

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

Howell MI

June 20 - 23, 2013 CSA Newsletter

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For our 2nd week of the season, you will find the following in your share boxes:

*Red Leaf Lettuce, Boston Lettuce, Green Kale, Turnip Greens, Mustard Greens, Kohlrabi, Radishes, Swiss Chard, Greek Oregano and Chocolate Mint*

**PLEASE NOTE - DEARBORN CSA MEMBERS ONLY - WEEK 4 ONLY  
DUE TO THE 4TH OF JULY, YOUR PICKUP DATE WILL BE JULY 3.  
HOWELL MEMBERS PICKUP WILL NOT CHANGE.**

## *Chocolate Mint Syrup*

Miri Rotkovitz

1/2 cup cocoa powder  
3/4 cup cold water  
3/4 cup sugar  
30 chocolate mint leaves, rinsed, patted dry, and torn into pieces (You may substitute plain mint).

In a small saucepan, combine the cocoa powder and cold water, and whisk together until smooth. Add the sugar and torn mint leaves and place the saucepan over medium heat. Bring the mixture to a boil, stirring constantly to melt the sugar. As soon as the syrup begins to boil, reduce the heat and simmer for 3 to 5 minutes, until it begins to thicken and turn glossy. Remove from the heat and allow to cool. When the syrup has cooled to near room temperature, strain it through a fine mesh sieve into a clean jar. Cover and store in the refrigerator.

## *Lemon - Greek Oregano Marinade*

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

1 cup fresh oregano, chopped  
juice and zest from two lemons  
1/4 cup olive oil  
salt & pepper to taste

Combine and let sit for a minimum of 20 minutes before using. Rub on chicken before roasting, stir into veggies, spread on bread before grilling - use anywhere you want an oregano/lemony flavor.

## *crazy goat cheese salad*

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

2 Tablespoons sherry vinegar  
1 Tablespoon fresh lemon juice  
1 teaspoon Dijon mustard  
2 Tablespoons walnut oil or olive oil  
2 Tablespoons vegetable oil or canola oil

1 pound haricot verts or slender green beans, trimmed  
4 (3/4-inch-thick) French bread slices  
3 ounce goat cheese log, cut into 1/2-inch slices  
1 head Boston lettuce  
1 head red leaf lettuce  
2 medium avocados, peeled & pitted  
2 medium tomatoes, cut into wedges  
1/2 cup toasted chopped walnuts

Prepare dressing: Combine vinegar, fresh lemon juice and Dijon mustard in bowl. Gradually whisk in oils. Season salad dressing to taste with salt and pepper. (Can be prepared 1 day ahead- cover and refrigerate.) Prepare salad: Bring a pot of salted water to boil. Add green beans and cook until just tender, about 4 minutes. Drain. Refresh with cold water. Drain. (Can be prepared 1 day ahead- cover and refrigerate.) Preheat oven to 400°F. Place bread slices on cookie sheet and bake until golden, about 5 minutes. Top bread with cheese. Bake until cheese softens and is heated through, about 10 minutes. Meanwhile line plates with alternating Boston and red lettuce leaves. Mound green beans in center of leaves. Cut avocado into thin slices and fan around beans. Place cheese croutons on one side of salad. Garnish with tomato wedges. Drizzle with vinaigrette and sprinkle with walnuts.

## *Calabrese Mustard and Turnip Greens*

adapted from Michael Chiarello

1 bunch Mustard Greens, stems discarded  
1 bunch Turnip Greens, stems discarded  
1/4 cup plus 1 tablespoon extra-virgin olive oil  
3 large garlic cloves, thinly sliced  
3/4 teaspoons crushed red pepper  
Salt and freshly ground black pepper  
1/8 cup plus 1 tablespoon red wine vinegar

Bring a large pot of salted water to a boil. Add half of the greens

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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!*



and cook, stirring a few times, until just tender, about 3 minutes. Using a slotted spoon, transfer the greens to a colander and rinse with cold water. Repeat with the remaining greens. Drain very well. Coarsely chop the greens. In a large, deep skillet, heat the olive oil. Add the garlic and crushed red pepper and cook over moderate heat until the garlic is golden brown, about 1 minute. Add the greens and stir well. Cover and cook, stirring occasionally, until the greens are heated through, about 8 minutes. Season with salt and pepper. Transfer the greens to a large bowl and let cool to room temperature. Stir in the vinegar and serve. **MAKE AHEAD** The cooked greens can be refrigerated overnight. Serve lightly chilled.

### *Swiss Chard, Kale, Chicken and Feta Salad* allrecipes.com

1/2 cup cider vinegar  
2 teaspoons honey  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
1 teaspoon fresh Greek Oregano, chopped finely  
1/2 cup olive oil

1 bunch kale, torn into bite-sized pieces  
1 bunch Swiss chard, torn into bite-sized pieces  
1 pound grilled skinless, boneless chicken breast, sliced  
1 (6 ounce) container crumbled feta cheese  
1/3 cup raisins  
1/3 cup chopped, toasted walnuts

Whisk the vinegar, honey, salt, pepper, and oregano in a bowl until the honey has dissolved. Whisk in the olive oil until evenly blended. Place the kale, Swiss chard, chicken, feta cheese, raisins, and walnuts into a bowl. Toss with the dressing to serve.

### *Kohlrabi and Radish Salad* Joy Hoy

1 medium kohlrabi, trimmed and peeled  
4 radishes, sliced thin  
¼ red onion, sliced very thin  
2 teaspoons fresh lime juice  
2 tablespoons extra virgin olive oil  
Dash of agave nectar (optional)  
Sea salt and freshly ground pepper  
1 tablespoon chopped fresh mint

1 tablespoon chopped fresh basil

Slice the kohlrabi very thin and cut into matchsticks. Place in a mixing bowl and add radishes, red onion, lime, olive oil and a pinch of sea salt. Refrigerate for 15 minutes. Adjust seasoning, stir in herbs, and serve.

### *Kohlrabi Risotto with Greens* Martha Rose Shulman | [www.nytimes.com](http://www.nytimes.com)

1 pound kohlrabi, preferably with some greens attached  
7 to 8 cups well-seasoned chicken or vegetable stock  
1 tablespoon extra virgin olive oil  
1/2 cup minced onion  
1 1/2 cups arborio rice  
1 to 2 garlic cloves (to taste), minced  
Salt and freshly ground pepper to taste  
1/2 cup dry white wine, like pinot grigio or sauvignon blanc  
1/4 to 1/2 cup freshly grated Parmesan cheese  
2 to 3 tablespoons chopped flat-leaf parsley

Peel the kohlrabi, making sure to remove the fibrous layer just under the skin, and cut into 1/2-inch dice. If there are greens attached, wash, stem and blanch them for 1 minute in salted boiling water. Transfer to a bowl of cold water, drain, squeeze out water and chop coarsely. Set aside. Put your stock or broth into a saucepan and bring it to a simmer over medium heat, with a ladle nearby or in the pot. Make sure that it is well seasoned. Turn the heat down to low. Heat the olive oil over medium heat in a wide, heavy nonstick skillet or a wide, heavy saucepan. Add the onion and a pinch of salt, and cook gently until it is just tender, about 3 minutes. Do not brown. Add the diced kohlrabi and the garlic and cook, stirring, until the kohlrabi is crisp-tender, about 5 minutes. Add the rice and stir until the grains separate and begin to crackle. Add the wine and stir until it has evaporated and been absorbed by the rice. Begin adding the simmering stock, a couple of ladlefuls (about 1/2 cup) at a time. The stock should just cover the rice, and should be bubbling, not too slowly but not too quickly. Cook, stirring often, until it is just about absorbed. Add another ladleful or two of the stock and continue to cook in this fashion, adding more stock and stirring when the rice is almost dry. You do not have to stir constantly, but stir often. After 15 minutes, stir in the greens from the kohlrabi. When the rice is just tender all the way through but still chewy, in 20 to 25 minutes, it is done. Taste now, add pepper and adjust salt. Add another ladleful of stock to the rice. Stir in the Parmesan and the parsley and remove from the heat. The mixture should be creamy (add more stock if it isn't). Serve right away in wide soup bowls or on plates, spreading the risotto in a thin layer rather than a mound.

**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)

