



News from Bethany at



5/14/24

Your Share Menu:

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

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)

Mixed Greens
Store in the fridge.
Washed/dried and ready to eat!

Tuscan Kale
"Lacinato or Dinosaur Kale"
Store inside a sealed bag in the fridge.

Italian Parsley
Store inside a sealed bag in the fridge.

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

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Greetings!

We were able to get a lot of planting done on the farm this week including chard, parsleys, cilantro, and or head lettuces including red leaf, green leaf, and romaine. We also got to see a little blast from the past in the packhouse this week. An old full share came back on our CSA truck with all the empty boxes this week, and I was curious to see how long ago it was from. Brian, our packhouse manager, had no memory of using the type of box that had come back, and he has been working here for 11 years so we know it's at least over a decade old! It was a great reminder of how long some of our members have been supporting our work here on the farm. This week we expect to finish off the rhubarb harvest. And we have been able to give asparagus to each day of the week's full shares once over the last few weeks and are now working on giving out to different days of medium shares. Tuesday and Wednesday medium share members will be the last to receive. We are glad that for our last season of growing asparagus, we could at least harvest enough to cover all the shares one last time. In the packhouse, we are starting up packing our salad mixes for Wegmans so we will have more employees starting up soon to grow our team for the summer.

Rhubarb was originally a plant grown in Siberia around the Volga River Basin as a medicinal cure for stomach aches and fevers for centuries. Our current varieties first appeared in American seed catalogues in 1828 despite its introduction to the US by the 1770s. Rhubarb is a perennial, so it stays in the same field permanently, and it's hardy against cold temps and disease. Although it is a vegetable, it is treated like a fruit in the kitchen. It has the tart flavor of a green apple, which is why it is often paired with the sweetness of strawberries. Although most often seen in pies and desserts from its start, people have developed a variety of beverage, jam, sherbet, etc. recipes to use it in. One of my favorite non-dessert recipes is rhubarb lemonade!

Isla's Ideas

Happy Late Mother's Day! Mother's Day is a very special day. We have some family traditions we like to do on this day. We make breakfast for my mom (scrambled eggs and toast this year with tea of course), give lots of cards, and sometimes pick flowers. The day before Mother's Day, we went to a local greenhouse and bought flower plants for my mom and my grandmother. This year, we ate lunch with my grandparents and had sandwiches, fruit salad, and strawberry rhubarb crumble made from our strawberries and rhubarb. I ended the day with running in my Healthy Kids Running Series race that I do every spring and fall. This year I am running the 1/2 mile and I'm getting better every year! This is the first time I'm running the 1/2 mile but the race goes from 50 yard dash to 2 miles, depending on how old you are. It is lots of fun and at the end of your race there is always apples, applesauce, and sometimes ice cream on the last race day. I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!

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.

Rhubarb Lemonade *Makes 5 or 6 cups*

2 cups rhubarb (chopped)
3/4 cup granulated sugar
2 tsp lemon rind (grated)
1/2 cup lemon juice, (approx. 3 lemons)
2 cups ice cubes
10 lemon slices

In large saucepan, stir together rhubarb, sugar, 3/4 cup water, and lemon rind; bring to boil. Reduce heat to medium-low; simmer, stirring, until sugar is dissolved and rhubarb breaks up, about 10 minutes. Remove from heat; stir in lemon juice. Strain through cheesecloth-lined sieve, pressing out liquid. Let syrup cool. (Make-ahead: Refrigerate in airtight container for up to 1 week.) In serving pitcher, mix syrup with 5 cups water; stir in ice to chill. Garnish with lemon slices.

Sweet Potato Pie *Makes 1 9-inch pie*

3-4 medium sweet potatoes or yams (1 1/4 - 1 1/2 lbs.)
1/3 cup softened butter
1/3 cup sugar
1/3 cup brown sugar
1/2 tsp salt
1/4 tsp nutmeg
2 eggs (beaten)
1 tsp vanilla
2/3 cup milk
1 unbaked 9" pie crust

Boil sweet potatoes until tender. Cool slightly-peel & mash (about 2 cups). Combine ingredients until creamy. Pour ingredients into pie crust Bake at 350 degrees for 50-60 minutes. Cool to room temperature before serving. Store in refrigerator.

Lacinato/Tuscan Kale Wraps *Makes 6 to 8 wraps*

1 bunch lacinato kale (rinsed and sliced thin, the whole bundle including the stems)
1 Tbsp garlic (minced)
1 onion (chopped)
2 cups carrots (sliced)
1/2 lb. bacon (chopped uncooked into small pieces, or 1/2 lb. sausage)
1/4 cup olive oil
1/4 cup chicken broth or potato water or water
1 tsp salt
1/4 tsp black pepper
1/2 tsp crushed red pepper (only if you like lots of heat)
6-8 of your favorite tortilla wraps (flour, cornmeal, or seasoned)
1/2 cup Asiago cheese (grated) (or other hard sharp cheese)

Sauté the onions, garlic, carrots, and bacon for about 10 minutes on medium high heat. Stir often. Add the sliced kale all at once and stir often for about 10 minutes. Pour in the liquid and seasonings and cover steam for another 10 minutes. Gently warm the tortilla wraps. Spoon about 1/2 cup kale mix into a wrap, dust with cheese, wrap and enjoy.