

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

July 11 - 14, 2013 CSA Newsletter

For our 5th week of the season, you will find the following in your share boxes:

Lettuce (Romaine, Red Leaf or Green Leaf), Radishes, Green Onions, Red & Green Swiss Chard, Kale, Baby Bok Choy, Dandelion Greens, Romano Green Beans, Dill and Cilantro

Ottolenghi's Perfect Lettuce Salad

www.kalynskitchen.com

1 small head butter or romaine lettuce
1/2 head green or red leaf lettuce
1 small head radicchio, core removed and thinly sliced
3 green onions, thinly sliced on an angle
1 bunch radishes, cleaned and cut into half-moon slices
1 cup (or more) cherry tomatoes, cut in half
2-3 T capers (optional)
1 garlic clove, crushed
1 1/2 T fresh-squeezed lemon juice
1/2 tsp. caper brine
1 1/2 T olive oil
1 1/2 T grapeseed oil
salt and fresh ground black pepper to taste

Tear the lettuces, wash and spin dry or dry with paper towels. Slice the radicchio, green onions, and radishes, and cut tomatoes in half. Put all salad vegetables into a bowl big enough to toss the salad in. Measure out capers into a small bowl. (You can rinse the capers if desired, but I didn't.) Stir together the crushed garlic, lemon juice, and caper brine, then whisk in the olive oil and grapeseed oil a little at a time until the dressing is well-emulsified. Add salt and fresh ground black pepper to taste. Toss the salad with the dressing so all ingredients are lightly coated with dressing. Divide among four individual salad bowls and top each serving with a generous spoonful of capers.

Creamy Cherry Strawberry Kale Smoothie

Kalesmoothierecipes.com

1/2 cup frozen cherries
1/2 cup frozen strawberries
1/2 cup apple juice
1 very small shake of cinnamon
1 leaf kale
(optional) 1 tsp hemp oil
(optional) 1 tsp flax seed oil
1 large tbsp greek yogurt or your favorite yogurt

put all ingredients into blender, blend until smooth. Drink. Enjoy!!

Joe's Special

CA and Bill Jamison | Cooking Light | January 2004

This San Francisco specialty turns straightforward scrambled eggs into a distinctive dish. To stay true to the recipe's roots, serve with toasted sourdough bread. Replace the chard with packaged, washed spinach. Use baby spinach to avoid chopping altogether.

1/2 teaspoon dried basil
1/4 teaspoon salt
4 large egg whites
3 large eggs
4 ounces hot turkey Italian sausage
2 cups chopped onion
6 cups chopped Swiss chard (about 1/2 pound)
4 (1 1/2-ounce) slices sourdough bread, toasted \$

Combine the first 4 ingredients in a medium bowl, stirring with a whisk. Remove casings from sausage. Cook sausage in a large nonstick skillet over medium-high heat until lightly browned; stir to crumble. Add onion; cook 3 minutes or until onion is tender. Stir in chard; cover and cook 3 minutes or until chard wilts, stirring occasionally. Uncover and cook 1 minute or until liquid evaporates. Stir in egg mixture; cook 3 minutes or until eggs are set, stirring frequently. Serve with toast.

Cilantro Chicken

www.food.com

4 boneless skinless chicken breast halves (2 lb. total)
1/4 cup lime juice
1/2 cup fresh cilantro, chopped
6 garlic cloves, chopped
1 tablespoon honey
1 tablespoon olive oil
1/2 teaspoon salt
1/4 teaspoon pepper
Directions:

Pound the chicken breasts to an even thickness (about 1/2 in.) and place in a shallow baking pan. In a small bowl, mix lime juice, cilantro, garlic, honey, olive oil, salt, and pepper. Pour over

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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!



chicken and turn pieces to coat evenly. Cover and chill at least 30 minutes or overnight. Lay chicken on a grill over medium heat (you can hold your hand over the surface only 4 to 5 seconds) and cook, turning once, until no longer pink in the center, 4 to 6 minutes per side.

Baby Bok Choy with Cashews

Elise Bauer | www.simplyrecipes.com

2 Tbsp olive oil
1 cup chopped green onions, including green ends
3 cloves garlic, chopped
1 pound baby bok choy, rinsed, larger leaves separated from base, base trimmed but still present, holding the smaller leaves together
1/2 teaspoon dark sesame oil
Salt
1/2 cup chopped, roasted, salted cashews

Heat olive oil in a large sauté pan on medium high heat. Add onions, then garlic, then bok choy. Sprinkle with sesame oil and salt. Cover, and let the baby bok choy cook down for approximately 3 minutes. (Like spinach, when cooked, the bok choy will wilt a bit.) Remove cover. Lower heat to low. Stir and let cook for a minute or two longer, until the bok choy is just cooked. Gently mix in cashews.

Romano Bean Salad

Amelia Saltsman | *Cooking Light* | May 2010

2 quarts water
2/3 pound Romano beans, trimmed and cut into 1/2-inch pieces
2 teaspoons kosher salt
1 garlic clove
2 1/2 tablespoons chopped fresh flat-leaf parsley
4 teaspoons capers
2 teaspoons extra-virgin olive oil
3/4 teaspoon grated lemon rind
1/8 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper

1. Bring 2 quarts water to a boil in a large saucepan. Add beans, 2 teaspoons salt, and garlic; cook 8 minutes or until tender. Drain and plunge beans into ice water; drain. Place beans in a medium bowl. Finely chop garlic; add to beans. Add parsley and remaining ingredients, tossing gently to coat.

Lemon Dill Shrimp

www.foodnetwork.com

1 1/2 pounds medium-large shrimp, shelled, deveined and

patted dry with a towel
Kosher salt and freshly ground pepper
4 teaspoons unsalted butter
1 teaspoon finely grated lemon zest
2 tablespoons freshly squeezed lemon juice
1 tablespoon minced fresh dill

Divide the shrimp between two 8- or 9-inch pie pans and pat them completely dry with a paper towel. Arrange the shrimp so they lay flat and are evenly spaced in the pans. Heat 2 large skillets over medium heat. Season the shrimp with salt and pepper; add a teaspoon of butter to one of the pans and turn the heat to high. When the foam subsides, invert a pan of shrimp over the skillet so they fall into the pan all at once. Repeat with the other shrimp. Cook the shrimp, without moving them, until they turn golden brown on the bottom, about 2 minutes. Add a remaining teaspoon of butter to each pan and turn off the heat. Turn the shrimp over with tongs and cook for 1 minute in the residual heat of the pans. Add half the zest, juice, and dill to each pan, and shake the pan to combine. Divide the shrimp among 4 plates or arrange on a platter. Serve hot or at room temperature.

Spicy Fettuccine with Dandelion Greens

www.italianfoodforever.com

1 Bunch Dandelion Greens (or your favorite greens)
3 Tablespoons Olive Oil
6 Large Sun-Dried Tomatoes, Diced
1/4 Cup Diced Pancetta
3 Large Garlic Cloves, Peeled & Minced
2 Red Hot Peppers, Minced
Salt & Pepper
1 Pound Pasta (See Note Above)
Freshly Grated Pecorino or Parmesan Cheese

Trim the greens, and coarsely chop. Bring a pasta pot of salted water to a boil, drop the greens in, and cook until tender. Use a slotted spoon to remove the greens from the water and drain well. In a small saucepan, heat the olive oil, and add the pancetta, and cook until the pancetta is cooked and light brown. Add the garlic and cook until fragrant, then add the sun-dried tomatoes, and hot peppers, and cook over very low heat. Season with salt and pepper to taste. Bring the pasta water to a boil again, and cook the pasta until it is "al dente". Reserve a small cup of the pasta water, then drain well. Return the pasta to the pot, and add the greens and sun-dried tomato mixture, tossing well to mix. Add a little of the pasta water to moisten and toss well. Serve in individual bowls and pass the grated cheese at the table.

