

# *J&T Todosciuk Farms & Greenhouses, LLC*

Howell MI

## **June 13 - 16, 2013 CSA Newsletter**

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For our 1st week of the season, you will find the following in your share boxes:

*Green Leaf Lettuce, Green Romaine Lettuce, Green Kale, Turnip Greens, Mustard Greens, Kohlrabi, Radishes, Spearmint and Tangerine Sage*

### ***Tangerine Sage Oil Infusion*** livestrong.com

Springs of Tangerine Sage (or any other herb)  
Extra Virgin Olive Oil (or oil of your choice)

Wash and dry sage. Boil water in a coffee cup in the microwave for 1 1/2 minutes. Insert sage into water, blanching it for 2 seconds. Pull out and dry with paper towel. Insert the sage sprigs into a bottle of extra virgin olive oil.

The infused oil will be ready to use in 2 to 3 days. Use the infused olive oil when making meat marinades or drizzle it into a pan before cooking food. The infusion provides a subtle, less dramatic tangerine sage flavor.

### ***Vietnamese Chicken and Mint Salad*** nigella.com

1 hot thai chile (seeded and minced)  
1 fat clove garlic (peeled and minced)  
1 tablespoon granulated sugar  
1 ½ tablespoons rice wine vinegar  
1 ½ tablespoons lime juice  
1 ½ tablespoons thai fish sauce (nam pla) (or nuoc nam)  
1 ½ tablespoons vegetable oil  
½ medium onion (finely sliced)  
black pepper  
3 cups shredded white cabbage  
1 medium carrot (shredded or grated)  
8 oz cooked chicken breasts (shredded or cut into fine slices)  
1 fat bunch of mint

In a bowl, combine the chile, garlic, sugar, vinegar, lime juice, fish sauce, oil, onion and black pepper to taste. Put to one side for half an hour.

Then in a big plate or bowl, mix the cabbage, carrot, chicken and mint. Pour over the onion-soused, chile-flecked dressing and toss very well - slowly and patiently - so that everything is combined and covered thinly. Taste to see if you need salt or pepper.

Serve on a flat plate with maybe a bit more mint chopped on top.

### ***Sauteed Kale with Kohlrabi*** epicurious.com | Gourmet | September 2009

3/4 pound kohlrabi, bulbs peeled  
1/4 teaspoon grated lime zest  
1 tablespoons fresh lime juice  
1/8 cup extra-virgin olive oil, divided  
1 bunch Kale, stems and center ribs discarded  
3 garlic cloves, finely chopped  
1/4 cup salted roasted pistachios, chopped

Very thinly slice kohlrabi with slicer. Whisk together lime zest and juice, 1 tablespoons oil, and 1/4 teaspoon each of salt and pepper in a large bowl.

Toss kohlrabi with dressing. Finely chop kale. Heat remaining 1 tablespoons oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Sauté garlic until pale golden, about 30 seconds. Add kale by the handful, turning and stirring with tongs and adding more kale as volume in skillet reduces.

When all of kale is wilted, sauté with 1/4 teaspoon salt until just tender, about 3 minutes. Transfer to a bowl and cool to room temperature. Toss kale with kohlrabi and pistachios.

### ***Radish and Avocado Sandwich*** marthastewart.com

Thinly sliced radishes  
Extra-virgin olive oil  
Fresh lemon juice  
Coarse salt  
Freshly ground pepper

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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!*



Sliced avocado  
Whole-grain bread  
Finely grated lemon zest

Toss radishes with oil, lemon juice, salt, and pepper. Repeat with avocado, and mash onto bread. Pile on radish mixture, and sprinkle with lemon zest. Drizzle with oil.

### *Mess o' Greens Salad with Warm Pecan Dressing* tableandspoon.com

6 cups fresh mustard, turnip, and/or collard greens  
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(this is approximately 2 bunches of your choice of greens)

2 T balsamic vinegar  
2 tsp. honey  
1 T Dijon mustard  
2 tsp. vegetable oil  
½ cup pecans, roughly chopped or broken

Wash greens well, dry thoroughly, then remove and discard the long stems. Tear the greens into salad-size pieces and place in a large bowl. In a small bowl, combine the vinegar, honey and mustard. Set aside. Heat the oil in a small skillet until hot but not smoking. Add the vinegar mixture and pecans and cook, stirring regularly, for 2 to 3 minutes. Pour over the greens and serve at once.

### *Leaf Lettuce Salad* micheleuncorked.com

1 head of leaf lettuce  
1 15-ounce can of pitted large black olives  
1 15-ounce can of mandarin orange sections  
1/2 Red Bermuda onion, sliced into thin half rings  
and separated  
7 Tablespoons of olive oil  
4 to 6 Tablespoons of vinegar  
Salt and pepper to taste

Wash lettuce. Either use a salad spinner to dry lettuce or shake extra water off leaves, then lay lettuce leaves on

dish towel. Roll towel up and store in refrigerator until you're ready to make the salad. Drain olives. Drain mandarin orange sections, Slice onion in half from top to root. Peel half and slice into thin half rings. Add olives, orange sections and onion slices to large salad bowl. This can be done ahead of time. Cover bowl and store in refrigerator. When you are ready to make the salad, tear lettuce into pieces and to salad bowl.

The usual proportions for a vinaigrette are 7 oil to 4 vinegar. I happen like my salad dressing on the vinegary side, so I use 5 1/2 to 6 Tablespoons of vinegar to about 4 to 6 Tablespoons of olive oil. I am also liberal with the salt and pepper as I believe it adds zing to the dressing. Mix olive oil and vinegar and whisk well, adding salt and pepper to taste, Just before serving, pour dressing over salad and toss well.

### *Romaine Lettuce Tacos* allrecipes.com

1 green bell pepper, chopped  
1 yellow onion, chopped  
2 tablespoons olive oil  
2 tablespoons chicken stock (optional)  
1 pound ground beef  
3 tablespoons taco seasoning  
2 large roma (plum) tomatoes, chopped  
1/2 teaspoon salt  
1 (8 ounce) package shredded Cheddar cheese  
12 large romaine lettuce leaves

Cook and stir green bell pepper and yellow onion in a skillet over medium heat with olive oil and chicken broth until onion is translucent, about 5 minutes. Cut up ground beef into small pieces; place into a separate skillet over medium heat. Cook and stir ground beef with taco seasoning until beef is browned and crumbly, 5 to 8 minutes. Drain excess grease. Sprinkle roma tomatoes with salt in a bowl. Place Cheddar cheese into a separate bowl. Fill each lettuce leaf with about 2 tablespoons beef filling; top with 1 to 2 teaspoons green pepper mixture, roma tomato, about about 1 1/2 tablespoons Cheddar cheese.

**For more information and recipes, check out these websites:**

University of Illinois Extension: [urbanext.illinois.edu/veggies/directory.cfm](http://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](http://www.npr.org/2011/06/08/137034621/oh-the-things-you-can-do-with-a-farm-share-box?sc=fb&cc=fp)

