



News from Lucas at



LIFETIME MEMBER



Pennsylvania
Association for
Sustainable Agriculture
www.pasafarming.org

11/27/18

Your Share Menu:

Brussels Sprouts

Store inside a grocery bag in the fridge
Can store up to 2 weeks

Baby Arugula

Store in the fridge
Perishable within a week

Turnips

Store inside a sealed bag in the fridge
Can store for a month

Yukon Gold Potatoes

Store in a cool dark cabinet
Can store for months

Garlic

Store at room temperature
Can store for months

Napa Cabbage

Store inside a bag in the fridge
Can store for several weeks

Collard Greens

Store inside a sealed bag in the fridge
Perishable within a week

Yellow Onion

Store at room temperature
Can store for months

*Recipes are
on the back!*

Brownback Family
538 Spiral Path Lane
Loysville, PA 17047

phone: 717-789-4433
www.spiralpathfarm.com
e-mail: csa@spiralpathfarm.com

Our Last CSA delivery is Tuesday, December 18th

Sampler Share Gift Certificates are available for the holidays

Shop local and spread the gift of fresh food with a 4-week sampler CSA membership

~ Any month of their choice during our 2019 season~

Just send us an email request and we can easily send you back a redeemable gift certificate to print at home or send through the mail to you.

Full Samplers \$106 Medium Samplers \$76

8 inches of snow covered the farm a week before Thanksgiving. And as if matters couldn't get much worse this year for farmers; there was a *freakin'* lettuce recall. First off, YES – you are completely safe from the Romaine Recall!!! In fact, being a current member of a local CSA increases your safety of consuming live food. All of the items in your share are coming directly from our farm. The tragedy and downright inexcusable problem of this situation is that "they" are unable to even trace where the problem originated. So, the solution is to simply recall the entire country's worth of lettuce. This isn't something that happened from romaine lettuce; this happened to romaine lettuce! The average grocery store receives shipments from all over North America, those shipments came from warehouses that receive and divide up produce from farms all over the country. Etc., etc. Where is the accountability? Why are they unable to trace which farm the contaminated produce comes from? Now, more than ever, is the safest time to be a CSA member! Think of how many hands actually touch the produce from the grocery store before it reaches someone's table. We are confident in our food safety certifications, our small number of employees, and our growing practices to ensure that you are in safe hands to consume our food with the peace of mind you deserve. For those that are still freaked out – we do not grow romaine this time of year and it is not in our mixed lettuce greens. We completely respect all types of farmers and consumers, so we are absolutely hesitant to make assumptions and guesses on why or how this occurred. All we know: is our lettuce is delicious, safe, and full of nutrients. Keep enjoying and as always- thanks for being a supporter of a small family farm.

Khaya's Korner:

Hi everyone! Our puppy, Chief, is now 8 months old! He is getting to be so big! When we first got him last May, Isla could hold him on her lap. But now, Isla could ride him like a horse. Dogs grow so fast, especially our dog. With the first snowfall last week, Chief went crazy. He was covered in snow, and he loved it. I guess he doesn't mind the cold. He loves chasing us on our sleds and terrorizing the three cats. There is one fact you need to know about Chief: he is a farm dog. ~ Khaya Brownback

Arugula Salad serves about 3

Arrange a lovely handful of chopped arugula leaves (wash before serving) in individual bowls. Top with $\frac{1}{2}$ C chopped apples or $\frac{1}{2}$ C chopped pears. Take 3/4 C chopped walnuts and toast on low in a heavy pan for 5 minutes. Drizzle with 1 T maple syrup. Allow glazed walnuts to cool. Top the arugula salad with 2 T glazed walnuts and a light sweet balsamic dressing. Easy, fast, elegant, nutritious and... very tasty.

Arugula/Portabella Bechamel Sauce

5 oz. arugula chopped

2 large portabella mushrooms chopped, sauté in $\frac{1}{4}$ cup butter

Add arugula and allow it to wilt

Stir in $\frac{1}{2}$ tsp. Italian seasoning (1 tsp. minced garlic, 1/8 tsp. pepper, $\frac{1}{2}$ tsp. salt, 1 tsp. fresh minced ginger)

Add 2 cups white sauce and stir

Serve over pasta, rice, or quinoa

Roasted Autumn Trio

Brussels Sprouts-stems trimmed off

White Turnips-remove tops for another use, cut into roots into pieces, same size as Brussels sprouts

Sweet Potatoes –leave skins on, cut into pieces, same size as Brussels sprouts

Use even amounts of each vegetable, beginning with 1-2 Cups of each. The colors of this side dish are very appealing.

Place all in a large bowl. Sprinkle with $\frac{1}{2}$ to 1 t salt and $\frac{1}{4}$ t black pepper. Pour over the veggies: 2 T olive oil. Toss till all veggies are coated with the oil.

Lay out in a casserole dish 9' x 13' or a cookie sheet. Bake at 350 degrees for about one hour

Ramen Cabbage Salad

1 pkg. Ramen noodles

$\frac{1}{2}$ head cabbage, shredded

$\frac{1}{2}$ c. cashews or almonds

$\frac{1}{4}$ c. oil

Crush noodles. Pour boiling water over noodles to soften. Drain.

Mix oil, seasoning packet from noodles, 3 T. vinegar, and 2 T. sugar.

Mix noodles, cabbage, and dressing. Chill at least 4 hours. Add cashews before serving.

Crispy Turnip Fries

Turnips

1 tbsp olive oil

1/4 cup grated parmesan cheese

1/2 tsp garlic salt

1/2 tsp paprika

1/2 tsp onion powder

Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with a piece of aluminum foil and lightly grease.

Peel the turnips and cut into French fry-sized sticks. Place into a large bowl and toss with the olive oil to coat. Place the Parmesan cheese, garlic salt, paprika, onion powder in a re-sealable plastic bag, and shake to mix. Place the oiled turnips into the bag and shake until evenly coated with the spices. Spread out onto the prepared baking sheet.

Bake in preheated oven until the outside is crispy, and the inside is tender, about 20 minutes. Serve immediately.

Caramelized Turnips

3 cups diced peeled turnips, 1/4 cup water, 1 cube chicken bouillon

1 tablespoon butter, or more as needed

2 tablespoons 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.