

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

July 25 - 28, 2013 CSA Newsletter



For our 7th week of the season, you will find the following in your share boxes:

Radishes, Green Onions, Kale, Red & Green Swiss Chard, Lettuce, Turnips, Cuza Squash, Zucchini Squash, Green Beans, Dill and Cilantro

Veggie Squares

www.allrecipes.com

- 2 (8 ounce) packages refrigerated crescent rolls
- 1 (8 ounce) packages cream cheese
- 1 Pkg dry ranch dressing
- 1/2 cup mayonnaise
- 2 teaspoons chopped dill
- 1 head fresh broccoli, minced
- 1 head cauliflower, finely chopped
- 1 bunch radishes, finely diced
- 4 large carrots, shredded
- 1 bunch green onions, chopped
- 8 ounces shredded Swiss cheese
- 4 slices cooked bacon, crumbled

Preheat oven to 350 degrees F (175 degrees C). Unroll crescent rolls onto a baking sheet, and press together the seams to form a single sheet of dough. Bake for 15 minutes or until golden brown. Let cool.

Mix cream cheese, dry ranch dressing and mayonnaise together and spread the mixture onto the top of each crescent roll. Sprinkle dill weed or garlic salt over crescent rolls. Arrange the broccoli, cauliflower, radishes and carrots on top of the cheese and mayonnaise mixture. Sprinkle the cheese over the veggies. Sprinkle the crumbled bacon bits over the shredded cheese.

Refrigerate until ready to serve. Before serving cut into squares.

Summer Squash-Potato Frittata

Andrea Chesman | *Serving Up the Harvest*

- 1 medium or 2 small summer squash (zucchini, cuza, patty pan or yellow summer squash), sliced
- Salt
- 4-5 tablespoons extra-virgin olive oil, or more as needed
- 1 1/2 pounds waxy potatoes, thinly sliced
- 1 large onion, halved and thinly sliced
- 1/4 pound smoked Canadian bacon or ham, diced
- 6 eggs
- Freshly ground black pepper
- 1 cup grated Cheddar

Combine the zucchini and 1 teaspoon salt in a colander and toss well. Set aside to drain for 30 minutes. Heat 3 tablespoons of the oil over medium-high heat in a large, well-seasoned cast-iron skillet or ovenproof nonstick skillet.

Add the potatoes and onion, reduce the heat to medium-low, and cook, flipping and stirring occasionally, until the potatoes are soft, about 20 minutes. Increase the heat to medium-high and continue cooking, tossing occasionally, until the potatoes are brown, about 5 minutes. Remove the potatoes with a slotted spoon but keep the skillet on the burner.

Transfer the zucchini to a clean kitchen towel and pat dry. Add the zucchini and Canadian bacon to the skillet and sauté over medium-high heat, until the zucchini is just tender, about 4 minutes. Remove the zucchini and Canadian bacon with a slotted spoon. Keep the skillet over the heat. Beat the eggs and pepper to taste in a medium bowl until well blended. Fold in the potatoes, zucchini and Canadian bacon, and cheese.

Preheat the oven to 350°F. Add 1 to 2 tablespoons of the remaining oil to the skillet as needed to lightly coat the bottom. Pour in the egg mixture, reduce the heat to medium-low, and cook without stirring until the bottom is set, about 10 minutes. Transfer the skillet to the oven and bake until the top is set, 5 to 15 minutes, checking every 5 minutes.

Place a serving plate on top of the skillet and carefully invert. The frittata should fall out of the pan. Cut into wedges and serve.

Caramelized Turnips

www.allrecipes.com

- 3 cups diced peeled turnips
- 1/4 cup water
- 1 cube chicken bouillon
- 1 tablespoon butter, or more as needed

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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!*



2 tablespoons brown sugar

Place the turnips into a skillet with the water and chicken bouillon cube over medium heat, and simmer until the water has evaporated and the turnips are tender, about 15 minutes. Stir in the butter, let melt, and sprinkle on the sugar. Gently cook and stir the turnips until the butter and sugar cook into a brown, sticky coating on the turnips, about 10 minutes. Serve hot.

Lettuce with Cilantro and Walnuts

Dmitry Leonov | www.foodandwine.com

2 tablespoons vegetable oil
2 tablespoons white wine vinegar
1 tablespoon freshly squeezed lemon juice
Salt and freshly ground black pepper
10 medium radishes, very thinly sliced on a mandoline
5 scallions, thinly sliced
1 head lettuce (Boston, Leaf, Romaine) , small leaves left whole and large leaves torn
2 tablespoons chopped cilantro leaves
3 tablespoons chopped walnuts

In a large bowl, whisk the oil with the vinegar and lemon juice and season with salt and pepper. Add the radishes, scallions, lettuce and cilantro and toss well. Garnish with the walnuts and serve right away.

Pasta with Greens and Feta

www.thekitchn.com

6 Tbsp. olive oil (or less)
4 cups chopped onion
8 cups packed chopped bitter greens (e.g., swiss chard, kale or a mix of your favorite greens)
3/4 to 1 lb penne or other short substantial pasta
1/2 to 3/4 lb crumbled feta cheese
salt and pepper

Cook onions about 10 minutes over medium heat. Start pasta water. Add chopped greens to pan and cook 10-15 minutes. Cook pasta al dente. Just as pasta is close to done, add feta to greens mixture (over low heat). Add pasta to greens mixture, mixture thoroughly while heating for a few minutes. Salt and pepper to taste.

Fresh Green Beans, One Way

thepioneerwoman.com

1 lb green beans
1 cup chopped onion
2 cloves garlic
1/2 cup chopped red bell pepper
2 tablespoons bacon grease (can substitute 1 T butter and 1 T olive oil)
1 cup chicken broth
1/2 to 1 teaspoon kosher salt (can substitute regular table salt; use 1/4 to 1/2 teaspoon)
Ground black pepper

Snap the stem ends of green beans, or cut them off in a big bunch with a knife if you'd like. Just don't tell Granny. Melt bacon grease in a skillet over medium low heat. Add garlic and onions and cook for a minute. Then add green beans and cook for a minute until beans turn bright green. Add the chicken broth, chopped red pepper, salt, and black pepper. Turn heat to low and cover with a lid, leaving lid cracked to allow steam to escape. Cook for 20 to 30 minutes or until liquid evaporates and beans are fairly soft, yet still a bit crisp. You can add more chicken broth during the cooking process, but don't be afraid to let it all cook away so the onions and peppers can caramelize. Have a wooden spoon handy to protect your fair share.

Fast and Fabulous Green Smoothie with Dill

thedeliciousrevolution.com

1 cup spinach leaves
1 cucumber
1 apple
2 to 3 sprigs of dill

Starting your day with greens gets your body off to a healthy start, but salad may not sound appetizing in the morning. This smoothie is sweet, light and delicious, making it a good choice for your morning dose of fresh greens. Toss all ingredients in your Vita-Mix, food processor or blender and off you go. No need to strain this drink, it has a great consistency. Pour over ice and drink immediately.

