



News from Lucas at



Spiral Pathfarm

6/4/19

Your Share Menu:

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

Garlic Scapes
Store bag in the fridge
Read here for more info →

Mixed Butter Lettuce
Store bag inside the fridge

Radishes
Store both greens and roots separately in the fridge inside bags

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

Romaine
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

Kale
Store in the fridge inside a sealed bag

Oregano
Store in the fridge for fresh use
OR leave out to dry

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

Welcome Aboard SUMMER SHARE MEMBERS!
Please leave your share box on-site each week for us to collect and recycle into our deliveries. The plastic bag inside the box pulls right out for you to take your produce home safely. The bag is 100% biodegradable and cannot be reused on the farm to ensure proper food safety adherence. Thanks for your help to reduce unnecessary waste.

Garlic Scapes (AKA green garlic) Craving the taste of fresh garlic? We trim the tops of all our garlic plants in-order to give the bulb more energy to grow. It's a win-win since you can use these flowering stems (garlic scapes) as a substitute for garlic in any recipe. Just thinly slice all green stems and the mild seed head, discarding any dried brown tips. One way to serve would be to sauté briefly in melted butter or olive oil and add to any dish like pasta, scrambled eggs, burger topping, sautéed veggies, pesto, etc.

Extreme weather continues to be a daily issue we address at the farm each week. Dodging hail, high-winds, and even tornadoes now. So-far, our hearty rhubarb was the only thing majorly effected by the small amount of hail we received last Monday in our fields that are disconnected from the homestead farm – thank goodness! Strawberries are continuing to come in strong as we kick off the first delivery of our summer share season. Enjoy ~

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 Missy~ (AKA Momma Missy) "After I *mother* the other packhouse employees by making sure they have gloves to keep their hands warm in the salad room or dry socks on their feet as they get wet from washing produce, my job is to grade and pack all produce for Wegmans, CSA, and anything that needs to be done to help keep the packhouse running smoothly." Missy has been working at the farm since 2015 and is an avid turkey archery hunter. She loves kayaking, planting flowers, and taking care of her flower gardens. Her favorite things that we grow are asparagus, mixed lettuce greens, sweet radishes, and red-round tomatoes. Missy is a vital element to the glue that holds our packhouse crew together. We greatly appreciate her leadership and care for her co-workers and employers. Thanks for all the help and advice for on/off the farm problems as our packhouse matriarch!

Khaya's Korner (*From Farmer Will's oldest daughter, Khaya Brownback. Age 13*)
Hi everyone! The strawberries are here! There are so many things that strawberries can be made into. There's strawberry jam and jelly, frozen strawberries, and (my personal favorite) strawberry shortcake. Last week, I helped my mom can strawberry jam. First, we capped the strawberries and blended them into a puree. Then, we heated them up in a big pot with gelatin. Next, my mom ladled out the strawberry mix into jars and I wiped off the rim and put a lid on them. Finally, we put the finished jars in a pot filled with boiling water. Later that day at lunch, we ate peanut butter and strawberry jam sandwiches. Yesterday, my mom and brother capped more strawberries and froze them to be used for smoothies in the winter. Then, my mom made whipped cream and a strawberry mixture and we ate it with shortcake. I hope you enjoy the strawberries as much as we have!

Recipes are on the back!

Garlic Scape Pesto

1/4 cup toasted pine nuts, sunflower seeds, or walnuts

3/4 cup coarsely chopped garlic scapes*

Juice and zest of 1/2 lemon

1/2 teaspoon salt

1/2 cup extra virgin olive oil

1/4 cup grated Parmesan cheese

*Or use half scapes and half herbs such as basil, dill and oregano

Combine the scapes, pine nuts, lemon juice and zest, salt, and pepper in the bowl of a food processor. Pulse about 20 times, until fairly well combined. Pour in the olive oil slowly through the feed tube while the motor is running. When the oil is incorporated, transfer the pesto to a bowl and stir in the grated cheese. Store in an air-tight jar in the refrigerator for up to 2 weeks or freeze. Pesto is wonderful on bread, sandwiches, pasta, focaccia, or on meat such as chicken and fish (makes about 1 cup).

Zuppa Lucado

1 bunch of kale

4 large potatoes

1 large onion / bunch of spring onions

4 cloves of garlic / garlic scapes

3 carrots

8-10 strips of cooked bacon

Chop everything thin

Sauté onions in 1 tbsp of olive oil until soft. Add chopped potatoes, carrots, garlic, and kale. Cover completely with water. Add 1 tbsp of salt and 1 tsp of pepper. Bring to a boil and then simmer on low for 45 mins. Remove from heat and add 1 cup of milk and 2 cups of sharp cheddar cheese. Add bacon at the end and corn if you have it.

Peas with Garlic Scapes and Angel Hair Pasta

A one skillet dish: 4 servings

4 T butter

3 T minced garlic scapes

1 C prepped peas (snap off the strings) -either snow peas or sugar snaps, cut into ½ to 1-inch pieces

1 C grated carrot

*(optional) 1 C thinly sliced ham, cut in small bite size pieces

3 C angel hair pasta, cooked, chopped into smaller pieces

1 T minced parsley

½ t salt, 1/8 t black pepper

1 C cream or half and half

¼ parmesan cheese

In a large cast iron skillet, melt butter and sauté the scapes on low to medium heat. Add the peas, carrots, and ham. Keep heat at medium. Sauté until peas and carrots are tender. Add the cooked pasta and parsley, stir until heated through. Add the cream, seasonings and parmesan cheese, heat thoroughly and stir, do not bring to a simmer. Serve with additional parmesan and seasonings to your liking. Any pasta can be used, the smaller the better.

Grilled Scallions

Brush and oil your grill. Heat to medium. Preheat 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.