

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

June 27 - 30, 2013 CSA Newsletter

For our 3rd week of the season, you will find the following in your share boxes:

Green Onions, Romaine Lettuce, Red Leaf Lettuce, Green Leaf Lettuce, Radishes, Red & White Swiss Chard, Turnip Greens, Mustard Greens, Kale, Cilantro, Curry and Pineapple Mint.

PLEASE NOTE - DEARBORN CSA MEMBERS ONLY - WEEK 4 ONLY

DUE TO THE 4TH OF JULY,

YOUR PICKUP DATE WILL BE WEDNESDAY, JULY 3, 2013.

Kale with Balsamic Vinegar

Weight Watchers New Complete Cookbook

Points Plus: (scant 1 cup) 2

4 cups chopped Kale (or mustard greens, turnip greens or a mix of the greens)
2 teaspoon olive oil
6 green onions or shallots, finely chopped
1/4 cup water
1 tablespoon balsamic vinegar
1/2 teaspoon Dijon mustard
1/8 teaspoon salt
1/8 teaspoon black pepper

Bring 1/2 inch of water to boil in large non-stick skillet. Add kale and cook, covered, until wilted and tender, about 5 minutes. Drain in colander. Wipe skillet dry. Heat oil in same skillet over medium heat. Add green onions/shallots and cook, stirring, until softened, about 5 minutes. Add water, vinegar and mustard; bring to boil. Cook, stirring constantly, 1 minute. Return kale to skillet and sprinkle with salt and pepper; cook, stirring until heated through, about 2 minutes.

Swiss Chard au Gratin

Weight Watchers New Complete Cookbook

Points Plus: (1 cup) 1

2 cups sliced Swiss chard stalks
4 1/2 cups lightly packed, thinly sliced Swiss chard leaves
1/3 cup shredded reduced fat Jarlsberg cheese
1 tablespoon grated Parmesan cheese
1 garlic clove, minced
1/4 teaspoon black pepper

Place rack in upper third of oven. Preheat oven to 400 F. Spray 1 quart baking dish or casserole dish with nonstick spray. Bring large saucepan of water to boil; add Swiss chard stalks. Cook 5 minutes; add Swiss chard leaves and cook until tender, about 3 minutes longer; drain. Place half of the chard stalks and leaves in prepared baking dish; top with half of Jarlsberg, Parmesan,

garlic and pepper. Repeat layers once. Bake until cheese is melted and bubbling; about 20 minutes.

Note: Swiss chard freezes well. Drop the cleaned leaves into boiling water for about 2 minutes. Then chill in ice water. Drain the leaves, put into an airtight container and freeze.

Radish and Goat's Cheese Raita

Hugh Fearnley-Whittingstall | River Cottage Spring

1/2 pound of fresh, firm radish, topped and washed
1 1/4 cups of rich natural organic yogurt
1/2 cup of fresh soft goat's cheese
2 teaspoons of chopped fresh mint

Slice the radish across its length into 1- 2 mm rounds. Place the yoghurt in a small bowl and using the back of a fork mash in the goat's cheese. Gently fold in the radish and the mint. Serve as an accompaniment to spicy foods or as a dip for crudité's.

Leaf Lettuce Wrapped Avocado Egg Salad

Skinnytaste.com

WW Points Plus: (1/2 cup) 4

4 large hard-boiled eggs, chopped
4 hard boiled egg whites, chopped (discard the rest)
1 medium hass avocado, cut into 1/2-inch pieces
1 tbsp light mayonnaise
1 tbsp fat free plain yogurt
1/2 tablespoon finely chopped chives
2 teaspoons red wine vinegar
1/2 tsp Kosher salt
pinch freshly ground pepper
6 Red or Green washed leaf lettuce leaves

Combine the egg yolks with the avocado, light mayo, yogurt,

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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!

chives, vinegar, salt and pepper. Mash with a fork. Combine with egg whites and adjust salt as needed. Put 1/2 avocado egg salad onto each leaf lettuce leaf and roll.

Greek Salad Sandwich

Skinnytaste.com

WW Points Plus: (1 Sandwich) 8

2 tbsp red wine vinegar
4 tsp extra virgin olive oil
5 tbsp Kalamata olives, minced
4 thin slices red onion
coarse salt and fresh ground pepper, to taste
4 tbsp crumbled feta
12 oz ciabatta bread, cut into 4 pieces
8 Romaine lettuce leaves
1/2 medium cucumber, thinly sliced
1 medium tomato, thinly sliced

In a small bowl whisk red wine vinegar, and olive oil, season with salt and pepper. Add chopped olives and red onions set aside. I like to add the onions to the vinegar, this mellows out the sharpness of the onion, but completely optional.

Pineapple Mint Ice

www.myrecipes.com

1 (20-ounce) can pineapple chunks in juice, chilled and undrained
2 tablespoons coarsely chopped fresh pineapple mint
Fresh pineapple mint sprigs (optional)

Set aside 3 pineapple chunks for garnish. Place remaining pineapple and juice into an 8-inch square pan. Cover and freeze 1 1/2 to 2 hours or until almost frozen. Process frozen pineapple and chopped mint in a food processor until smooth, but not melted. Serve immediately; garnish with reserved pineapple chunks and mint sprigs, if desired.

Julie Sahni's Hot Curry Leaf Potatoes

www.npr.org

Try using a mix of French, Russian banana, and purple Peruvian fingerling potatoes. Asafetida, easily available at Indian markets, is a strong-smelling powdered spice often added to Indian curries.



2 pounds medium fingerling potatoes, scrubbed clean
Kosher salt
2 teaspoons cayenne, or to taste
1 teaspoon ground turmeric
1/4 teaspoon asafetida (optional)
Juice of 1 or 2 limes (about 1 1/2 tablespoons)
3 tablespoons vegetable oil
1 1/2 teaspoons mustard seeds
8 to 10 fresh curry leaves

Place the potatoes in a large saucepan and add enough salted water to cover them by 2 inches. Bring to a boil over high heat, cover and reduce the heat to medium. Cook for about 20 minutes, until the potatoes are fork-tender. Drain and cool to room temperature. Cut the potatoes in half lengthwise and place in a large bowl. Add 1 1/2 teaspoons salt, cayenne, turmeric, asafetida (if using) and lime juice. Mix to coat evenly. Heat the oil in a large skillet over high heat. When the oil begins to shimmer, add the mustard seeds and curry leaves. As soon as the mustard seeds begin to sputter, add the potatoes. Cook for a few minutes, constantly turning the potatoes over with a spatula, until well browned. Serve hot.

Cilantro Shrimp Recipe

www.reluctantgourmet.com

6 tablespoons unsalted butter
3 tablespoons of all purpose flour
1/4 cup finely diced onions
1/4 cup finely diced celery
2 tablespoons minced garlic
1 cup fish stock or clam juice
3 tablespoons minced cilantro
salt and pepper to taste
1 1/2 pounds of shrimp, peeled and deveined
1 tablespoon fresh lime juice

Melt butter in saucepan over medium heat. Add the onions, celery and garlic along with a pinch of salt and pepper, and cook over medium heat until softened, stirring often. When the vegetables have softened, add the flour, cooking and stirring for about 3 minutes, or until the flour-butter paste is a light golden brown. What you have just made is called a roux, or a mixture of cooked fat and flour. Normally a roux is not made with vegetables in it at the beginning, but to me, this is a great way to add flavor. Whisk in the cold stock or clam juice. Make sure the liquid is cold. The rule for roux is to add cold liquid to a hot roux or hot liquid to a cold roux, otherwise, your sauce will be lumpy. When well blended, add the cilantro and taste for seasoning. Add a pinch more salt and/or pepper, if necessary. Cook for 3 minutes. If the sauce is too thick, add a little more fish stock or clam juice. Add the shrimp. Cover and cook for 5 minutes or until sauce is thick and flavors are blended. Add lime juice just before serving. Serve over rice or pasta, and garnish each serving with a some fresh cilantro.

For more information and recipes, check out these websites:

University of Illinois Extension: urbanext.illinois.edu/veggies/directory.cfm

NPR article: www.npr.org/2011/06/08/137034621/oh-the-things-you-can-do-with-a-farm-share-box?sc=fb&cc=fp

