

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

July 18 - 21, 2013 CSA Newsletter



For our 6th week of the season, you will find the following in your share boxes:

Red & Green Swiss Chard, Mustard Greens, Green Kale, Kohlrabi, Lettuce, Radishes, Zucchini, Yellow Wax Beans, Romano Green Beans, Dill and Cilantro

Ribbon Zucchini with Yellow Wax Beans

www.marthastewart.com

2 to 3 small (5 to 7 inch) zucchini
1 tablespoon olive oil
1 small yellow onion, peeled and finely diced
1 cup yellow wax beans, cut into 1/4-inch dice
1 cup finely chopped tomato
2 tablespoons freshly chopped chives
Salt and freshly ground pepper

Slice the zucchini into long ribbons: Cutting lengthwise, slice the sides from around the seedy core of each squash; discard core. Cut each side into long, thin strips.

Heat a large saute pan over medium-high heat, and add the olive oil. Add the onion and yellow wax beans, and saute until just beginning to brown, about 2 minutes. Add the zucchini and 1/2 cup water, and stir to combine.

Reduce heat to medium, cover, and cook until zucchini is tender and flexible, about 5 minutes. Stir in the tomato, chives, salt, and pepper, and remove from heat.

Lemon-Dill Green Beans

[EatingWell](http://EatingWell.com) | May/June 2009

1 pound green beans, trimmed (any variety)
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.

Spicy Soy Kale Salad

Christine B Rudalevige | [Cooking Light](http://CookingLight.com) | August 2012

1 tablespoon rice vinegar
1 tablespoon lower-sodium soy sauce
2 teaspoons dark sesame oil
1/2 teaspoon brown sugar
1/4 teaspoon chili garlic sauce
4 cups torn kale leaves
2 cups torn Savoy cabbage leaves
1 cup shredded carrot
1 cup sliced red bell pepper
1/2 cup sliced radish
1/4 cup chopped cilantro
Preparation

Combine rice vinegar, soy sauce, sesame oil, brown sugar, and chili garlic sauce in a bowl. Add kale, cabbage, carrot, bell pepper, radish, and cilantro; toss. Let stand 8 minutes.

Kohlrabi Tops & Bulbs with Mushrooms & Lentils

urbanvegan.net

2 or 3 small to medium kohlrabi bulbs and greens
1 T plus 1 tsp olive oil
6 cloves garlic, sliced
2 tsp Spanish smoked paprika
8 oz. sliced mushrooms [I used Baby 'Bellas]
1 1/2 cups cooked lentils, or 1 15 oz. can of your favorite beans,
drained and rinsed
About 5 scallions greens and whites, sliced
Salt and pepper, to taste

Peel kohlrabi bulbs. Cut into 1/8-inch slices, then julienne. Trim tops and chiffonade. Set aside. Heat oil over medium in a Dutch oven. Add garlic and saute 1 minute. Stir in Spanish paprika to color the oil and cook for about 4 more minutes or until garlic is soft. Add mushrooms and kohlrabi bulbs. Stir, cover and cook for about 10-15 minutes, stirring occasionally, until soft. Check moisture level from time to time: you may need to add salt and/or water or broth [1 T at a time] if mixture gets dry. Add greens and

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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!*



scallions. Cook covered until soft, about 15-20 minutes more, again checking moisture level and adding broth or water if it gets too dry. Stir in lentils for the last 5 minutes. Adjust seasonings and serve warm or room temperature.

Swiss Chard, Mustard Greens, Chicken & Lamb Tajine

www.levanacooks.com

- a bunch of mustard greens
- a bunch of Swiss chard
- handful of sliced green pitted olives
- 3 diced plum tomatoes
- 1/2 preserved lemon skin
- 3 cups water
- 2 teaspoons turmeric
- 2 good pinches saffron
- 12 chicken thighs (skin and bone on or skinless and boneless - your choice)
- 1 pound ground lamb
- 1 egg
- 1 medium minced onion
- ground pepper
- pinch nutmeg
- 2-3 tablespoons cold water

Slice the mustard greens and Swiss chard, (no mustard greens? 2 bunches Swiss Chard will do beautifully. So will 2 bunches of mustard greens and no Swiss Chard), stems and leaves. Put them into a large pot with the olives, tomatoes, lemon skin, water turmeric and saffron. It will look like a mountain, but not for long. Bring everything to a boil.

Next, put in a dozen chicken thighs. Take the ground lamb (Of course, skip it if you don't have any, or replace it with ground beef or turkey). So, mix it with the egg, onion, a little ground pepper, nutmeg (if you have Ras El Hanout, use 1 teaspoon, and skip the ground pepper and nutmeg) and cold water. Shape little balls and throw them in the pot too. Reduce the flame to medium-high and cook, covered, 45 minutes.

Last, please do as I always do with all my tajines and all my stovetop dishes: Transfer all the food with a slotted spoon to a platter, and check the liquids in the pot: If they are too thin, reduce them on high flame, for just a minute or two, until they thicken to the consistency of maple syrup, then pour over the dish. Never neglect this step, or you will lose the wonderful flavors of your sauce reduction. Serve it hot, with brown rice or roasted potatoes.

Shrimp and Vegetable Summer Rolls

www.foodandwine.com

- 2 cup(s) shredded carrots
- 1 small red onion, thinly sliced
- 3/4 cup(s) plus 2 tablespoons unseasoned rice vinegar
- 1/2 cup(s) sugar
- 2 clove(s) garlic, smashed
- 1 tablespoon(s) Asian fish sauce
- Sixteen 8-inch round rice papers
- 16 cilantro sprigs
- 1 head(s) Boston, Leaf or Romaine lettuce, separated
- 1 pound(s) cooked large shrimp, halved lengthwise
- 2 yellow bell peppers, cut into 1/4-inch strips
- 3 1/2 ounce(s) bean thread vermicelli, soaked in hot water until pliable and drained well

In a bowl, toss the carrots, onion, 1/4 cup plus 2 tablespoons of the vinegar and 2 tablespoons of the sugar. Let stand until the vegetables soften, 30 minutes. Drain.

In a glass bowl, mix the remaining vinegar, sugar and garlic. Microwave at high power for about 30 seconds, until the sugar is dissolved. Add the fish sauce and set aside for 30 minutes; discard the garlic.

Meanwhile, soak 1 rice paper at a time in hot water until pliable, about 10 seconds; transfer to a work surface. Set a cilantro sprig and lettuce leaf on the lower third of the rice paper and top with 3 shrimp halves. Top with some of the yellow pepper, vermicelli and the pickled vegetables; roll up tightly, folding in the sides. Place the roll on a platter and repeat with the remaining ingredients. Halve the rolls and serve with the sauce for dipping.

Chocolate Zucchini Wake Up Smoothie

Heather | www.glutenfreecat.com

- 1 c. So Delicious Organic Coconut Milk, Unsweetened
- 1/2 T. flaxseed oil
- 1 scoop chocolate protein powder
- 1 zucchini, sliced
- 1/2 c. frozen mixed berries
- 1/2 frozen banana
- 1 dash cayenne pepper
- 2 dashes cinnamon
- 1/2 T. cocoa powder (optional)

Toss all ingredients into the blender in the order listed above. Blend and serve immediately.

