

# J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

## August 22 - 25, 2013 CSA Newsletter

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For our 11th week of the season, you will find the following in your share boxes:

*Green Beans, Porteguse Sea Kale, Bicolor Sweet Corn, Zucchini, Yellow Summer Squash, Cucumbers, Green Onions, Kohlrabi, Lettuce, Dill and Green Sweet Basil.*

### *Lettuce Wrapped Halibut w/Dill Cream Sauce*

[www.cookingchanneltv.com](http://www.cookingchanneltv.com)

8 large lettuce leaves  
4 filets halibut (about 4-ounces/110 g each)  
Salt and freshly ground black pepper  
3 chopped fresh dill stalks  
1 shallot  
1/2 clove garlic  
1/2 cup/125 ml white wine  
1 1/4 cups/300 ml chicken stock  
1 1/4 cups/300 ml cream  
2 tablespoons butter, cut into pieces  
Lemon juice, to taste  
Small pinches fresh dill sprigs, for garnish

For the fish bundles: Lay the lettuce leaves in a saute pan of boiling salted water for a few seconds. Remove, and immediately plunge in an ice bath. Lay flat on tea towels to drain, gently patting them dry. Remove the ribs, so you have strips of lettuce. Lay a few leaves on a board, slightly overlapping. Lay a fish fillet on top. Season, and neatly fold the lettuce leaves over to make a neat package, with the end of the fish visible out the ends. Make the other 3 bundles.

If you're not cooking until much later, wrap and refrigerate. Otherwise, just set them aside. To cook the fish: Lay the fish bundles in a bamboo steamer over a saucepan of 2-inches/5 cm boiling water. Steam until the fish is just cooked, about 10 minutes. Serve with the sauce alongside the fish passed in a sauceboat. A bed of radishes and peas is the perfect accompaniment.

For the sauce: Put the dill stalks, shallot, garlic, wine, and stock in a saucepan. Boil to reduce by 3/4. Strain, and return the liquid to a clean saucepan. Add the cream and simmer to sauce consistency, about 5 minutes. Remove from the heat. Whisk in the butter a piece at a time. Taste, and season with salt, pepper, and lemon juice, if needed.

### *Fresh Green Bean Salad with Basil & Tomatoes*

[www.npr.org](http://www.npr.org)

1-1/2 pounds fresh green beans

1 tablespoon sugar  
1 tablespoon and 1 teaspoon salt (4 teaspoons total)  
1 recipe garlic-basil dressing (below)  
5 firm ripe tomatoes, sliced  
4 sprigs fresh basil for garnish

Trim the stem ends of the green beans (you can leave the pointed tips). Halve the longer ones if you wish. Bring a large pot of generously salted water to a boil. While the water's heating, fill a large bowl with ice water (using at least a dozen cubes of ice). Once the water boils, add the beans and cook briefly: 1 or 2 minutes for tiny haricots, 4 or 5 for bigger beans. Don't walk away. Drain the beans quickly. Then shock them by dumping them in the ice water, agitating them briefly until they are quite cool (about a minute). Then drain again and set aside. They can be refrigerated in a tightly sealed plastic bag for several hours with no loss of color or texture. If you do refrigerate, first dry them extra-thoroughly on a dish towel.

When ready to serve, toss the green beans with 1/3 cup of the dressing in a large mixing bowl. Taste and add more dressing or salt as needed. Pile the beans high in the center of a large white platter. Arrange the tomato slices overlapping around the edge. Sprinkle the tomatoes with salt, and drizzle 3 tablespoons of the dressing on top of them. Garnish with the basil sprigs. Serve immediately.

### *Garlic-Basil Dressing*

1 clove garlic  
1 shallot  
2 tablespoons red wine vinegar  
1/2 teaspoon salt  
1/8 teaspoon freshly ground black pepper  
2 tablespoons Dijon mustard  
1 tablespoon sugar  
3/4 cup canola, corn or other vegetable oil  
15 fresh basil leaves

Turn on the processor with the steel knife and drop the garlic and shallot down the feed tube onto the spinning blade

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*visit [www.jttodfarms.com](http://www.jttodfarms.com)*

## 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!*



to mince. Add the vinegar, salt, pepper, mustard and sugar. With the processor running, slowly drizzle in the oil. Add the basil leaves and coarsely chop with several pulses.

### *Caldo Verde - Portuguese Green Soup* [forkfingerschopsticks.com](http://forkfingerschopsticks.com)

1/4 cup olive oil  
1 large onion, diced  
3 cloves, minced  
10 ounces smoked Portuguese sausage – linguica or chourico, diced\*  
2 pounds potatoes (about 6 medium), peeled and diced  
8 cups chicken stock  
1 teaspoon salt  
1 teaspoon black pepper, freshly ground  
Dash cayenne pepper (optional if using linguica)  
2 bay leaves  
2 tablespoons white vinegar  
1 bunch sea kale or collard greens, stems removed  
Salt and pepper to taste

\*Linguica is a Portuguese garlic sausage that is available cured and un-cooked. Get the precooked one. It is not as hot as chourico. Or use pre-cooked Italian smoked sausage, Spanish chorizo (not the same as Mexican chorizo), kielbasa.

In a large pot, heat the olive oil over medium heat. Add the onions and cook until they are translucent. Add the garlic and half the linguica/chourico and saute for 2 minutes. Add the potatoes, cover everything with the stock. Add salt, black pepper, cayenne, bay leaves and bring to a boil and lower the heat, simmering until the potatoes are cooked, about 15 – 20 minutes.

De-stem greens. Stack and roll leafy greens into a cigar shape, thinly slice into ribbons about 1/3 inch thick. Remove the bay leaves from potatoes. Puree the soup with a hand emulsifier until creamy. (Note: If using a blender or food processor, make sure the soup is cool enough and purée it in batches. Return to the pot.)

Add the vinegar and the kale, bring everything back to a boil and simmer for a few minutes until the kale softens. Adjust seasoning. Serve hot and garnish with the remaining Portuguese sausage.

### *Mexican Grilled Sweet Corn* [www.amazingribs.com](http://www.amazingribs.com)

1/4 cup mayonnaise (not Miracle Whip)  
2 teaspoons lime juice  
1/2 teaspoon chipotle or other hot pepper powder  
2 pinches of salt, more or less to taste  
Optional. Add 1 tablespoon Dijon mustard.  
Optional. Finely grate 1/4 cup queso blanco, a simple fresh Mexican cheese, and sprinkle it on top of the mayo.

Mix all the ingredients. Strip and wash the corn as in the recipe at left. Grill the same way, but don't paint it with oil. Serve the corn and, with a brush, slather it with the mayo mix.

### *Quick Pickled Veggies* [lettuceneversquashourlove.com](http://lettuceneversquashourlove.com)

1 small cucumber, peeled and very thinly sliced  
3 green onions, thinly sliced the length of the onion  
1 kohlrabi, sliced into matchsticks  
1/3 cup rice vinegar  
2 teaspoons sugar

For the Quick-Pickled Veggies: combine ingredients in a large bowl then stir to combine. I mixed everything in a large Tupperware container and let it sit in the fridge for about 6 hours before dinner. Every now and then I shook the container to stir it all up.

### *Roasted Zucchini and Summer Squash* [MarthaStewart.com](http://MarthaStewart.com)

3 medium zucchini, cuza, patty pan or yellow summer squash  
1 onion  
2 tablespoons olive oil  
1 teaspoon dried thyme  
1/2 teaspoon salt  
1/8 teaspoon pepper

Preheat oven to 450 degrees. Quarter and cut zucchini into 1 1/2-inch chunks. Thinly slice onion. On a rimmed baking sheet, toss zucchini and onion with oil, thyme, salt, and pepper. Roast 30 minutes, tossing halfway through.