



News from Lucas at



6/25/19

Brownback Family phone: 717-789-4433
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Your Share Menu:

Cucumbers
Store in the veg drawer of the fridge

Grape Tomatoes
Store at room temperature

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

Zucchini
Store in the veg drawer of the fridge

Sugar Snap Peas
Store in the fridge

Fresh Basil
Store at room temperature
*Basil will turn black in the fridge

Mixed Butter Lettuce
Store bag inside the fridge

Red Beets
Store both edible greens and roots separately in the fridge in sealed bags

Dandelion Greens
Store in the fridge inside a sealed bag
More info here -->

Sweet Potatoes
Store at room temperature

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

Fresh basil is ready and just in-time to pair perfectly with the first of our grape tomatoes that are coming from inside our unheated high tunnels. Cucumbers and zucchini are now being harvested each day and about to hit their peak season. Enjoy the freshly dug red beets and their tasty nutritious greens that are in the same family as Swiss chard and spinach. Beet greens go great over pasta or in a smoothie.

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 Dominga~
Dominga "Linda" has been working at the farm since 2013 and is one of our lead workers in the packhouse. Every morning, Linda is responsible for preparing all our field wagons that will go out for harvest that day. Each wagon gets a pallet with an exact count of baskets/crates needed to fulfill our CSA numbers or Wegmans order. That way, our communication and harvest counts are already pre-arranged with the field workers who just need to come pick up the wagon and go out to harvest. She then continues to receive and unload the harvested wagons throughout the day. Linda enjoy cooking and spending as much time as possible with her two daughters Kim and Britney. Her favorite things that we grow are strawberries, yellow watermelons, and jalapenos. Linda adds an extremely valuable strength to our farm, doing everything from driving forklift and loading our delivery trucks to lead packer and head communication between the packhouse and field. She often works throughout the winter on other farm projects and is a vital "go-to" for many members of the farm team. Thanks for all of your hard work & dedication!

Dandelion Greens – Try out this new *super food* that has traveled over from Italy and other parts of Mediterranean Europe and successfully into our U.S. food trends. Dandelion greens are very bitter, so we recommend using them as a cooking green to gain all their incredible vitamins and nutrients. Splash some lemon juice or balsamic vinegar on top to pair well with their bitter flavor. Recipe idea on the back.

Khaya's Korner: Hi everyone! Last Friday my 3-year-old sister Isla and I took a four-wheeler ride up to the black raspberry field. I took her because she was begging to go, but I didn't expect to actually find any ripe black raspberries. When we got up to the field, I parked the four-wheeler and we got off. Then, we walked up and down the first two rows and to Isla's disappointment, all of the raspberries were green; not even close to being ready yet. So, we got back on the four-wheeler and started to head home. However, just as I was starting the four-wheeler, I looked at the last two rows of the field. To my amazement, there were many red and even black raspberries that were ready to be picked. So, we once again got out, but this time our search was fruitful (haha).

Recipes are on the back!

Beet Greens with Pasta

1 bunch beet greens (remove stems) – chop into pieces
1 whole bulb garlic (5-6 cloves)-sliced
2 T sesame oil
3 T tahini (sesame butter or peanut butter)
½ t salt

Sauté until greens are wilted

Toss with:

½ c Thai peanut sauce
2 c cooked pasta—your choice

Summer Squash Bake

Mix all together in one bowl:

2 C grated zucchini (with skins)
1 C grated yellow squash (with skins)
1 ½ C Shredded cheese (cheddar works well)
3 eggs
1 C flour
½ C milk
1 tsp salt
½ tsp pepper
1 tsp dried Italian seasoning (or 1 tbsp fresh chopped basil)
2 cloves garlic, minced
¼ C onion, minced

Butter a 9x9 glass pan or casserole dish. Spread above mixture in pan. Top with sliced tomatoes, sprinkle with parmesan cheese. Bake @ 375 for 25 minutes. Enjoy warm or cold!

Tzatziki (traditional Greek Salad) *from CSA member Yvonne Milspaw*

1 cucumber, peeled and chopped fine
1 cup plain yogurt
1/2-1 teaspoon garlic powder, or finely chopped garlic clove
1/2 tsp dried dill or mint
1 -2 tsp olive oil
1 tsp vinegar
dash salt if needed

Mix well. A very cool and refreshing salad that is good with grilled meats.

Marinated Beets

2 C beet roots, cooked and diced or sliced
½ C Italian Salad Dressing

Place beets in a pot and just barely cover with cold water. Bring to a boil and simmer until tender (approximately 25-40 minutes, less, depending on size.) To check if done- insert a sharp knife; if done, knife will easily enter to the center of beet. Drain; allow to cool to room temperature. With a paring knife, slip off the skins, slice or dice while warm. Marinate with the salad dressing for 30 minutes, serve immediately or may serve later chilled. Keeps in fridge for about a week. Good addition to salads as well.

Cooked Dandelion Greens *from Wegmans*

2 Tbsp Italian Classics Organic Extra Virgin Olive Oil
1 Tbsp Wegmans Fine Crystals Sea Salt
1 bunch dandelion greens, washed, bottom stems removed
1 tsp Italian Classics Minced Garlic in Olive Oil
Juice of 1/2 lemon (about 1 Tbsp)

Bring water, oil and salt to boil in large stockpot on HIGH.

Cut greens into 1-inch pieces. Add greens and garlic to boiling water; cover. Reduce heat to MED; simmer, 10-15 min, until tender. Remove greens from stockpot with slotted spoon to serving platter; finish with lemon juice.