

# *J&T Todosciuk Farms & Greenhouses, LLC*

Howell MI

## **August 29 - September 1, 2013 CSA Newsletter**

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For our 12th week of the season, you will find the following in your share boxes:

*Lettuce, Dill, Oriental Eggplant, Sweet Banana Peppers, Tomatoes, Bicolor Sweet Corn, Green Beans, Pickling Cucumbers, Turnip Greens, Zucchini Squash and Green Onions.*

### *Fresh Zucchini Muffins* [news.health.com](http://news.health.com)

1.5 cups all-purpose flour  
1/2 cup white sugar  
1/2 cup packed brown sugar  
1.5 cups grated zucchini (about 2 small to medium-size zucc's)  
1/2 tsp. salt  
2 eggs  
1/2 tsp. cinnamon  
1/4 tsp. nutmeg  
1 tsp. vanilla extract (or vanilla paste)  
1/3 cup canola oil  
2 tsp. baking powder  
Cinnamon and sugar for topping

Preheat oven to 375. In large bowl, whisk together flour, sugars, salt, baking powder, cinnamon, and nutmeg. Set aside. In medium bowl, combine grated zucchini, eggs, vanilla, and oil. Stir well to combine, then gently stir into flour mixture. Be careful not to overwork this — it will lead to dense muffins! Fill lined muffin tins about 3/4 of the way up with the batter and then sprinkle cinnamon and sugar on each. Bake for about 30 minutes or until golden.

### *Spicy Skillet Turnip Greens* [addapinch.com](http://addapinch.com)

1 tablespoon olive oil  
1 medium onion, cut into wedges  
1 pound turnip greens, cleaned and chopped  
1/4 cup water  
pinch brown sugar  
1/8 teaspoon red pepper flakes (adjust to preference)

Drizzle olive oil into skillet over medium heat. Add onion and cook until just tender, about 3 minutes. Then add 1/2 of turnip greens. Allow to cook down and add the remainder of the greens. Add water, brown sugar and red pepper flakes. Adjust the amount of red pepper to your personal taste.

### *Layered Lettuce Salad* [www.tasteofhome.com](http://www.tasteofhome.com)

1 medium head lettuce, torn  
1 cup minced fresh parsley  
4 hard-cooked eggs, sliced  
2 large tomatoes, chopped  
1 package (10 ounces) frozen peas, thawed and patted dry  
6 bacon strips, cooked and crumbled  
1 cup (4 ounces) shredded cheddar cheese  
1 small red onion, chopped  
DRESSING:  
1-1/2 cups mayonnaise  
1/2 cup sour cream  
1 teaspoon dill weed  
3/4 teaspoon dried basil  
1/2 teaspoon salt  
1/8 teaspoon pepper  
Fresh dill sprigs, optional

In a large salad bowl, layer in order the lettuce, parsley, eggs, tomatoes, peas, bacon, cheese and onion. In a small bowl, combine mayonnaise, sour cream, dill, basil, salt and pepper. Carefully spread on top of salad. Cover and refrigerate for several hours or overnight. Garnish with dill sprigs if desired. Yield: 12 servings.

### *Tomato Stack Salad* [www.myrecipes.com](http://www.myrecipes.com)

2 bacon slices, halved  
1/4 cup low-fat buttermilk  
1 tablespoon finely chopped fresh chives  
1 tablespoon finely chopped fresh basil  
2 tablespoons mayonnaise  
2 teaspoons cider vinegar  
1 garlic clove, minced  
1/2 teaspoon freshly ground black pepper, divided  
2 ears shucked corn  
Cooking spray  
2 large beefsteak tomatoes, cut into 8 (1/2-inch-thick) slices

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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!*



total  
2 globe tomatoes, cut into 8 (1/2-inch-thick) slices total  
1/8 teaspoon kosher salt  
1/2 ripe peeled avocado, thinly sliced  
4 teaspoons extra-virgin olive oil

Preheat the grill to high heat. Heat a large nonstick skillet over medium heat. Add bacon to pan; cook 8 minutes or until crisp, tossing occasionally to curl. Drain bacon on paper towels. Combine buttermilk and next 5 ingredients (through garlic), stirring with a whisk. Stir in 1/4 teaspoon pepper. Coat corn with cooking spray. Place corn on grill rack; grill 8 minutes or until well marked, turning occasionally. Remove from grill; cool slightly. Cut corn kernels from cobs. Sprinkle tomato slices evenly with salt. Alternate layers of tomato and avocado on each of 4 plates. Scatter corn evenly onto plates. Drizzle each tomato stack with about 1 1/2 tablespoons dressing and 1 teaspoon oil. Sprinkle remaining 1/4 teaspoon black pepper over salads; top each salad with 1 bacon piece.

### *Quick Pickled Cucumber Salad*

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

2 large cucumbers, peeled and thinly sliced crosswise  
1/2 medium red onion, thinly sliced  
1 teaspoon sugar  
1/4 cup rice vinegar  
Coarse salt and ground pepper

In a large bowl, combine cucumbers, red onion, sugar, and rice vinegar. Season with salt and pepper and toss to combine. Salad can be refrigerated in an airtight container, up to 4 hours.

### *Stuffed Banana Peppers*

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

1 pound hot ground Italian Sausage, roasted and chopped fine  
1/2 cup Locatelli Romano cheese  
1/2 cup bread crumbs  
Salt and pepper to taste  
1 large egg  
Olive oil to saute  
4 banana peppers (Hungarian hots or mild as preferred)  
1 cup marinara sauce, heated for service  
Wedge dry ricotta cheese

Mix sausage, cheese, bread crumbs, salt and pepper,

and egg together in mixing bowl. Season to taste. Adjust mixture with additional cheese and bread crumbs if too dry or moist - medium moisture for stuffing desired. Make a radial slice around the top of the banana pepper leaving the top intact. Pull back top and remove seeds if so desired. Gently stuff mixture into peppers. Place olive oil in hot saute pan. Gently place peppers in the pan and fry each side until browned. Place marinara sauce in middle of plate. Arrange peppers on top of marinara and grate the dry ricotta cheese on top of the hot peppers

### *Szechwan Eggplant Stir-Fry*

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

5 Asian eggplants, about 2 pounds  
3 tablespoons peanut oil  
1 tablespoon dark sesame oil  
Kosher salt and freshly ground black pepper  
2 green onions, white and green parts, sliced on a diagonal  
1-inch piece fresh ginger, peeled and minced  
3 garlic cloves, minced  
1 fresh red chile, sliced  
1/2 cup chicken broth  
3 tablespoons soy sauce  
1 tablespoon rice vinegar  
1 tablespoon light brown sugar  
1 tablespoon cornstarch  
1 tablespoon toasted sesame seeds, for garnish  
Thai holy basil and fresh cilantro leaves, for garnish

Cut the eggplants in 1/2 lengthwise and then slice crosswise into wedges, no more than 1-inch wide. Heat a wok or large skillet over medium-high flame and add the oils; tilt the pan to coat all sides. When you see a slight smoke, add a layer of eggplant, stir-fry until seared and sticky, about 3 minutes. Season with salt and pepper. Remove the eggplant to a side platter and cook the remaining eggplant in same manner, adding more oil, if needed. After all the eggplant is out of the pan, add the green onions, ginger, garlic, and chile; stir-fry for a minute until fragrant. Add the broth. In a small bowl, mix the soy sauce, vinegar, sugar, and cornstarch until the sugar and cornstarch are dissolved. Pour the soy sauce mixture into the wok and cook another minute, until the sauce has thickened. Put the eggplant back in the pan, tossing quickly, until the sauce is absorbed. Garnish with sesame seeds, Thai basil, and cilantro and serve.