



# News from Lucas at



**9/10/19**

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**Your Share Menu:**

**Yukon Gold Potatoes**  
Store in a cool dark cabinet

**Grape Tomatoes**  
Store at room temperature

**Green Beans**  
Store in the fridge

**Yellow Pepper**  
Store in the veg drawer of the fridge

**Onions**  
Store at room temperature

**Heirloom Tomato**  
Store at room temperature

**Collard Greens**  
Store inside a sealed bag in the fridge

**San Marzanos**  
Store at room temperature

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

**Radishes**  
Remove edible greens and store both in separate sealed bags in the fridge

**Sweet Mini Peppers**  
Store in the fridge inside a sealed bag

**Garlic**  
Store at room temperature

**Red Slicer Tomatoes**  
Store at room temperature

**Asian Eggplant**  
Store in the fridge

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

**The last delivery for Summer Share members is October 15<sup>th</sup>**  
Send us an email if you would like to extend your deliveries and finish out the remaining 9 weeks in our total season. ending December 17th

**Please return all CSA shares and bulk order boxes to your delivery site**  
so that we can recycle them back into our weekly deliveries.

Freshly picked green beans and potatoes are in this week! I must admit that this time of year, right before the season changes, is my absolute favorite for produce. We've still got all the sweet peppers and tomatoes to blend together with the new luscious fall cooking greens like kale and collards. Cauliflower and delicata squash are next up on the harvest list with spaghetti squash and more mixed lettuce greens right behind them! Radishes and other root veggies will start coming in daily to fill the void of missing corn and cucumbers in your life. Load up on our peppers and tomatoes while they're still in season through late October. Zucchini has about 2 weeks left – at best! Not sure what to do with all the peppers? Simply chop and freeze for later. Not sure what to do with the collard greens? Check out the back...

**Bulk Orders are available online through your CSA account.** *Stock up on your favs...* San Marzanos, Onions, Peppers, Kale, Heirloom Tomatoes, Parsley, and more!

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.

**~Meet Alvaro~**  
Alvaro has been working at the farm since June 2017. He's one of our top field crew workers with expertise in transplanting and harvesting. His favorite things that we grow are tomatoes, cucumbers, and broccoli. Alvaro is originally from Guatemala and his hobbies are talking to his family: his children, parents, and his siblings. Alvaro is an extremely hard worker, kind, reserved, and undoubtedly the "best dressed" on the farm. Thanks for 3 dedicated seasons and keep up the good work!

**Khaya's Korner**  
Hi everyone! This week you guys will be getting potatoes in your box! This year we are growing a new variety called Lehigh. However, if you came to Open Farm Day, you may have gotten to sample some different potatoes during the Potato Dig. Every variety of potatoes falls into one of these categories: russet, red, white, yellow, blue/purple, fingerling, and petite. There are more than 4,000 varieties of potatoes. Some common ones include Jewel Yam, Japanese Sweet Potato, Hannah Sweet Potato, Rose Finn Apple, Russian Banana, Red Thumb, Larette, and Austrian Crescent. One reason potatoes are so useful is that they can be made into so many things! There's fries, wedges, tater tots, hash browns, and many more. Anyways, I hope you enjoy this week's potatoes as much as I will!

*Recipes are on the back!*

## Shepherd's Pie-Collards Style

1 bunch collards, sliced and then chopped fine, ½ lb bacon, chopped uncooked \* optional  
1 med onion, chopped                      3 cloves garlic, sliced  
2 Cups thinly sliced carrots                      ¼ C sesame oil  
4 C mashed gold potatoes  
2 C shredded cheddar cheese    ½ t salt & ¼ t pepper  
2 T tamari sauce –this is naturally fermented soy sauce, great flavor

Heat the sesame oil in a large skillet, add bacon (optional,) onions, garlic, carrots, stir and cook till translucent. Add collards all at once and stir to coat. Add 2 T water to steam and cover on med heat for 5 minutes, stirring occasionally. When collards are fully softened, add the tamari sauce, and stir. Place this mix in a 9x13 glass lasagna pan. Cover with mashed potatoes, and top with cheese. Bake at 375 degrees for about 45 minutes. May use with any type of green.

## Green Bean Sides

1 lb. green beans: cooked in small amount of water until crisp-tender, about 5-10 minutes.

Drain, add one of the options below:

*Parsley-lemon option:* In 1 Tbsp. butter or oil lightly sauté 2 cloves minced garlic and 2 Tbsp finely chopped fresh parsley. Add the cooked beans, season to taste with salt and pepper. Stir gently and heat through. Sprinkle with the juice of 1 lemon and serve.

*Basil-tomato option:* In 1 Tbsp oil sauté ¼ cup minced onion and 1 clove minced garlic. Add 2 Tbsp minced fresh basil, 1 cup chopped tomatoes and cooked green beans. Cover and cook about 5 minutes. Season to taste and serve.

## Italian Sausage and Tortellini Soup

1lb Italian sweet sausage (casing off)                      1 large carrot, thinly sliced  
1 cup onion, chopped    1 green pepper, diced  
2 large garlic cloves, sliced                                      ½ cup red wine  
5 cups beef broth    2 Tbsp dried basil  
2 cups tomatoes, chopped                                      1 Tbsp dried oregano  
1 (8oz) can tomato sauce                                      8-10 oz. fresh tortellini  
1 large zucchini, sliced    Parmesan Cheese

Sauté sausage until cooked, about 10 minutes. Transfer to a large bowl. Add onion and garlic and sauté about 5 minutes. Return sausage to pot; add broth, tomatoes, tomato sauce, zucchini, carrot, pepper, wine, basil and oregano. Simmer about 40 minutes. Add tortellini to soup. Cook until tender about 8 minutes. Season with salt and pepper. Sprinkle with parmesan cheese.

## Grilled Potatoes and Peppers

8 medium potatoes, cut into wedges  
2 medium green peppers, sliced  
1 medium onion, cut into thin wedges  
2 tbsp. olive oil  
5 garlic cloves, thinly sliced  
1 tsp. paprika  
1 tsp. Montreal steak seasoning  
1 tsp. Italian seasoning  
1/4 tsp. salt  
1/4 tsp. pepper

In a large bowl, combine all ingredients. Divide between two pieces of heavy-duty foil (about 18 in. square). Fold foil around potato mixture and crimp edges to seal. Grill, covered, over medium heat 40-45 minutes or until potatoes are tender. Open foil carefully to allow steam to escape.

## Roasted Peppers --use an outdoor grill or oven broiler

Split pepper in half lengthwise. Remove the seeds and pulp. Place the peppers- “cup-side” up on grill on high heat. Sprinkle with salt. Allow downside to blacken. Turnover and continue to grill till pepper is soft. Remove from grill. It is not necessary to remove the charred skins; they add a remarkable flavor. But you may peel the outer skin, if desired, at this point. Slice into pieces while still warm, drizzle with olive oil. Serve with good hard cheese (Asiago) and good hearty whole-grained bread. Keeps wonderfully in a ceramic bowl in the fridge for almost 2-3 weeks.