



News from Lucas at



5/7/19

Your Share Menu:

Bok Choy

Store in a sealed bag in the fridge

Green Chard

Store in a sealed bag in the fridge

Asparagus

Store inside a sealed bag in the fridge

Mixed Lettuce Greens

Store bag inside the fridge

Spring Onions

"Scallions or Green Onions"
Wrap in plastic bag in the fridge
Use the entire green stem for flavor

Yukon Gold Potatoes

Alive and well from winter storage
Store in a cool-dark cabinet to prevent from sprouting

Kale

Store in a sealed bag in the fridge

Recipes are on the back!

For more recipe ideas-

Check out our website's Virtual Cookbook for hundreds of recipes accessible through our farm's own Google Docs. Search by veggie to find, print, and use at home. You can also share your favorite recipe with us.

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**Mark your calendars for our 2 Open Farm Days this summer:
July 27th and August 24th**

Bring the whole family out to see the farm where all your produce is coming from!
~Free and exclusive for CSA members who are welcome to invite/bring friends~
- 9 am to 2 pm -

We reuse our share boxes! Please leave them at your delivery site for us to collect each week and recycle into our CSA deliveries

Watching the weather forecast and hoping it is accurate is a farmer's favorite method of gambling! We used every ounce of daylight last week while the ground was dry to get our crops in before the expected weekend storms. Luckily, we made some major headway in successfully planting the first wave of tomato varieties, cantaloupes, green peppers, cucumbers, and zucchini. Thank goodness we did, because after the 2-inches we received on Sunday and with rain expected again on Thursday – we most likely will not be planting at all this entire week. If the ground is too wet, we wait! Although it may seem like it's been wet since last July, you never know when a dry-spell will occur with how quickly the weather patterns can change. Contrary to popular belief, we would rather our farm experience a draught than receive too much rainfall. With two wells dug deep beneath the farm to help irrigate; we would much rather be in-control of the watering process opposed to dealing/reacting to it. If we lived in a state like California, I'm sure we would be stating a totally different opinion. So, what do we do on weeks where we are not planting? Harvesting and tending to what is growing. Our peas will be staked, trellised and strung this week. Radishes get weeded, carrots get thinned, cucumbers and cantaloupes are covered/uncovered daily. Our outdoor spinach is now ready followed closely behind by our beloved mixed lettuce greens. Coming soon: more asparagus, rhubarb, cilantro, and parsley. On the horizon: our strawberries are all flowering (right on schedule and expected to be ripe a little earlier than last season).

One of the biggest perks of being a CSA member is forging a relationship between farmers and consumers and knowing where and who your food dollars are going directly to support. Each week, we'll introduce you to one of our crew members...

~Meet Brian~

Brian is our Packhouse Manager and has been working at the farm since June 2013. His duties include employee management, food safety, and assuring that the quality of our produce meets expectations. "I like to build things using reclaimed wood. There is just something about taking a beat-up old pallet or barn wood and making it amazing. I also like working on vehicles, especially my 1981 Bronco. Most importantly, I LOVE spending time with my lovely and amazing wife and our 5 beautiful, crazy (yet lovable) children!" His favorite things that we grow are strawberries, corn, lettuce, peppers, and onions. Our favorite thing about Brian is that he is an incredible and invaluable leader with a great work ethic and a tremendous heart.

Potato Kale Soup with Gruyere cheese

2 tablespoons butter
1 1/2 cups finely chopped onion
1 garlic clove, minced
7 cups fat-free, less-sodium chicken broth
4 cups coarsely chopped peeled Yukon gold potato (about 1 1/2 pounds)
1/4 teaspoon salt
1 bay leaf
6 cups chopped fresh kale (about 3/4 pound)
1 teaspoon dried basil
9 tablespoons (about 2 ounces) shredded Gruyère cheese

Melt butter in a large saucepan over medium heat. Add onion; cook 8 minutes or until tender, stirring frequently. Add garlic; cook 30 seconds, stirring constantly. Stir in broth, potato, salt, and bay leaf; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until potato is tender.

Stir in kale and basil. Cover and simmer 10 minutes or until kale is tender. Discard bay leaf. Partially mash potatoes with a potato masher until thick and chunky. Top with cheese.

Bok Choy Stir Fry *from The Rosemary House in Mechanicsburg*

Prepare the sauce and set aside:

1 Tbsp. low sodium soy sauce
1 tsp. brown sugar
1 tsp. rice vinegar
1/2 tsp. Chile sauce (optional)

Prepare the veggies:

Wash, cut, slice, chop whatever veggies you have on hand. We used peppers, red onions, minced garlic, and Bok Choy (leaves and stems, separated).

Line a frying pan with a thin layer of water, steam/sauté the onions, peppers, and garlic until tender but still with a slight crunch. Add the Bok Choy stems and sauté until tender. Note: Add more water if it has evaporated away. Add the leaves and sauté until wilted. Add sauce and stir-fry for an additional minute. If desired, sprinkle with green onions or raw cashews. Serve over rice, or not. Enjoy!

Chard Lentil Soup

1-1/2 C lentils, 1 bunch Swiss Chard- chopped, 1/2 C olive oil, 3-4 cloves garlic

Salt, freshly ground pepper, 3/4 C chopped onion, 1 rib celery, chopped, 3/4 C lemon juice.

Put lentils in pot and cover with water and cook covered till tender, about 45 minutes. Add chard and 1 C water, cook until the chard is wilted. Sauté onion, garlic, celery, and 1/2 t salt in olive oil. Add to the lentils. Add lemon juice and stir into the soup. Taste and correct seasoning. Serve with crusty French bread. Suggested toppings for the soup bowl: chopped tomatoes and parsley, sour cream/yogurt, your favorite herbs.

Oven Roasted Asparagus

Wash asparagus and trim the tough stalk ends off of asparagus

Preheat oven to 425 degrees

Layout asparagus on an oiled baking sheet, drizzle with olive oil and sprinkle generous amount of salt. Using your fingers, distribute the oil and salt on asparagus by lifting and turning.

Bake for about 30 minutes or until the stalks are starting to brown and are tender. May serve this dish cold or warm.

Sprinkle with your favorite herb or parmesan cheese. An easy and delicious way to enjoy this spring delight.

Grilled Scallions

Brush and oil your grill. Heat to medium. Preset the scallions on the grill (over the cooler zone if using charcoal), and cook until they have good grill marks, 2 to 4 min. Flip and cook until they're tender, 2 to 4 min. Transfer to a large platter and drizzle with a couple of tablespoons of the sesame sauce. Be experimental with sauces, use your favorite. Serve the grilled scallions with favorite grilled meat or veggies.