

# J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

## July 3 - 7, 2013 CSA Newsletter

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For our 4th week of the season, you will find the following in your share boxes:

*Romaine Lettuce, Red & Green Leaf Lettuce, Radishes, Green Onions, Red & White Swiss Chard, Turnip Greens, Mustard Greens, Green Kale, Cilantro, Lemon Basil and Lemon Parsley (flat leaf)*

### **Pizza Rustica**

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

This is a double crusted pizza, so you need to make your own crust, use a mix or buy a ball of pizza dough. You'll be using a 9" pie plate, so make enough for two 11" circles.

2 medium red bell peppers  
2 tablespoons extra-virgin olive oil, divided  
1 bunch Swiss chard, trimmed and thinly sliced  
2 tablespoons chopped shallots  
2 teaspoons minced garlic  
2 (8-ounce) packages cremini mushrooms, sliced  
8 ounces part-skim ricotta cheese  
1/2 cup fontina cheese, shredded  
1/4 cup Parmigiano-Reggiano cheese, grated  
1 tablespoon chopped fresh thyme  
1/2 tsp kosher salt & 1/4 tsp freshly ground black pepper  
2 large eggs, lightly beaten & 1 large egg white  
1 tablespoon fat-free milk

To prepare torta, preheat broiler to high. Cut bell peppers in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 10 minutes or until blackened. Place in a paper bag; fold to close tightly. Let stand 10 minutes. Peel and coarsely chop. Heat a large nonstick skillet over medium heat. Add 1 tablespoon oil; swirl to coat. Add chard to pan; cook 1 minute or until greens begin to wilt. Place chard and bell peppers in a large bowl. Return pan to medium heat. Add remaining 1 tablespoon oil to pan; swirl to coat. Add shallots and garlic to pan; cook for 1 minute. Add mushrooms; cook 5 minutes, stirring occasionally. Place mushroom mixture and chard mixture in a fine sieve; let drain 5 minutes. Place vegetable mixture in a large bowl. Add ricotta and next 7 ingredients (through egg white) to vegetable mixture, stirring to combine. Preheat oven to 375°. Roll out 2 11" circles of dough. Fit 1 circle of dough into a 9-inch pie plate coated with cooking spray. Spoon vegetable mixture into prepared pie plate. Fit dough over vegetable mixture. Press the edges of dough together. Fold edges under, and flute. Brush top of dough with milk. Cut several slits in top of dough to allow steam to escape. Bake at 375° for 45 minutes or until crust is golden brown. Cool 30 minutes. Cut into 8 wedges. Good hot or cold!

*Chicken, Mustard Greens & Gruyere Quesadillas*

Mark Bittman, *Cooking Light*, April 2011

2 tablespoons olive oil, divided  
1/2 teaspoon black pepper & 1/8 teaspoon kosher salt  
2 skinless, boneless chicken thighs (about 5 ounces), chopped  
4 cups chopped stemmed mustard and/or turnip greens  
1 tablespoon minced fresh garlic  
Dash of kosher salt  
1/4 teaspoon grated lemon rind  
4 (6-inch) whole-wheat tortillas  
1/4 cup (1 ounce) grated Gruyère cheese

Preheat oven to 400°. Heat a large skillet over medium-high heat. Add 1 tablespoon olive oil to pan; swirl to coat. Sprinkle 1/4 teaspoon pepper and 1/8 teaspoon salt over chicken; toss to coat. Add chicken to pan; cook 2 minutes or until browned, stirring occasionally. Add the greens, garlic, and dash of salt; cook 3 minutes or until greens wilt, stirring frequently. Stir in remaining 1/4 teaspoon pepper and rind. Brush remaining 1 tablespoon oil over a jelly-roll pan; arrange tortillas in a single layer on pan. Sprinkle 1 tablespoon cheese evenly over each tortilla; top each tortilla with about 2/3 cup chicken mixture. Bake at 400° for 5 minutes or until cheese begins to melt. Remove pan from oven; carefully fold each tortilla in half, pressing gently to close. Bake quesadillas an additional 10 minutes or until browned and crisp, turning carefully after 5 minutes.

### **Korean Sesame Beef with Lettuce Wraps**

Linda Lau Anusasananan, *Cooking Light*, September 2008

3/4 pound flank steak, trimmed  
1/3 cup thinly sliced green onions, divided  
1 tablespoon sugar  
2 tablespoons low-sodium soy sauce  
1 tablespoon minced garlic  
1 teaspoon dark sesame oil  
2 tablespoons canola oil, divided  
1 tablespoon toasted sesame seeds  
4 cups hot cooked short-grain rice  
1 cup kimchi  
16 red or green leaf lettuce leaves

Cut steak across grain into 1/4-inch slices; cut slices into 1/2-inch-wide strips. Cut strips into 3-inch-long pieces. Combine steak pieces, 1/4 cup onions, sugar, soy sauce, garlic, and sesame oil.

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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!*



Heat a 14-inch wok over high heat. Add 1 tablespoon canola oil to wok, swirling to coat. Add half of steak mixture to wok; stir-fry 2 minutes or until lightly browned. Spoon cooked steak mixture into a bowl. Repeat procedure with remaining 1 tablespoon canola oil and remaining steak mixture. Sprinkle with remaining onions and sesame seeds. Spoon 1/4 cup rice, about 2 tablespoons steak mixture, and 1 tablespoon kimchi onto each lettuce leaf; roll up. Serve immediately.

### *Spinach and Kale Turnovers*

Liz Zack, *Cooking Light*, January 2007

2 teaspoons olive oil  
1 cup chopped onion  
1 garlic clove, chopped  
3 cups chopped kale (about 1 small bunch)  
1 (6-ounce) package fresh baby spinach  
1/2 teaspoon freshly ground black pepper  
1/4 teaspoon salt  
1/8 teaspoon ground nutmeg  
3/4 cup (3 ounces) crumbled feta cheese  
1 (11.3-ounce) can refrigerated dinner roll dough  
2 1/2 tablespoons grated fresh Parmesan cheese

Preheat oven to 375°. Heat olive oil in a large skillet over medium-high heat. Add onion; sauté 10 minutes or until tender and lightly browned. Add garlic; sauté 2 minutes. Add kale and spinach; sauté 8 minutes or until kale is tender. Stir in pepper, salt, and nutmeg. Remove from heat; cool slightly. Stir in feta. Separate dough into 8 pieces. Roll each dough piece into a 5-inch circle. Spoon about 1/3 cup kale mixture on half of each circle, leaving a 1/2-inch border. Fold dough over kale mixture until edges almost meet. Bring bottom edge of dough over top edge; crimp edges of dough with fingers to form a rim. Place turnovers on a baking sheet coated with cooking spray. Lightly coat turnovers with cooking spray; sprinkle each turnover with about 1 teaspoon Parmesan. Bake at 375° for 18 minutes or until golden brown. Let stand at least 5 minutes before serving; serve warm or at room temperature.

### *Cilantro Lime Romaine Salad*

*Cooking Light*, November 2010

3 tablespoons lime juice  
2 tablespoons olive oil  
1 tablespoon minced shallots  
1 tablespoon chopped fresh cilantro  
1 teaspoon Dijon mustard  
1/4 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
1 garlic clove, crushed

6 cups romaine lettuce  
1/2 cup diced yellow bell pepper  
1/4 cup sliced green onions

Combine first 8 ingredients in a large bowl; stir well with a whisk. Add lettuce, bell pepper, and green onions; toss gently to coat.

### *Moorish Crunch Salad*

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

2/3 pound carrots, peeled  
1/3 pound radishes  
2 crunchy eating apples  
1 small handful raisins or sultanas  
1 handful fresh parsley, roughly chopped  
1 handful fresh mint, roughly chopped  
4 tablespoons sherry or red wine vinegar  
8 tablespoons olive oil  
1 tablespoon tahini  
sea salt and freshly ground black pepper  
2 tablespoons sesame seeds, toasted in the oven

First of all, finely slice your carrots into matchstick-sized batons. Finely slice your radishes – you can leave a little of the tops on if you like. Quarter your apples, remove the cores and finely slice. Add all these to a bowl with the rest of the ingredients, apart from the sesame seeds. Toss together, carefully checking the seasoning, and serve with the sesame seeds sprinkled over the top. Eat straight away.

### *Chickpea Salad with Lemon, Parmesan & Fresh Herbs*

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

1 15- to 15 1/2-ounce can chickpeas, rinsed, drained  
2 tablespoons chopped fresh lemon basil  
2 tablespoons chopped fresh lemon flat leaf parsley  
2 tablespoons fresh lemon juice  
4 teaspoons extra-virgin olive oil  
1 small garlic clove, pressed  
1/3 cup (packed) freshly grated Parmesan cheese  
Coarse kosher salt

Combine rinsed and drained chickpeas, chopped fresh basil, chopped Italian parsley, fresh lemon juice, extra-virgin olive oil, and pressed garlic clove in medium bowl. Add grated Parmesan cheese and toss gently to blend all ingredients thoroughly. Season chickpea salad to taste with coarse kosher salt and freshly ground black pepper. **DO AHEAD:** Chickpea salad can be made 4 hours ahead. Cover and refrigerate. Serve salad chilled or at room temperature.

