



News from Lucas at



6/11/19

Your Share Menu:

Strawberries

Store in the fridge
They will not keep long. Eat ASAP!

**Green/Gold
Zucchini**

Store in the veg drawer of the fridge

Sugar Snap Peas

Store in the fridge

Garlic Scapes

Store 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

Red Leaf Lettuce

Store inside a bag in the fridge with a
sheet of paper towel to absorb any
extra moisture

Sweet Potatoes

From winter storage
Keep at room temperature

Swiss Chard

Store in the fridge inside a sealed bag

Italian Parsley

Store in the fridge inside a sealed bag

Patty Pan Squash

Store in the veg drawer of the fridge

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Our two Open Farm Days this summer are: July 27th and August 24th

Zucchini season is upon us, signaling our true induction to the hectic farming season. Savor our green and gold varieties of zucchini all summer long as we begin to harvest our squash fields every morning to keep up with their fast-paced growth each day. We also have some fields of patty pan squash coming in, a newly added crop that went over well last season that we will continue to grow more of. If you find a patty pan squash in your box, you'll know it by the strange alien-shaped body. They come in all different colors and sizes and their flavor is very similar to the standard green zucchini and can be used just the same in any recipe. They are great for stuffing or pan searing. Our sugar snap and snow peas are also starting to yield heavier each day, adding more healthy snack options to your week. Both are sweet and can be eaten raw or cooked – with little prep needed other than capping/stringing. Snow peas go great in salads or a stir-fry. Sugar snaps are great for just munching on or adding to a potato or chicken salad. Our spring onions are continuing to thrive and almost double in-size each month. Enjoy the fresh green garlic flavor of the scapes while we have them! Soon, we will be seeing fresh cucumbers, Asian eggplant, cilantro, basil, white onions, and even some early greenhouse grape tomatoes.

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 Humberto~** Humberto has been working at the farm since 2011. He is one of our well-trusted tractor drivers and a part of our field crew that is responsible for harvesting and transplanting. Humberto enjoys cooking and hanging out with his girlfriend, Dakota, who also works at the farm. His favorite things that we grow are cucumbers, cilantro, and tomatoes. Our favorite things about him is his dedication and longstanding work ethic. Not only has he stepped up as a leader within our field crew, but he is also a huge part of our communication efforts between the packhouse and the field. Working year-round on many different projects and aspects of the farm, we are all so very lucky to have him here for the 8th season!

Khaya's Korner

Hi everyone! Today was my last day of middle school-ever. This year I'm going to be a freshman, so that's pretty cool. However, I have to get through this summer first. This summer, I'm working on the farm every weekday from 8-12 starting this Monday. Also, in July I am going to Maine to visit my family and go to camp. It's going to be great! I thought I would share with you some summer activities I like to do at my house. First of all, going in the pool is great! However, sometimes it's a little cold, and I have to work up a sweat in order to get in. So, I jump of the trampoline or play football and volleyball with my brother, Jonas. I also love going on the four-wheeler and exploring new trails. I hope this summer is the best one yet!

*Recipes are
on the back!*

Zucchini Cookies

3 eggs
1 cup oil
1 cup sugar
1 cup brown sugar
2 cups grated zucchini (about one large zucchini)
3 teaspoons vanilla
4 cups flour
½ teaspoons baking powder
1 teaspoon baking soda
1 teaspoon cinnamon
1 teaspoon salt
1 cup raisins

Beat eggs until light and fluffy then add oil, sugars, zucchini and vanilla. Mix well. Separately, combine flour, baking powder, baking soda, cinnamon and salt. Add the flour mixture to the egg mixture and mix well. Add raisins. Drop the dough onto a greased or parchment lined baking sheet. Baked 10-12 minutes in 350 degree-oven. Edges should be golden brown. When cool, we iced with a glaze made from beating 2 tbsp. fresh lemon juice with powdered sugar.

Zucchini Parmesan Crisps

1 lb. zucchini or squash (about 2 medium-sized)
1/4 cup shredded parmesan (heaping)
1/4 cup Panko breadcrumbs (heaping)
1 tablespoon olive oil
1/4 teaspoon kosher salt
freshly ground pepper, to taste

Preheat oven to 400 degrees. Line two baking sheets with foil and spray lightly with vegetable spray.

Slice zucchini or squash into 1/4-inch-thick rounds. Toss rounds with oil, coating well.

In a wide bowl or plate, combine breadcrumbs, parmesan, salt and pepper.

Place rounds in parmesan-breadcrumb mixture, coating both sides of each round, pressing to adhere. The mixture will not completely cover each round but provides a light coating on each side. Place rounds in a single layer on baking sheets. Sprinkle any remaining breadcrumb mixture over the rounds. Bake for about 22 to 27 minutes, until golden brown. (There is no need to flip them during baking -- they crisp up on both sides as is.)

Quinoa and Swiss Chard stuffed Portabella Mushrooms *from CSA member Susan Mayhew*

4 Portabella Mushroom Caps
1 Cup Quinoa
2 cups Water or Veg Broth
1 bunch Kale or Swiss Chard washed and leaves removed from stems, chopped
Half an onion chopped in large bite sized pieces
1/4 cup walnuts broken into small pieces
1/3 cup diced dried dates or dried figs
Cheese of choice - optional

Preheat oven to 350 degrees

Cook 1 cup Quinoa in 2 cups liquid (10 minutes)

Add chopped Onion (large pieces) and Greens into Quinoa/liquid and cook another 10 minutes

Remove from heat and add walnuts and dried fruit, mix well. Coat Port Mushrooms in Olive oil and place on a baking sheet. Fill each Port mushroom with Quinoa mixture and mound. Cook for 25 minutes. Dot with Cheese if desired and melt for another 5 minutes. Any extra quinoa mix can be eaten as a side dish at another meal.