



News from Lucas at



LIFETIME MEMBER



Pennsylvania
Association for
Sustainable Agriculture
www.pasafarming.org

8/27/19

Your Share Menu:

Grape Tomatoes

Store at room temperature

Sweet Mini Peppers

Store in the fridge in a sealed bag

WatermelonRipe and ready!
Store in the fridge**Sweet Corn**

Store in the fridge

Heirloom Tomato

Store at room temperature

Cucumber

Store in the veg drawer of the fridge

Yellow Pepper

Store in the veg drawer of the fridge

Zucchini

Store in the veg drawer of the fridge

Garlic

Store at room temperature

Shallots

Store at room temperature

Red Slicer Tomato

Store at room temperature

Green Pepper

Store in the veg drawer of the fridge

Cucumber

Store in the veg drawer of the fridge

Brownback Family
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Loysville, PA 17047

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Please return your share boxes to your pickup site each week
so that we can recycle them back into our deliveries

It was a victorious weekend for our red grape tomatoes! We were blessed with wonderful weather on Saturday for our last Open Farm Day this summer. Around 400 people checked-in at our registration cottage and were able to dig their own potatoes and participate in our 2019 Tomato Taste Contest. This year, we had a close race, ending with a tie for second place between our heirloom "black" variety and the "chef's choice orange." Once again, our red grape tomatoes took the victory and surprised us by winning the most popular vote amongst our CSA members. While our taste contest was going on here at home, our farmer's market was also hosting its 12th annual Tomato Taste Contest put on by Gardeners Magazine in D.C. Week after week, I watch people try our grape tomatoes and almost stop in their tracks with amazement and proclamation that "this is the best tomato they've ever tried in their entire life." We, of course, are bias when it comes to our own produce, so it is nice to know that it's not just us who thinks of them so highly. We've gotten emails from CSA members and Wegmans customers up and down the mid-Atlantic region who cannot believe they have totally fallen for a *grape* tomato. So, I figured I'd better take the notion from our customers and enter them in the contest this year at market...and to our surprise... we won! I must say, at the peak of harvest season and in the depths of the farming workload, it is an incredible feeling to win a taste contest. After all, we're in this as farmers to improve and protect the soil so that we can provide incredibly tasting food! Next up: proving that an organic vegetable/fruit has more nutrient density than a conventionally grown crop...

Bulk Orders will be available through late September-

Tomatoes, Onions, Peppers, and other veggies are all available for \$25 / each. Pre-order online through your CSA account to be delivered to your weekly pickup site. All orders must be placed by the Friday before your next share delivery to ensure that we can process and harvest your bulk order.

Khaya's Korner: Hi everyone! I'm really looking forward to meeting many of you at Open Farm Day this weekend. By the time you get this, it will already be over, so bear with me. I'm just glad that I'll get to experience one farm day this year. I missed the last one because I was at camp in Maine. My dad or grandpa will most likely be doing hayride tours, which is always fun. When I came back from camp my family and the employees at the farm were raving about the pizza and smoothies, which just might be the part I'm most excited about. I also really enjoy watching the kids have fun on the trampoline and playground! I'm really looking forward to my mom and I selling minted iced tea, which is always a big hit. All in all, it will be such a fun day and I'm really looking forward to seeing you there.

Recipes are
on the back!

Corn Chowder *Canticle Farm, NY*

1 Tbsp unsalted butter
1 C chopped green and red bell pepper
1 C sliced celery
1 C chopped onions
2 potatoes, peeled and diced
Chopped fresh basil and parsley
2 bay leaves
Salt & pepper to taste
1 tsp paprika or cayenne
2 C fresh or frozen corn kernels
2 C milk
2 C heavy cream

Melt the butter over medium heat in a medium Dutch oven. Add the bell peppers, celery, and onions; sauté until soft, about 5 minutes. Add the potatoes and 3 cups hot water. Stir in basil and parsley to taste, the bay leaves, salt and pepper, and the paprika. Cook, covered, until the potatoes are crisp-tender.

Puree half of the corn and add it to the vegetables. Add the rest of the corn along with the milk and the cream. Heat just to a boil; remove bay leaves, garnish with additional chopped basil and parsley, and serve

Stuffed Pepper Pot

1lb ground beef
1 onion, minced
2 green peppers, diced
2 yellow (or orange or red) pepper, diced
3 cloves garlic, minced
Brown ground beef with all the above in a pot
Add: 1 tsp salt
 $\frac{1}{2}$ tsp pepper
1 tbsp fresh basil or oregano, minced
1 tbsp fresh parsley, minced
1 quart (32oz) tomato sauce
Simmer for 20-30 minutes
Add: 2-3 C cooked rice top with 2 C shredded cheese, allow to melt. Serve!

Fiesta Corn

Husk and remove silk from 6-8 ears (or more) of fresh sweet corn. Steam the corn in 2 to 3 inches water for about 12 minutes. Then, slice the raw corn off each cob with a sharp knife into a large pan. Melt $\frac{1}{4}$ C butter or olive oil in a large skillet. Sauté the corn with $\frac{1}{2}$ C minced green pepper and $\frac{1}{2}$ C minced red pepper. Stir over high heat until the corn cooks, only about 5 minutes. Sprinkle on 1 T minced parsley or cilantro.

Tomato Soup

4 C chopped fresh tomatoes
1 slice onion
4 whole cloves
2 cups chicken broth
2 tbsp butter
2 tbsp all-purpose flour
1 tsp salt
2 tsp sugar

In a stockpot, over medium heat, combine the tomatoes, onion, cloves and chicken broth. Bring to a boil, and gently boil for about 20 minutes to blend all of the flavors. Remove from heat and run the mixture through a food mill into a large bowl. Discard any stuff left over in food mill. In the now empty stockpot, melt the butter over medium heat. Stir in the flour to make a roux, cooking until the roux is a medium brown. Gradually whisk in a bit of the tomato mixture, so that no lumps form, then stir in the rest. Season with sugar and salt and adjust to taste. 1/2 cup heavy cream may be added