



News from Lucas at



Spiral Pathfarm

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7/2/19

Your Share Menu:

Cucumbers

Store in the veg drawer of the fridge

Cabbage

Store in the fridge

Red Beets

Remove the edible greens and store both roots and greens separately in the fridge in sealed bags

Kale

Store in the fridge in a sealed bag

Green/Gold Zucchini

Store in the veg drawer of the fridge

Parsley

Store in the fridge in a sealed bag

Mixed Butter Lettuce

Store bag inside the fridge

Black Raspberries

Eat ASAP! Store in the fridge

Oregano

Store in the fridge for fresh use or leave out to dry for preservation

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

We've got another hot week ahead of us and the farming never stops - even on a federal holiday! Steamy days are bringing on a bumper crop of cucumbers for us so-far this season. We'll be going heavy on them in your shares this week, so get ready for "a cucumber with ranch before every meal," as my youngest requests. If you are interested in making pickles this year, now is your chance...

Bulk Cucumbers are now available! All sizes-great for making pickles.

\$25 for 25 lbs. of our organic cucumbers.

Must pre-order and pay online through your CSA account.

*Bulk Orders must be placed by the Friday before your next share pickup to ensure that we can process and harvest your order in-time for delivery to your CSA site.

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 Mark~ Mark has been working at the farm since 2007 as our fulltime mechanic. He's responsible for the upkeep of all our tractors, farm machinery, packhouse equipment, and over 20 work vehicles ranging from dump trucks to passenger vans. "If it moves, I work on it," he proclaims. As you can imagine on a working farm, there is constantly things going wrong with machinery or equipment that needs fixed. So, we keep Mark busy each and every day (year-round) with plenty of things to solve in the shop. Outside of work, Mark enjoys hunting, fishing, doing his own farming, and going to his camp in Potter County. His favorite things that we grow are strawberries and radishes. Our favorite thing about Mark is his invaluable knowledge, big heart, and dependability. He is a self-taught diesel mechanic (and welder) who and has rebuilt and tweaked many of our machines to work to our specific needs. He's on-call for our farm 24/7, taking calls at 3 am from our truck drivers who are broke down on the side of the road and need his assistance. And somehow, he still finds the time to be a 20+ year volunteer for our local fire company. Thanks for 12 hard-working years on the farm, Mark. We are grateful to have you here!

Khaya's Korner: Hi everyone! Finally, tomatoes are here! We grow many varieties here on the farm. My personal favorite are heirloom tomatoes. I love packing them because of all the pretty colors. However, there are also grape tomatoes, plum tomatoes, and red rounds. Red rounds are also known as beefsteak tomatoes, and they're not the only ones with multiple names. Plum tomatoes can be called roma tomatoes as well. Personally, I think some of the tomato names are very weird. Beefsteak tomatoes? Grape? Plum? I think that we need to come up with some more creative, fitting names for these tomatoes. Email me at csa@spiralpathfarm.com if you have any suggestions for new tomato names. I would love to hear them! Anyways, I hope you have a great week.

Recipes are on the back!

Pennsylvania Dutch Red Beet Eggs

1 lb. small firm fresh beets peeled and trimmed
3 C. water
1 C. sugar
1/2 C. apple cider vinegar
6 hardboiled eggs peeled

Directions for Red Beets

Bring water to a boil saucepan. Add beets, cover pan, and simmer over low heat for 30-40 minutes, or until the beets are tender. Remove beets from water (do not discard beet water) Add sugar and vinegar to liquid in the pan, bring to a boil, and stir until sugar dissolves. Return beets to the liquid and cook over low heat another 5 minutes. Drain beets in a sieve set over a deep bowl and set them aside. Add prepared hard-boiled eggs to beet liquid and turn them to coat evenly. Slice beets and add to bowl. Cool to room temperature, cover with foil or plastic wrap and refrigerate for about 12 hrs.

Ramen Cabbage Salad

1 pkg. Ramen noodles
½ head cabbage, shredded
½ c. cashews or almonds
¼ c. oil

Crush noodles. Pour boiling water over noodles to soften. Drain.

Mix oil, seasoning packet from noodles, 3 T. vinegar, and 2 T. sugar.

Mix noodles, cabbage, and dressing. Chill at least 4 hours. Add cashews before serving.

Bread & Butter- Easy Refrigerator Pickles

6 cups thinly sliced pickling cucumbers (about 2 lbs.)
2 cups thinly sliced onion
1 1/2 cups white vinegar
3/4 cup sugar
3/4 teaspoon salt
1/2 teaspoon mustard seeds
1/2 teaspoon celery seeds
1/2 teaspoon ground turmeric
1/2 teaspoon crushed red pepper
1/4 teaspoon freshly ground black pepper
4 garlic cloves, thinly sliced

Place 3 cups cucumber in a medium glass bowl; top with 1 cup onion. Repeat procedure with the remaining 3 cups cucumber and remaining 1 cup onion.

Combine vinegar and remaining ingredients in a small saucepan; stir well. Bring to a boil; cook 1 minute. Pour over cucumber mixture; let cool. Cover and chill at least 4 days.

Note: Pickles may be store in the refrigerator for up to one month.

Roasted Beets in Coconut Oil with Walnuts *from CSA Member Susan Mayhew*

2 Large Beets cut into bite-sized cubes
3 Tablespoons Coconut Oil
1 / 2 cup broken walnuts
1 / 2 cup parmesan cheese (optional)
1 tablespoon fresh crushed garlic (optional)
1 tablespoon chopped parsley

Heat oven to 400 degrees

Heat coconut oil in microwave for 20 seconds or until liquid. Toss beets in coconut oil until fully covered.

Add chopped parsley and toss till covered. Arrange beets in a baking pan in a single layer - a stone cooker works well. Cook Beets for 1 hour - turning over occasionally. Remove from oven and place in a glass bowl. Add parmesan cheese, walnuts and garlic and toss to mix well. Serve warm.