



News from Bethany at



4/23/24

Your Share Menu:

Potatoes
Store inside a cool dark cabinet

Yellow Onion
Store at room temperature.

Radishes
Remove the edible leaves and store both greens and radishes in the fridge in separate sealed bags.

Lacinato Kale
Store in the fridge inside a sealed bag.

Red Chard
Store inside a sealed bag in the fridge.

White Spring Onions
"Scallions or Green Onions"
Trim off the roots and store inside a plastic bag in the fridge
(Use the entire green stem for flavor)

Baby Spinach
Store inside a sealed bag in the fridge.
Washed/dried and ready to eat!

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Greetings!

Members have been asking if the heavily rainy weather for the past couple weeks has impacted the farm at all. Our second wave of field crew had just arrived before the rains started. So at that point our early spring vegetables were still getting started out in our greenhouses or were planted in our high tunnels, which are both environments that we can control the temperature and humidity levels within. It did mean that our field crew had a few short days of work to kick off their season here, and we did start to get a backup in our greenhouses of seedlings. But as soon as the ground began to dry out with this last beautiful week of sunshine our field crew got right back to quickly transplanting the seedlings to get us back on schedule. With this spring weather our rhubarb has also come out of dormancy looking gorgeous so it should be ready to harvest shortly! And our raspberry bushes have just woken up again as well shooting out new leaves. As we begin a new season, I also wanted to mention a few things about the vegetables in this season's line-up. The new addition this season is red spring onions as per member request on our end of season surveys in 2023, which came in your shares this past week. Unfortunately, the honeydew we trialed last year, although tasty, did not grow well for us so the trialing continues to find a good seed variety for our farm. Also, we are keeping broccolini and pointed cabbage on the harvest chart after members shared an overwhelmingly positive response to both of these items when we trialed them last season!

Reminders:

- Please leave your share box on-site each week for us to collect and recycle for our next deliveries. The bag inside the box pulls right out for you to take your produce home safely. The lining bag cannot be reused on the farm to ensure proper food safety adherence. Thanks for your help to reduce unnecessary waste.
- Open Farm Days this year: July 27th & September 7th

Isla's Ideas

Hi everyone! I wanted to get a hamster so my dad said I had to get a book about hamsters at the school library. I learned a lot about them and they are very fascinating creatures. Did you know that a female hamster can have litters twice a year and usually have 6 or 7 babies? So if you're thinking about it, don't get a male and female hamster together or else you will have a zillion baby hamsters! I got a cage a few days ago and it was very fun to put together. It came with little colored tubes, a wheel, a drinking bottle, a food dish, and a little house it can live in. I can't wait to get my hamster and I wish I was a hamster because the cage looks really fun to live in! Hamsters can eat all sorts of things, from carrots to broccoli and even chocolate! I'm going to be feeding my hamster lots of vegetables from the farm and I'll let you know which food it likes best. What do you think I should name my hamster? Write to me and let me know at csa@spiralpathfarm.com.

Recipes are on the back!

Check out our website:
Weekly CSA Menu - Posted every Monday morning!
Virtual Farm Cookbook - Search by veggie item!
Hundreds of recipes shared by us and other members.

Deirdre's Spinach Colcannon

1 bunch spinach (chopped)

8 cups potatoes (diced with skins on)

1 cup spring onions (finely chopped)

4 Tbsp butter

5 cloves of garlic

2 cups milk

Salt & Pepper

3/4 to 1 lb. cooked bulk sausage (optional)

2 cups of grated cheddar cheese (optional)

Barely cover potatoes with water, add 1 tsp salt. Bring to a boil and then simmer until potatoes are very soft, about 15 mins. Pour off water (save for soup stock). Add milk and butter. Mash by hand or with mixer. Add salt and pepper to taste. (Vegan style: use the potato water-no milk.) Brown sausage in separate pan on high heat until just cooked. Add the spring onions and garlic, stirring until soft (add salt if meat is not already salted). Turn off heat, add spinach all at once and cover the pan, letting spinach wilt. Meanwhile, butter a 9x13 pan. Add sausage and spinach mixture to buttered pan. Spread mashed potatoes (see above) over the mix. Top with 2 cups of your favorite cheese, mild cheddar is great. Bake at 350 degrees for half an hour or until cheese is fully melted.

Roasted Radishes with Herbs *From the Washington Post*

1 bunch of radishes (trimmed, with 1/2 of the stem left on, and halved)

1 Tbsp olive oil

1/4 tsp salt

1/8 tsp black pepper

2 tsp parsley leaves (chopped)

1 tsp dill (chopped)

Place radishes in a 9x13-inch baking dish and toss with the oil, salt, and pepper. Arrange the radishes so they are facing down. Roast for 20 to 25 mins at 450 degrees, until tender and the cut sides are lightly browned. Transfer to a serving dish; sprinkle on the herbs and more salt (if desired). Serve warm or at room temperature.

Swiss Chard with Bacon Dressing *From Violet Hunsicker, Mike Brownback's grandmom*

1 bunch of chard (ribs removed and greens chopped)

1/2 lb. bacon

1/2 cup sugar

1/4 cup vinegar

1/2 tsp salt

3 shakes pepper

1/4 cup onion (minced)

1 egg

4 Tbsp flour

1/2 cup water

Fry bacon until crisp and save bacon fat. Let cool. Crumble bacon. Mix together sugar, vinegar, salt, pepper, onion, egg, bacon, and bacon fat. Put chard in a large fry pan with the water. Turn on high and steam until wilted. Add bowl of dressing and heat until thickened, stirring constantly. Enjoy alone or over potatoes, rice, or pasta.