so they will be getting planted soon as well. Nico and Juan were also busy all week laying out our irrigation lines to keep everything well-watered during this week of mid-80s temperatures and sunshine. We have finished our spring supply of carrots so you will not be receiving any more of those until later this summer. And we only have a little bit of yellow onion left so that will also be finishing up until our late summer harvests. You can also expect another week of rhubarb next week.

The Honor System: Our CSA Program Depends on it.
We have been short boxes at several sites these first couple weeks and having to send out replacements as everyone figures out how pick-up works. **Please look at the check-off list provided in your delivery sites binder before taking any share boxes even if you believe you know what you are getting that week!** The size and number of shares we sent for you will be listed next to your name. If you believe you are supposed to be picking up, but your name is not on the list, call the farm before taking someone else's veggies. Our number is (717)789-4433 ext. 1. If you take the wrong color share (medium is purple-full is green), more shares than are listed next to your name in the binder, or you and someone you share the box with both accidentally pick-up, you will be short-changing another member. We appreciate the honesty and integrity of our members. Thank you for keeping our honor system working!

Isla's Ideas
I'm looking forward to having strawberries! About a month ago we took the straw off the strawberry plants and put on a row cover. Then, last Friday we took the row cover off and there were lots of little flowers that will soon become strawberries! The strawberries grow from the inside of the flower and the flower wilts and the strawberry starts getting bigger and getting redder in color until it's ripe. I think strawberries are nice but why would you call them strawberries? You use straw to keep them warm but why strawberries? They're such a fantastic fruit. They should have another name. If you renamed strawberries, what would your name be? Red berry? Inside flowerberry? Red Polkas? Rolkaberry? Also, how long do you think it takes for a strawberry to grow until it's ripe? Write to me at csa@spiralpathfarm.com and let me know!

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.

Caramelized Turnips

- 3 cups turnips (peeled and diced)
- 1/4 cup water
- 1 cube chicken bouillon
- 1 Tbsp butter (or more as needed)
- 2 Tbsp white sugar

Place the turnips into a skillet with the water and chicken bouillon cube over medium heat, and simmer until the water has evaporated and the turnips are tender, about 15 minutes. Stir in the butter, let melt, and sprinkle on the sugar. Gently cook and stir the turnips until the butter and sugar cook into a brown, sticky coating on the turnips, about 10 minutes. Serve hot.

German Potato Salad

- ½ lb. bacon slices (chopped)
- 1 bunch of spring onions (chopped)
- 1/3 cup white vinegar
- 4 Tbsp sugar
- ½ tsp salt
- 4 medium potatoes (peeled and sliced)
- 1/4 cup water

Put water and potato slices in a casserole dish and place on high in the microwave for 20 minutes or until tender. Brown the bacon in a skillet. Add spring onions into the skillet. Stir in vinegar, salt, and sugar. Mix finished potatoes into the skillet and enjoy!

Pasta Carbonara Farm Veggie Style

- 1 lb. angel hair pasta
- 6-8 strips of raw bacon (chopped)
- 2 Tbsp olive oil
- 1 cup onion (chopped)
- 3 cloves garlic (sliced)
- 2 cups carrots (diced)
- 1 bunch of collards (Roll leaves together tightly with stems. Slice them thin, and then cut cross into small pieces.)
- 1 Tbsp Italian seasoning (dried oregano & basil)
- 1/2 tsp pepper and 1 tsp salt
- 2 cups whole milk or half and half
- 2 eggs (beaten)
- 1 cup parmesan cheese or Romano cheese

In a large pot of boiling salted water, cook pasta until al dente. Drain well. Toss with 1 tablespoon of olive oil, and set aside. Meanwhile in a large skillet, cook chopped bacon until slightly crisp; remove with a slotted spoon to a separate bowl. Reserve all the bacon fat; add remaining 1 tablespoon olive oil, and heat in large deep pot. Add chopped onion and carrots and cook over medium heat until onion is translucent. Add minced garlic, and cook 1 minute more. Add chopped greens, seasonings, salt and pepper. Cook on medium heat, stirring often with a lid for 15 minutes, or until greens are very wilted and softened. Return cooked bacon to pot; add cooked and drained spaghetti. Add the milk. Toss to coat and heat through, adding more olive oil if it seems dry or is sticking together. Add beaten eggs and cook, tossing constantly with tongs or large fork until eggs are barely set. Quickly add ½ cup Parmesan cheese, and toss again. Add salt and pepper to taste (remember that bacon and Parmesan are very salty). Serve immediately with Italian seasonings sprinkled on top, and extra Parmesan cheese at table.