

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

October 11 - 14, 2012 CSA Newsletter

For our 18th week of the season, you will find the following in your share boxes:

Red Slicing Tomatoes, White Potatoes, Yellow Onions, Grey Kabosha Squash, Cilantro, Poblano Peppers, Sweet Dumpling Squash, Green Bell Peppers, Red Grape Tomatoes, Leaf Lettuce and Oriental Eggplant.

You have Sweet Dumpling and Grey Kabosha Squash in your box this week. They are winter squash with a hard skin and, if kept in a cool, dry area (your garage works, but don't sit directly on concrete) it can last several weeks. Leftovers are easily put in a Ziplock bag and tucked in the freezer for later use.

Grilled Poblano Frittata

Jessica | poblano.recipes.blogspot.com

"This frittata is a good dish to make at home because, unlike the restaurant variety, you can vary the amount of vegetables on it. So be creative and enjoy your frittata." Original recipe yield: 4 servings.

2 large or 3 small poblano peppers
3 tomatoes
1 small onion, minced
2 teaspoons lime juice
3 tablespoons chopped fresh cilantro
1/2 jalapeno pepper, seeded and minced
salt and pepper to taste
3 (6 inch) corn tortillas
1 tablespoon olive oil
7 eggs, lightly beaten
1 cup shredded Monterey Jack cheese

Preheat the oven to 350 degrees F (175 degrees C).

Make the salsa: Place the poblano peppers and the tomatoes over a medium gas flame, either on a grill or right on the burners. Rotate the vegetables every few minutes so that the skins don't completely blacken. Remove the vegetables once their skins are blistering and just partially charred. Let the vegetables cool a bit. Remove the skins of the vegetables with a paring knife. Cut the poblanos into 1/2 inch wide strips, and set them aside.

Cut the tomatoes into 1/2 inch cubes, and put them into a bowl. Add onions, lime juice, cilantro, jalapeno, salt and pepper to the bowl. Mix well. Chill the salsa if you won't be making the frittata within the next few hours.

Make the chips: Stack the tortillas and cut the stack into six wedges. Spread the pieces on a baking sheet, lightly salt them and bake them for 10 minutes or until they are crisp. Remove the chips from the oven but keep the oven on.

Make the frittata: Heat the olive oil in a 10 to 12 inch non-stick oven-proof skillet over medium heat. Add the eggs, and stir them for the first minute of cooking with a plastic spatula. Let the eggs rest for a few seconds, then push the frittata to one side of the pan so the uncooked egg runs underneath.

When the frittata is still moist but no longer runny, sprinkle it with salt, pepper and the shredded Jack cheese.

Place the poblano strips in a star shape on top of the cheese. Bake the frittata in the oven for 3 to 4 minutes or until it is just set. Remove the skillet from the oven and stick the tortilla chips around the edge of the frittata. Take the skillet to the table and cut the frittata into wedges. Serve with the salsa.

Thai Red Curry with Kabocha Squash Recipe

Lisa Lavery | www.chow.com

1 tablespoon vegetable oil
1 medium yellow onion, medium dice
1 1/2 teaspoons kosher salt, plus more for seasoning

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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 medium green bell peppers, seeds and ribs removed and cut into 1/4-inch strips
4 medium garlic cloves, finely chopped
1 tablespoon peeled and finely chopped fresh ginger (from about a 1-1/2-inch piece)
3 tablespoons Thai red curry paste
1 (13- to 14-ounce) can unsweetened regular coconut milk
1/2 cup water
1 tablespoon soy sauce
1 medium kabocha squash (about 2 1/2 pounds), peeled, seeded, and cut into 1-inch cubes
2 teaspoons freshly squeezed lime juice
1/4 cup coarsely chopped fresh cilantro
Steamed white rice or steamed brown rice for serving

Heat the oil in a large frying pan over medium heat until shimmering. Add the onion and 1 teaspoon of the salt and cook, stirring occasionally, until the onion has softened, about 6 minutes. Add the peppers, garlic, and ginger, stir to combine, and cook until fragrant, about 1 minute.

Add the curry paste, stir to coat the onion-pepper mixture, and cook until fragrant, about 1 minute. Add the coconut milk, water, soy sauce, and remaining 1/2 teaspoon of salt, stir to combine, and bring to a simmer.

Stir in the squash, return to a simmer, reduce the heat to medium low, and continue to simmer, stirring occasionally, until the squash is fork-tender but still firm, about 20 to 25 minutes. Remove the pan from the heat and stir in the lime juice. Taste and season with salt as needed.

Sprinkle with the cilantro and serve immediately over steamed rice.

Sweet Dumpling Squash Soup

www.threekitcheneers.com

1 Sweet Dumpling Squash peeled/chopped

1 onion diced
8 carrots peeled/chopped
8 celery sticks chopped
1 lemon (zest half/ juice whole lemon)
2 tbsp Extra Virgin Olive Oil
2 tbsp Sea Salt
Pepper to taste
2 32oz Organic Unsalted Chicken/Veggie Broth
OR your own broth

Coat the bottom of your dutch oven/ soup pot with Extra Virgin Olive Oil and let heat.

Once the oil is hot saute your onions til tender.

Add your zest and lemon juice. Stir and let that simmer for about 2-4 minutes.

Add your carrots, celery, squash, salt and pepper. Saute for about 3-5 minutes. Add broth.

Let boil for another 3-5 minutes, then lower heat to simmer for about 30-45 minutes.

To puree, let the soup cool a bit (this is so your lid doesn't pop off from the heat), add small portions in your food processor or blender. Serve.

This soup can be served a few different ways:

1. puree (shown in photo)
2. leave broth(y) and add your favorite rice or pasta to it for a more stew type
3. puree half of the broth and leave the other half chunky

No matter what way you decide to serve this bowl of goodness...your tummy will thank you for it! IT'S NATURALLY GLUTEN FREE TOO!

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

