



# News from Lucas at



## Spiral Pathfarm

**7/23/19**

**Your Share Menu:**

**Green Peppers**  
Store in the veg drawer of the fridge

**Sweet Corn**  
Store in the fridge  
Please read for more info ->

**White Onions**  
Store in the fridge inside a grocery bag

**Zucchini**  
Store in the veg drawer of the fridge

**Heirloom Tomato**  
Store at room temperature

**Basil**  
Store at room temperature  
\*Do not refrigerate

**Carrots**  
Store in the fridge

**Cucumbers**  
Store in the veg drawer of the fridge

**Mixed Butter Lettuce**  
Store bag inside the fridge

**Red Slicer Tomato**  
Store at room temperature

**Asian Eggplant**  
Store in the beg drawer of the fridge

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**Please return your share box to your pickup site each week**  
so that we can reuse and recycle them back into our weekly deliveries

We are less than thrilled with our first harvest of sweet corn. Peeling back many ears to see the signs of other animals getting to enjoy it before we do! If it's too ugly for you, simply cut it off. Whether it's a worm or the remnants of one, your corn is still totally delicious and safe to eat. We've always boiled the entire ear and just ate around the ugly parts. Unfortunately, these are the harsh farming realities we face when it comes to growing "real-deal" non-gmo sweet corn. This why it is so hard to find organic corn in groceries stores and places where your average consumer is unable to look past the aesthetics. As for the farmers, we try everything we can do within our power to divert insects and other animals away without pushing the ecosystem's boundaries. We've got balloons up around the corn fields for the birds, electric fences for the deer, and music for the racoons. Since it's been very hot and humid, the insect population is thriving, inevitably affecting organic crops like sweet corn. What can we possibly do at this point but just enjoy the first harvest and look for better luck on the new waves to come in August. Get ready for a heavy tomato season!

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 Nikko~** Nikko has been working at the farm since June 2017. He's our main irrigation guy who is responsible for hooking up all the water pipes throughout the farm and continuously checking on all our crops. As you can imagine with the recent heat wave, Nikko has been staying very busy in fields making sure our plants are well-hydrated and identifying and fixing any leaks he finds along the way. When he's not working, his hobby is talking to his family in Guatemala. His favorite things we grow are carrots and lettuce. Our favorite things about Nikko is that he is trustworthy, hard-working, and he is great at his job. He also, notably, speaks the most fluent English of all our field workers.

**Bulk Items available for purchase through your CSA account:**  
**Cucumbers, Kale , Zucchini, Parsley**  
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.  
**Tomatoes – many varieties coming soon!**

**Khaya's Korner:** Hi everyone! Corn is finally here, and I'm so excited! There are so many different ways to eat corn. Usually, my family makes corn on the cob. To prepare this, you simply husk the ear of corn and place it in a pot of boiling water. I usually put salt and butter on mine, and stick corn diggers in the side. During corn season, my mom picks some corn and cuts it off the cob to freeze it. That way, she can use it in the winter when she wants to make salads or stir-fries. Email me your favorite way to prepare/ eat corn at [csa@spiralpathfarm.com](mailto:csa@spiralpathfarm.com). I need some suggestions for new, creative ways to eat corn this summer. Sometimes the preparation can be lengthy, but the end product is always worth it. Anyways, stay cool and enjoy this week's share, especially the corn!

*Recipes are on the back!*

## **Ratatouille**

2 tbsp olive oil  
2 medium bell peppers, cubed  
1 medium onion, chopped  
1 to 2 garlic cloves, finely chopped  
3 medium tomatoes, chopped  
1 medium eggplant, peeled and cubed  
1 medium zucchini or squash, cubed  
Chopped fresh parsley, oregano and basil

Heat the oil in a large, heavy skillet over medium heat. Sauté the peppers, onion, and garlic until soft; stir in the tomatoes, eggplant, zucchini, and herbs. Cover and simmer for about 30 minutes.

## **Carrot Pesto Pie** *from CSA member Terri Miller*

1 refrigerated pie crust  
1 cup light mayonnaise  
8 oz. yellow or white Cheddar (shredded 2 cups)  
6 carrots, shredded  
1 Tbsp. pesto

Place over rack in bottom position. Heat oven to 350 degrees.

Line a 9-inch pie plate with crust. Crimp edges with fork. Prick bottom & sides of dough in several places with a fork.

Bake 10-12 minutes until crust looks slightly puffed and dry. Sauté carrots in large pan for 5 minutes. In a large bowl, stir together mayonnaise, 1 and 1 / 4 cup of cheese, carrots and pesto.

Sprinkle bottom of partially baked crust with 1 / 2 cup of the remaining cheese. Pour mayo and carrot mixture into the pie. Sprinkle top of pie with remaining 1 / 4 cup of cheese. Bake 20-25 minutes until crust is golden and juices are bubbling. (Remove and cool at least 10 minutes before cutting.)

## **Eggplant with Tomatoes**

1 large eggplant                      2 Tbsp butter  
1 C. whole-kernel corn (best with fresh corn cut from the cob)                      2-4 tomatoes, sliced  
1/4 C. breadcrumbs                      1/2 t. sugar  
1 t. salt                                      1/2 t. pepper  
1 Tbsp grated cheese (your choice)

Peel eggplant, slice in 1/4-inch slices, cook in boiling salted water (1/2 t. per quart) for 10 minutes; drain. Butter a casserole dish, layer eggplant, corn, and tomatoes in casserole. Cover with the crumbs, sugar, salt, and pepper.

Bake for 30 minutes at 300 degrees; sprinkle with cheese; place back in oven until cheese melts.

## **Grilled Tomatoes & Zucchini**

2 zucchinis cut into 1/2" thick coins

3 T of your favorite dressing (Greek, Italian, Balsamic, Oriental are all great choices)

Toss zucchini coins in a bowl with the dressing and let marinate for 10-30 minutes. Place on a grill at medium-high heat and be sure to flip once or twice until coins are soft.

Serve with the Grilled Tomatoes (see below)

1 or 2 tomatoes, sliced thick

Place the sliced tomatoes on a grill and "roast" 3 minutes on each side (flip with a grill spatula).

Place the grilled tomatoes on a plate. Sprinkle with salt & pepper and serve the zucchini.

## **Mini Zucchini Cheese Bites**

2 cups grated zucchini (about 1 medium)

1 egg and 1/2 cup grated Parmesan Cheese

optional: 1/4 cup chopped cilantro, salt & pepper

Preheat oven to 400 degrees. Spray a mini muffin pan with nonstick cooking spray. In a bowl mix the zucchini, egg, cheese and cilantro. You do not have to add any salt or pepper since the Parmesan is salty enough. Evenly divide the mixture into the mini muffin pan filling to the top, packed down in each cup. Bake for 15- 18 minutes until golden brown around the edges.