



News from Lucas at



Spiral Pathfarm

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6/18/19

Your Share Menu:

Sugar Snap Peas
 Store in the fridge

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

Green/Gold Zucchini
 Store in the veg drawer of the fridge

Snow Peas
 Store in the fridge

Garlic Scapes
 Store bag in the fridge

Mixed Butter Lettuce
 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

Curly Parsley
 Store in the fridge in a sealed bag

Tuscan Kale
 Store in the fridge inside a sealed bag

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

Our spring crops are beginning to phase out and bring on more of summer's bounty. We've had a heck of a start to our growing season this year and just hope to keep it going! Our head lettuces and cooking greens have just about reached the end of their season while zucchini is about to take over as a main staple in your shares and meal planning. So, get ready for plenty of recipe ideas to come for our summer squash varieties. Cucumbers are also right behind them and scheduled to be harvested by the end of the week. Also, soon to come: Asian eggplant, basil, sweet white onions, green beans, and an indoor crop of grape tomatoes. The sweet corn we transplanted about a month ago is looking good so-far as we continue to seed more waves of corn in the transplant greenhouses. Next up for transplanting in the fields are the winter squashes: acorn, spaghetti, and butterkin. So much to come!

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 Rochelle~ Rochelle has been working at the farm since 2015. She is a part of our 2-women greenhouse team that seeds and tends to all transplants on the farm. Rochelle loves to be outside and enjoys gardening, kayaking, bonfires, and spending time with her family. She lives locally on a dairy farm and is married with two sons. Her favorite thing that we grow is asparagus. Our favorite thing about Rochelle is her invaluable positive attitude and reliability. She is a very strong worker, not only in physicality but in character. She is not afraid to sweat, get down and dirty, and do whatever it takes to get the job done. Thanks for all the precision and care to see that our transplants survive and produce wonderfully tasting food!

Khaya's Korner: Hi everyone! Today I wanted to tell you about the tasks that I do for my job in the packing-shed. First of all, last week was my first week working *this year*, although I have worked for the farm in previous years. So, first I punch in the time clock before eight o'clock so I will be on time to start at eight. Then, I sometimes get changed depending on what job I'm doing. If I am going to be working the salad room, I must suit up in a heater coat, lab coat, hair net, hat, winter gloves, and latex gloves. If I am working outside to wash spring onions or beets, I wear rubber boots that go over my shoes, a waterproof "apron", and latex gloves. If I am doing anything else, I usually just need latex gloves. Next, I do my job for the day, So-far, I have packed salad mix, sorted chopped kale, sized scapes, sorted green and yellow squash and patty pan, and washed spring onions. At ten o'clock, we get a fifteen-minute break in the break room. Then, I either start a new task or continue the one I was working on before break. When it gets to twelve o'clock, the other employees go on their lunch break and I clock out for the day. I hope you enjoyed learning about my schedule working at the farm!

Recipes are on the back!

Paleo Zucchini Brownies *Submitted by CSA Member Anna Santini (North Mountain Pastures)*

1 cup almond butter or peanut butter

1 ½ cup shredded zucchini

¼ cup honey

1 egg

1 tsp vanilla

1 tsp baking soda

1 tsp cinnamon

½ tsp allspice

1 cup dark choco chips

2 Tbsp cocoa powder

Mix all together well, place into a 9x9 pan. Bake at 350 for 35 minutes or until toothpick comes clean.

Spring Fling

1 C sugar snap peas- capped and strings removed

4 pearl onions, the spring onion bulb, cleaned, not green tops

2 C chopped potatoes with skins

2 C water, ½ t salt

1 T finely minced parsley

pepper to taste

½ C cream or half and half

Bring potatoes, salt and water to a boil, then simmer till potatoes are just tender. Add the peas and onions to top of pot and allow to steam with a lid on, just until onions are soft and peas are still bright green. Then drain off potato water, save for soup or broth making. Stir in the cream and pepper to taste. Serve yourself up a bowl, a traditional Spring dish and so delicious. This recipe can be easily doubled.

Curried Zucchini Soup *from CSA Member Rachel Gross*

1 tablespoon olive oil

1 small onion, chopped

2 garlic cloves, minced

2 pounds zucchini or yellow squash, diced (about 7 cups diced)

1 medium or large sweet potato, diced

2 teaspoons curry powder

Salt to taste

Pinch of cayenne

4 cups vegetable stock

Heat the olive oil over medium heat in a large, heavy soup pot and add the onion and garlic. Cook, stirring, until it is tender, about 5 minutes. Add curry powder, cayenne and salt and stir for about a minute, until the spices smells fragrant. Add the zucchini and sweet potato. You may need to add some of the stock to cover the bottom of the pot. Stir for 5-6 minutes. Then add the rest of the stock. Bring to a boil, reduce the heat, cover and simmer 20 minutes until the zucchini and sweet potato are very tender. Puree' the soup with an immersion blender or in a blender.

Greek Yogurt Ranch Dressing Dip

1 1/3 cup plain Greek yogurt

3 T full fat mayonnaise (adds a little tang)

1 clove garlic, finely minced

2-3 T fresh parsley, finely chopped

2 tsp chives (can use dried chives)

2-3 tsp fresh dill, chopped

3/4 tsp onion powder

1/4 tsp salt, or to taste

1/4 tsp fresh ground black pepper

Whisk all ingredients in a bowl, chill 30 mins, serve with vegetables. To make ranch dressing, add enough buttermilk, milk, or water to desired "dressing" consistency.