

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

August 8 - 11, 2013 CSA Newsletter



For our 9th week of the season, you will find the following in your share boxes:

Lettuce, White Sweet Corn, Radishes, Pickling Cukes, Turnips with Greens, Green Onions, Kale, Zucchini, Yellow Summer Squash, Sweet Basil and Greek Oregano

Stuffed Squash

2 large zucchini, cusa, patty pan or summer squash
1 tbsp. olive oil
2 cloves garlic, minced
1 tbsp. chili powder
1 tbsp. onion powder
2 tsp. ground cumin
1 tsp. dried oregano
1 tsp. smoked paprika
1/2 tsp. cayenne (or less if you prefer your filling milder)
1 (8-ounce) package tempeh, crumbled (or for the meat eaters, 1/2 pound hamburger)
1 ear corn, kernels removed (or 1/2 cup frozen corn)
2 jalapeño peppers, seeded and diced
1 large tomato, diced
1/4 c. vegetable broth
3/4 c. Monterrey Jack or Mexican blend cheese, divided
Salt and pepper to taste
Cilantro, lime wedges, sour cream, crumbled tortilla chips, hot sauce, and other taco fixins for serving

Preheat oven to 400°F.

Slice each zucchini in half lengthwise, then scoop out the insides. Discard the insides or use them for something else. (I'm not sure what you can use zucchini insides for, but you're clever and I'm sure you'll figure something out. I compost mine.) eat oil in a large skillet over medium-high heat. Add garlic and spices (chili powder through cayenne).

Cook until fragrant, about 1 minute, stirring often. Stir in the tempeh, corn, and jalapeños and cook until they're beginning to brown, 3-5 minutes, continuing to stir often. Add the tomatoes and broth to the skillet and cook until the liquid has absorbed, about 2 minutes more. Stir in 1/2 cup of cheese and season to taste with salt and pepper.

Fill each zucchini half with the tempeh mixture, then top with the remaining cheese. Transfer zucchini to a baking dish or sheet and bake for 15-20 minutes, or until the tops are browned. Serve with cilantro, lime wedges, and other taco-y things.

Mashed Turnips and Potatoes with Turnip Greens

www.nytimes.com

1 bunches turnips with greens attached
8 oz russet or Yukon gold potatoes, peeled and quartered
Salt to taste
1/2 to 1 tablespoons extra virgin olive oil
1 small leek, white and light green parts only, finely chopped
1/3 cup low-fat milk, or as needed
Freshly ground pepper

Cut away the greens from the turnips. Peel the turnips and quarter if they're large; cut in half if they're small. Stem the greens and wash in 2 changes of water. Discard the stems. Combine the turnips and potatoes in a steamer set above 2 inches of boiling water. Steam until tender, 20 to 25 minutes. Remove from the steamer and transfer to a bowl.

Cover the bowl tightly and leave for 5 to 10 minutes so that the vegetables continue to steam and dry out. Fill the bottom of the steamer with water and bring to a boil. Add salt to taste and add the greens. Blanch for 2 to 4 minutes, until tender. Transfer to a bowl of cold water using a slotted spoon or skimmer, then drain and squeeze out excess water. Chop fine. Drain the water from the saucepan, rinse and dry.

Heat 1 tablespoon of the olive oil over medium heat in the saucepan and add the leek and a pinch of salt. Cook, stirring, until leeks are tender and translucent but not colored. Add the milk to the saucepan, bring to a simmer and remove from the heat. Using a potato masher, a fork or a standing mixer fitted with the paddle, mash the potatoes and turnips while still hot. Add the turnip greens and combine well. Beat in the hot milk and the additional tablespoon of olive oil if desired, and season to taste with salt and pepper. Serve hot, right away, or transfer to a buttered or oiled baking dish and heat through in a low oven when ready to serve.

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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!



Spicy Baked Kale Chips www.menshealth.com

1/3 tsp toasted ground cumin
1/3 tsp paprika
1/8 tsp cayenne (add 1/8 tsp for spicier chips)
1/8 tsp salt
2 Tbsp olive oil
1/2 lb kale (about 3/4 a bunch), large stems removed, cut into 2 to 3-inch pieces

Preheat the oven to 275°F. In a medium bowl, combine the spices, salt, and oil. Stir to dissolve. Add the kale and toss to coat. Spread leaves in a single layer on two baking sheets. Try to flatten any folded-over pieces for optimum crispness. Bake until the tips of leaves are slightly crispy, about 10 minutes. Use a spatula to turn the leaves over, and continue to roast until the leaves are crisp and slightly golden, 8 to 10 minutes more.

PATATES RIGANATES

**This recipe is excerpted from Aglaia Kremezi's book
The Foods of the Greek Islands.**

3 pounds baking potatoes, peeled and cut into 1- 1/2 inch cubes
1/2 cup olive oil
4 garlic cloves, minced
1- 1/2 teaspoon dried oregano, crumbled
1 teaspoon salt
Freshly ground black pepper
1/2 cup beef stock or chicken stock
1/3 cup freshly squeezed lemon juice
2-3 tablespoons chopped fresh greek oregano

Preheat oven to 400°F. Place the potatoes in a single layer in a 13-x-9-inch baking dish and pour the oil over them. Add the garlic, dried oregano, salt and pepper to taste and toss well to coat with the oil. Bake the potatoes for 15 minutes. Add the stock, toss and bake for 10 minutes more. Add the lemon juice, toss and bake for 10 to 15 minutes more, or until the potatoes are cooked through. If you like, preheat the broiler and broil the potatoes for 2 to 3 minutes, or until golden brown. Sprinkle with the fresh oregano and serve at once.

Radish and Cucumber Salad with Feta www.kalofagas.ca

6 cups of Romaine lettuce, washed, dried and chopped
1 cup of thinly shaved fennel bulb

1/2 cup of thinly sliced scallions (green part)
4 radishes, thinly sliced
1/2 English cucumber, washed and thinly sliced
1/4 cup fennel fronds (tops), finely chopped

1/2 cup of scallions, thinly sliced (white part)
3 Tbsp. good red wine vinegar
juice of 1/2 orange
1 tsp. Dijon mustard
2/3 cup of extra-virgin olive oil

In a large salad bowl, add the wine vinegar and orange juice and quickly mix. Now add the scallions (amount noted in the dressing recipe) and allow them to steep for 5 minutes. In the meantime, wash, rinse and your salads greens (I like to use a salad spinner). Continue to make your dressing by adding the Dijon mustard, a good pinch of sea salt and some fresh ground pepper. Whisk the dressing while slowly pouring in your olive oil. Adjust seasoning with salt and pepper and set aside. Chop or hand-tear your Romaine lettuce and slice your cucumbers, radishes and fennel bulb, remaining scallions and add to your bowl of greens. Add the bowl of salad ingredients into your dressing and gently toss until well coated. Adjust seasoning and to with crumbled Feta and the chopped fennel fronds.

Lime Basil Sorbet www.myrecipes.com

1 1/2 cups sugar
2 cups fresh lime juice, divided (about 15 limes)
1/2 cup light-colored corn syrup
3/4 cup lightly packed basil leaves, coarsely chopped
2 cups water
1 tablespoon grated lime rind
Finely grated lime rind (optional)

Combine sugar, 1 cup juice, and corn syrup in a medium saucepan over medium-high heat. Cook 2 minutes or until sugar melts, stirring constantly. Stir in basil. Cook 30 seconds. Remove from heat. Pour mixture into a bowl. Add remaining 1 cup juice, 2 cups water, and 1 tablespoon rind. Cover and chill. Strain mixture through a fine sieve; discard solids. Pour mixture into a freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon mixture into a freezer-safe container; cover and freeze 1 hour or until firm. Garnish with finely grated rind, if desired.

