

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

August 15 - 18, 2013 CSA Newsletter



For our 10th week of the season, you will find the following in your share boxes:

Bicolor Sweet Corn, Lettuce, Cucumbers, Yellow Summer Squash, Green Onions, Green Beans, Kohlrabi, Swiss Chard, Dill and Green Sweet Basil.

Summer Corn Chowder

www.finecooking.com

5 ears fresh corn
1 bunch green onions
3 slices bacon, cut into 1/2-inch pieces
1 Tbs. unsalted butter
1 jalapeño, cored, seeded, and finely diced
1 tsp. kosher salt; more to taste
Freshly ground black pepper
3-1/2 cups low-salt chicken broth
1 large Yukon Gold potato (8 to 9 oz.), peeled and cut into 1/2-inch dice (about 1-1/2 cups)
1-1/2 tsp. chopped fresh thyme
2 Tbs. heavy cream

Husk the corn and cut off the kernels. Reserve two of the corn cobs and discard the others. Trim and thinly slice the green onions, keeping the dark-green parts separate from the white and light-green parts. Cook the bacon in a 3- or 4-qt. saucepan over medium heat until browned and crisp, about 5 minutes. With a slotted spoon, transfer the bacon to a paper-towel-lined plate. Pour off and discard all but about 1 Tbs. of the bacon fat. Return the pan to medium heat and add the butter. When the butter is melted, add the white and light-green green onions and the jalapeño, salt, and a few grinds of black pepper. Cook, stirring, until the onions are very soft, about 3 min. Add the broth, corn, corn cobs, potatoes, and thyme and bring to a boil over medium-high heat. Reduce the heat to medium low and simmer until the potatoes are completely tender, about 15 min. Discard the corn cobs. Transfer 1 cup of the broth and vegetables to a blender and puree. Return the puree to the pot and stir in the cream and all but 1/3 cup of the remainder of the green onions. Simmer, stirring occasionally, for a couple of minutes to wilt the onions and blend the flavors. Season to taste with salt and pepper and serve sprinkled with the bacon and reserved onions.

Roasted Yellow Summer Squash

www.skinnytaste.com

2 cups yellow squash, cut into 1/4-inch thick half moons
1/2 tbsp olive oil
pinch of garlic powder

salt and pepper, to taste

Preheat the oven to 400°. In a medium bowl combine yellow squash, olive oil, garlic powder, salt and pepper and toss to mix. Place the squash on a baking sheet in a single layer and bake in the lower part of the oven 10 to 12 minutes, or until the bottom is golden. Remove and serve immediately.

Lemon-Dill Green Beans

From EatingWell

May/June 2009, November/December 2010

1 pound green beans, trimmed
4 teaspoons chopped fresh dill
1 tablespoon minced shallot
1 tablespoon extra-virgin olive oil
1 tablespoon lemon juice
1 teaspoon whole-grain mustard
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper

Bring an inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and cook until tender-crisp, 5 to 7 minutes. Remove from the heat. Meanwhile, whisk dill, shallot, oil, lemon juice, mustard, salt and pepper in a large bowl. Add the green beans and toss to coat. Let stand about 10 minutes before serving to blend flavors.

Stir Fried Rice Noodles with Kohlrabi and Basil

www.foodandwine.com

4 cups water
5 ounces dried rice noodles (about 1/3 inch wide)
3 tablespoons soy sauce
1/2 tablespoon dry white wine
1/2 tablespoon sugar
1/4 teaspoon Chinese chili oil
1 1/2 tablespoons peanut oil
1/2 pound kohlrabi—peeled, halved and thinly sliced

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Notice to CSA members:

Please remember to return the boxes and/or fiber bays that your vegetables are in to us next week when you pick up your next box. Thank you!



1/2 red bell pepper, thinly sliced
3/4 tablespoons minced garlic
1 large eggs, lightly beaten
1/2 cup mung bean sprouts
1 scallions, sliced on the diagonal
1/2 cup chopped basil

Bring the water to a boil. Remove from the heat, add the rice noodles and let soak until the noodles are tender, about 7 minutes. Drain well. In a small bowl, stir together the soy sauce, white wine, sugar and chili oil. In a large skillet or a wok with a handle, heat the oil. Add the kohlrabi and cook over moderately high heat until browned, about 3 minutes. Stir and cook for 1 minute. Add the red pepper and garlic and stir-fry until the garlic is fragrant, about 2 minutes. Add the eggs; stir-fry until just set, about 30 seconds. Add the rice noodles, bean sprouts, scallions, basil and the soy sauce mixture. Cook over moderately low heat, tossing gently, until the noodles are heated through and coated with sauce, about 1 minute. Transfer the noodles to plates or bowls and serve at once.

Blueberry-Cucumber Smoothie www.NourishingMeals.com

1 large cucumber, peeled and sliced
2 cups fresh blueberries
1 cup apple juice or water
2 cups ice cubes

Place all ingredients into a blender and blend on high for about 60 to 90 seconds. Serve immediately.

The Ultimate Grilled Corn www.amazingribs.com

4 ears of fresh sweet corn
8 tablespoons of butter
4 loosely packed tablespoons fresh tarragon, minced

Note. You can leave out the tarragon if you wish. It's still mighty good. But try it in. Tarragon really makes sweet corn sing. You can use other herbs such as thyme, oregano, rosemary, or basil, but tarragon is my favorite. You can also use margarine or a blend of corn oil and butter or margarine, but butter is best.

Preheat the grill to medium high. Remove the husks, pull off the silky threads that get stuck in your teeth. Respect your guests. Get them all. Wash the ear in cold water.

Melt the butter in a saucepan over a medium low heat. Chop the tarragon and chuck it in. Let it steep in the butter for about 15 minutes so it is infused with tarragon flavor. Put the corn on the grill about 20 minutes before everything else is ready. You don't want to overcook it or leave it sitting around getting cold. Rest the ears between the bars of the grates so you can roll them from groove to groove. Leave 2-4 grooves between ears for easy rolling. Paint them gently all over with the tarragon butter. Try not to let too much fat drip onto the fire so it doesn't flare up and get the corn sooty. Get the tarragon chunks on the corn. If there is a flareup, move the corn to another part of the grill. Close the lid and grill over direct heat for about 4-5 minutes until some of the kernels get toasty golden. Don't burn them. Roll the ears a couple of grooves, about 1/4 turn, and paint them again. Keep browning, turning, and painting until you have done all four quarters. If you run out of butter, don't sweat it. Remove and serve. You can put butter and salt on the table, but urge your guest to taste their ear unadulterated first. Chances are they won't use any butter or salt.

Swiss Chard and Cheddar Quiche www.realsimple.com

3 tablespoons olive oil
1 bunch Swiss chard, chopped
1 onion, chopped
3 large eggs
3/4 cup half-and-half
kosher salt and black pepper
2 ounces Cheddar, grated (1/2 cup)
1 prebaked 9-inch piecrust
4 cups baby lettuce
1 tablespoon red wine vinegar

Heat oven to 350° F. Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Add the chard and onion and cook until tender, 3 to 4 minutes. In a medium bowl, beat the eggs with the half-and-half; season with 1 teaspoon salt and 1/4 teaspoon pepper. Add the Cheddar and chard mixture and mix to combine. Pour into the prebaked 9-inch piecrust and bake until set, 40 to 45 minutes. Meanwhile, in a medium bowl, toss together the lettuce with the vinegar, the remaining 2 tablespoons of oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Serve the quiche with the salad.