



### On The Farm

Apple season is here! This week you can choose between Ginger Gold and Somerset varieties.

Somerset is related to Honeycrisp and Ginger Gold is good for cooking and apple sauce! You also get a choice between a different types of greens. The Fiero lettuce is similar to radicchio.

### IN YOUR BOX:

Cabbage

Peaches

Apples

Swiss Chard/Kale/Fiero

Lettuce

Beans

Carrots (Full)

### Peach Ice Cream TODAY!

This week, we have an exciting new addition to the Market on Friday & Saturday - Peach Ice Cream! A local business, Crave Frozen Desserts in Dravosburg, PA, has SCA fresh peaches and is making them into delicious ice cream! We will be selling scoops of this treat on Friday and Saturday during the Market Hours. Bring your family and enjoy our peach ice cream!

### Harmony Acres Dairy

We continue to have Harmony Acres Dairy products available for pickup during CSA hours on Friday and Saturday.

Submit your pre-order via this link. Place orders by 10am Thursday morning.



### Recipe Corner: Unstuffed Cabbage

#### Ingredients:

- |                        |                      |
|------------------------|----------------------|
| 1 can of sauerkraut    | 1/2 tsp. parsley     |
| Medium head of cabbage | 1/2 tsp. salt        |
| 1 lb. ground meat      | Pepper to taste      |
| 1/2 cup cooked rice    | 1 can of tomato soup |
| 1 egg                  | 1/4 cup bread crumbs |

Cut the cabbage in half, remove the core and steam or cook until the leaves fall apart. Mix ground meat, eggs, rice, parsley, salt, pepper, and bread crumbs (form 1 inch meatballs). In 9x13 baking dish layer ingredients as follows:

1. Layer half of sauerkraut
2. Spread half of cabbage leaves
3. Use all of the meatballs
4. Layer remaining cabbage leaves
5. Spread rest of sauerkraut
6. Pour tomato soup over everything

Bake at 350 degrees about an hour or until the meat is cooked.