

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

September 5 - 8, 2013 CSA Newsletter

For our 13th week of the season, you will find the following in your share boxes:

Dill, Sweet Green Basil, Lettuce, Squash, Pickling Cucumbers, Red Russian Kale, Turnips, Leaf Broccoli, Green Onions, Tomatoes, Daikon Radish, Oriental Eggplant, Green Bell Peppers and Green Beans.

Easy Daikon Salad www.sarahscucinabella.com

2 cups julienne cut daikon radish (I used my food processor to cut it)
1 tsp kosher salt
1 tbsp seasoned rice vinegar
2 tsp granulated sugar
1 tsp sweet rice wine (mirin)
OPTIONAL: crushed peanuts

Place the daikon in a colander/mesh strainer over a bowl or the sink and sprinkle with salt. Mix well. Let sit for 30 minutes. Squeeze out excess water and then rinse well with cold water. Drain. In a small saucepan, combine the seasoned rice vinegar, sugar and rice wine. Cook over medium heat, stirring constantly, until the sugar dissolves (this will only take a few minutes). Transfer the daikon to an airtight container and pour the rice vinegar mixture over. Shake or stir well to combine. Chill for 20 minutes before serving. This can store for up to a few days in the fridge, if it lasts that long. If desired, serve topped with crushed peanuts.

Leaf Broccoli and Sausage www.lidiasitaly.com

1 pound leaf broccoli
10 ounces sweet Italian sausage
6 garlic cloves, crushed
3 tablespoons olive oil
½ teaspoon salt
¼ teaspoon hot pepper flakes
fresh black pepper
1 tablespoon water

Preheat the oven to 500 degrees. The choice parts of broccoli di rape are the slender green florets; therefore, clip off the large stems, remove the tough upper leaves, and, if the main stem is tough, peel it with a standard potato peeler. Wash in plenty of cold water and drain. Pick the sausage with a fork, set it on a metal plate or skillet, and bake in oven 15 minutes, turning occasionally. Remove to another plate and cool. In a 4-5 quart pot, sauté the garlic gently in oil until golden but not brown. Add the

broccoli di rape and, successively, the salt, pepper flakes, fresh black pepper, and water. Mix well, cover, and cook 5-7 minutes. Meanwhile, slice the sausage. Mix lightly with the broccoli di rape. Remove and discard the garlic; serve at once.

Simple Red Russian Kale redrussiankale.co.uk

Red kale is a tasty and colourful alternative to green kale. To keep the colour it's important to cook it simply. I have prepared it using the following ingredients and method. As it's my own recipe, amounts depend on how much you want to make and your own taste preferences.

Red kale, finely chopped
Butter
Garlic, crushed
Soy sauce

Wash and finely chop the red kale. Melt some butter in a pan, add the chopped red kale and then some chopped garlic. Cook until tender. Finish with a dash of soy sauce. Great served alongside red meats or sausages.

Roasted Green Beans www.food.com

2 lbs green beans
1 -2 tablespoon olive oil (or just enough to lightly coat beans)
1 teaspoon kosher salt (or to taste, may substitute with Mrs. Dash if desired)
1/2 teaspoon fresh ground pepper (or to taste, omit if using Mrs. Dash)

Preheat oven to 400°F. Wash, dry well, and trim green beans. Put green beans on a jelly roll pan. Drizzle with olive oil. Sprinkle with salt and pepper to taste (I like them salty so I use about 1 1/2 teaspoons of salt and about 8-10 grinds of the pepper mill). *Mrs. Dash may be substituted for salt

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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!*



and pepper as desired. Use your hands to be sure all the beans are evenly coated and spread them out into 1 layer. Roast for 20-25 minutes, turning after 15 minutes, until beans are fairly brown in spots and somewhat shriveled. Serve hot or at room temperature.

Roasted Oriental Eggplant and Summer Squashes chowhound.chow.com

- 1-2 Oriental Eggplants, sliced about 1: thick
- 1-2 Summer Squashes (or more depending on size - but it can be zucchini, yellow summer squash, patty pan or cuza or a combination thereof)
- 1-2 Red onions (wedged in about the same size as the eggplant and squash)
- Olive Oil
- Sea Salt
- Freshly Ground Pepper (optional)

You can roast these on the grill or in the oven (475 degrees). Lay out on pan, drizzle with olive oil and salt and pepper. Roast until browned and tender - about 25 minutes. You can eat these right out of the pan, over pasta, in pitas or wraps (where you could add your favorite cheese)

Tomato, Spinach and Dill Quiche www.fortheloveofcooking.net

- 1 1/2 - 2 russet potatoes, peeled and grated
- Olive oil or olive oil cooking spray
- 1-2 tbsp red onion, diced finely
- 1/2 cup of fresh spinach, diced
- 1 tomato, diced
- 1/4 cup of feta cheese (I used reduced fat)
- 7-8 eggs, beaten
- 1/4 cup of milk
- 1-2 tablespoons fresh dill, minced
- Sea salt and freshly cracked pepper, to taste

Preheat the oven to 375 degrees. Coat a pie dish with cooking spray. Peel then shred the two potatoes onto 2 paper towels; add another two paper towels to the top and press all the liquid out of the potatoes. Smash the shredded potatoes all over the bottom and sides of the pie pan, making sure to press them firmly. Spray with cooking spray and season with sea salt, freshly cracked pepper, and garlic powder, to taste. Bake in the oven for 12-13 minutes. Remove from oven and set aside. Sprinkle

the diced tomato, spinach, red onion, and half of the feta cheese on top of the potatoes. Beat the eggs with the milk and season with dill, sea salt, and freshly cracked pepper. Pour the egg mixture on top of the veggies then top with the remaining feta cheese. Place into the oven and bake for 35-40 minutes or until a tester inserted in the center of the quiche comes out clean - don't overcook. Remove from oven and let cool for a few minutes before slicing. Enjoy.

Basil Cucumber Salad greenlitebites.com

- 1 tbsp apple cider vinegar
- 1 tbsp red wine vinegar
- 1 tbsp balsamic vinegar
- 1 tbsp honey
- 2 pinches of salt
- 1/2 cup packed basil leaves, chopped
- 5 mini English cucumber, sliced (about 500g) or regular English cucumber or pickling cucumber (you need the really crunchy ones)
- handful of grape tomatoes, halved (it was all I had) or whatever tomatoes you have handy
- 3 Mini Babybel Light rounds, cut into small chunks.

Whisk the vinegars, honey and salt together to make a quick dressing. Add the chopped basil and smash a bit into the dressing. Add the cucumbers, tomatoes and cheese. Toss and chill until ready to serve.

Red Russian Kale Smoothie [Kristen Celeste Shroeger | record-eagle.com](http://kristenceleste.com)

- 1 Lemon
- 1 inch piece of ginger
- 1 tsp bee pollen granules
- 1 tsp local wild star thistle honey
- Fresh local pear, cored and sliced
- 2 cups of Fresh local red Russian kale

Juice one lemon and add half the juice to the glass base of a blender. Peel and mince 1 inch of ginger and add to the blender base with 1 t. bee pollen granules and 1 t. honey. Blend on low until bee pollen granules are dissolved. Core and slice pear and add to blender with 1/2 c. ice. Blend on low until smooth. Remove 2 c. red Russian kale leaves from stems and add to blender base with 1/2 c. water. Blend on low until smooth. Taste and season with additional honey if desired.