



News from Bethany at



**4/30/24**

**Your Share Menu:**

**Sweet Potatoes**  
Store at room temperature.  
(From winter storage!)

**Yellow Onion**  
Store at room temperature.

**Carrots**  
Store in vegetable drawer of the fridge.

**Kale**  
Store inside the fridge.

**Bok Choy**  
Store inside a sealed bag in the fridge.

**Red Spring Onions**  
"Scallions or Green Onions"  
Trim off the roots and the outer skins will slide right off. Then 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!

**Rhubarb**  
Store in the fridge inside a sealed bag.  
\*\*Discard all remaining leaves\*\*

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**Greetings!**

We had a fun field trip from a local elementary school of first graders come to tour the farm on Thursday. It was great seeing children get excited about our vegetables. They especially enjoyed getting hands on with our worms in the vermicomposting system and getting to plant their own flowers with our greenhouse team. It was a great reminder to all of us working here that we are trying to improve agricultural practices for these next generations to have a healthier planet and better health themselves. I was so glad to hear that they had already been growing seedlings, building their own mini composting systems, and learning about solar power at school so they came with a broad knowledge of sustainable agriculture already. As for work on the farm, we got a couple days of heavy planting in to open space back up in our greenhouses this week. And the tractor shed has been pretty empty with so many groups out mowing our cover crop down, making rows, and planting the transplants. I am so excited to have rhubarb in the box this week. I love rhubarb desserts! Rhubarb is a unique crop here on the farm as it is one of the few items that you cannot also eat the leaves of. Although we encourage members to try eating the leafy parts of beets, radishes, turnips, etc., make sure to discard any remaining leaves on the stalks of your rhubarb. They are high in oxalic acid which will cause you to get sick to your stomach. Asparagus is looking just about ready to begin harvesting. We hope to again be able to give to all our share members this season. You may not see it on the weekly list for your size share as we may only have enough at a time to do just Tuesday mediums one week and then Wednesday mediums the next week for example. Asparagus is a perennial that only last up to 20 years so as it nears the end of its life cycle it produces less. I also wanted to let all of you know that this will be the last season of asparagus on the farm. I know many love this item, myself included, but it takes up a lot of acreage that nothing else can be planted on the rest of the year and we get so little harvest from it each season with a lot of work being put into trying to get that small harvest produced. With these factors in mind, Will has made the decision to not renew the asparagus with another wave.

*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.

**Isla's Ideas**

Hi everyone! I'm so excited to get into spring! My dad was doing some spring clean-up where he was trimming the trees around our house. When he was done there were so many branches, twigs, and sticks on the ground that he suggested we start a fire in our firepit. Then I suggested we roast marshmallows and make s'mores! Then we had to cut up the branches to start the fire and my brother helped us do that. When the fire was lit, my mom came down to see how it was going. We were then ready to roast the marshmallows. We made the s'mores and ate them and they were so good! Now, I have a question for you: What is your family tradition for making s'mores or have you ever put any different ingredients in your s'mores? Write to me and let me know at [csa@spiralpathfarm.com](mailto:csa@spiralpathfarm.com).

## **Bok Choy and Pea Tacos** *From It's a Veg World After All Makes 3 Tacos*

- 1 Tbsp toasted sesame oil
- 1 Tbsp olive oil
- 2 cloves garlic (chopped or pressed, divided)
- 2 tsp fresh ginger (chopped, divided)
- 2 cups bok choy (stems and leaves chopped)
- 1 1/2 cups frozen green peas
- 1 Tbsp soy sauce
- ¼ cup plain Greek yogurt
- ½ lime (juiced)
- 3 corn tortillas

*Heat the sesame and olive oils in a large skillet over medium heat. Add 1 chopped garlic clove and 1 teaspoon of the chopped ginger, then add the chopped bok choy and frozen green peas. Cook, stirring occasionally until the veggies are tender, about 5-7 minutes. Add the soy sauce about halfway through the cooking time. While the veggies are cooking, whisk together the plain yogurt, the other chopped garlic clove and 1 teaspoon of the chopped ginger, and lime juice. Warm the tortillas in a skillet over the stove and set aside. Remove the veggie filling from heat and divide evenly among the three tortillas. Top with a dollop of the yogurt sauce and enjoy!*

## **Strawberry Rhubarb Pie (with lattice top)**

- 2 Tbsp cornstarch or arrowroot powder
- 1 1/3 Tbsp water
- 2 1/2 cups rhubarb (diced)
- 2 1/2 cups fresh strawberries (sliced)
- 1 1/4 cups white sugar (plus 1 Tbsp more for crust)
- 3/4 tsp ground cinnamon
- 1 tsp vanilla extract
- 1 9-inch double crust pie
- 1 egg white

*Preheat oven to 425 degrees. In a bowl, whisk together the cornstarch with 1 tablespoon of water until thoroughly combined. Stir in the rhubarb, strawberries, white sugar, cinnamon, and vanilla extract. Allow the mixture to stand for 30 minutes. Place bottom crust into a 9-inch pie dish. Roll the remaining crust out into a 10-inch circle on a floured work surface and set aside. Stir the filling and pour into the prepared pie dish. Cut the remaining crust into 1-inch wide strips (use a scalloped edge pastry cutter for a prettier crust). Moisten the rim of the filled bottom crust with a bit of water and lay the two longest strips in a cross in the middle of the pie. Working from the next longest down to the shortest strips, alternate horizontal and vertical strips, weaving the strips as you go. Press the lattice strips down onto the bottom crust edge to seal and trim the top crust strips neatly. Beat the egg white with 1 teaspoon of water in a small bowl and brush the entire lattice top with the beaten egg white. Sprinkle with 1 Tbsp sugar. Wrap aluminum foil strips around the edges of the pie. Bake in the preheated oven for 15 minutes; reduce heat to 375 degrees and bake until the crust is browned and the filling is bubbling, about 40 to 45 more minutes. Remove the aluminum foil for the last 10 minutes of baking time. Allow pie to cool completely before serving, about 2-3 hours. Serve with vanilla ice cream, yogurt dollop, or whipping cream.*