

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

October 18 - 21, 2012 CSA Newsletter

For our 19th week of the season, you will find the following in your share boxes:

Red Seedless Watermelon, Pie Pumpkin, Red Grape Tomatoes, Butternut Squash, Cubanelle Peppers, Green Bell Peppers, Onions, Swiss Chard, Leaf Lettuce, White Potatoes

The butternut squash in your box has a bit of frost damage. It is fine to eat, but it does need to be used up fairly quickly. If you don't plan to eat it this week, we would suggest you cook (boil, steam or bake) it and then freeze it for use at a later date.

Butternut and Acorn Squash Soup

Frank / An American Bounty

This is the soup we served Sunday for the CSA dinner. One type of squash can be used (we used all butternut) or you can replace all or part of the squash with pumpkin.

1 tablespoon unsalted butter
1 onion, diced
1 carrot, diced
1 celery stalk, trimmed and diced
1 clove garlic, peeled and minced
1 teaspoon ground ginger
3 to 4 cups chicken broth
2 cups cubed butternut squash
1 cup cubed acorn squash
1/2 potato, peeled and sliced
1/2 teaspoon salt, or to taste
1/4 teaspoon freshly ground black pepper, or to taste
1 teaspoon julienned orange zest

Heat the butter in a soup pot over medium heat. Add the onion, carrot, celery and garlic and saute, stirring frequently, until the onion is tender and translucent, 5 to 6 minutes. Add the ginger and saute for another minute. Add the squash and potato, then the broth. Bring to a full boil over medium heat, then reduce the heat to low and simmer until the squash are tender enough to pierce easily with a fork, about 20 minutes. Remove the soup from the heat and allow it to cool briefly. Puree the soup with a hand-held immersion blender, in a food processor or blender or by pushing it through a sieve or food mill.

Return the soup to the pot and bring to a simmer. Adjust the consistency, if necessary, by

adding additional broth or water. Taste the soup, add salt, pepper and orange zest. Serve.

Pumpkin Cookies

Tina Todosciuk

These are the cookies that we served Sunday at the CSA dinner.

2 eggs
2 cups sugar
1 cup oil
2 teaspoons vanilla
2 cups pumpkin
4 cups flour
2 teaspoon soda
teaspoon cinnamon
1/2 teaspoon salt
Optional: 2 cups walnuts, chocolate chips, raisens, or whatever you'd like)

Mix eggs and sugar together, then add oil, vanilla and pumpkin. Mix thoroughly. Stir together dry ingredients, then add to pumpkin mixture. Drop on greased cookie sheet. Bake at 350 for 15 minutes or until light brown. These are great plain or topped with frosting.

Beef & Rice Stuffed Swiss Chard

www.littlekitchenbigflavors.com

2 tablespoons olive oil
1 small onion (diced)
2 cloves garlic (minced or pressed)

Like us on Facebook!!

visit 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!

1lb ground beef
1/4 teaspoon red pepper flakes
1/2 cup brown rice (cooked)
1/2 cup parmesan cheese
1 tablespoon fresh oregano (chopped)
1 tablespoon fresh parsley (chopped)
1 large head swiss chard (about 18 leaves)
1 jar red sauce (or homemade)
1 cup shredded mozzarella cheese

Preheat oven to 375 degrees. In a saute pan over medium-low heat, add olive oil. Once hot, add onion and cook for about 3 minutes until translucent. Add garlic, cook 1 minute more. Add beef to pan and break up with wooden spoon. Season with salt, pepper, and red pepper flakes. Cook until beef has browned, stirring occasionally. Remove from heat, drain any excess liquid from pan. Transfer to a bowl and let cool. Once cool, mix in brown rice, parmesan cheese, oregano and parsley. While filling is cooling, prepare the swiss chard for stuffing. Bring a pot or large sauce pan with water to a boil. Have an ice bath ready along with a cookie sheet lined with paper towels. Drop 2 swiss chard leaves into the boiling water for about 15-30 seconds, removing just when the leaves have softened. Immediately plunge into an ice bath. Then, lay on the paper towels. Repeat this step with all remaining swiss chard leaves. Use extra paper towels to pat all of the leaves dry. Cut the thick, hard stem away from each leaf. Place 2 TBSP of filling into the center. Roll bottom of the leaf up and over the filling, tucking it under. Then fold in each side of the swiss chard leaf, and finish rolling. Repeat this process with all of the swiss chard leaves. In a large baking dish, spread about 1 cup of red sauce in a thin layer. Place the stuffed swiss chard seam down into the baking dish. Ladle on remaining sauce. Sprinkle shredded mozzarella on top. Cover with foil and bake in oven for 30-40 minutes, removing foil for last 10 minutes of baking. Remove and let cool slightly before serving. Serve with extra parmesan cheese and sauce.

Vegitarian Stuffed Swiss Chard Leaves

Elana @ The Inventive Vegetarian

8 large leaves of Swiss chard with stem
1 3/4 cups water, divided
1/4 cup lentils
1/2 cups bulgur
1 1/2 tablespoons Tahini
1/4 Mint leaves, julienned
3/4 cup Craisins
2 cloves garlic, minced
1/2 Red Pepper, finely chopped
1-2 tablespoons of lemon juice
1-2 tablespoons of agave nectar
1 jar marina sauce, your choice or your own
1/3 cup grated parmesan cheese
Salt and pepper to taste

Preheat the oven to 400F. Put 1.5 cups of water and the lentils in a sauce pan and bring to a boil. Lower it to a simmer, and let it cook, covered, for 15 minutes. After 15 minutes, add the bulgur and another 1/4 cup of water to the pot. Bring it to a simmer and let it cook, covered, for 5 minutes. Then take the pot off the heat, give it a stir, and let it sit, covered for 15 minutes. In a large bowl, mix the tahini, lemon juice, and agave to form a loose paste. If the mixture looks too thick, add in a little water, a teaspoon at a time. Add the julienned mint and the peppers. When the bulgur and lentils are done, add those to the bowl, along with the craisins, and mix thoroughly. Add salt and pepper to taste. Bring a large pot of boiling water to a boil. Dunk the Swiss chard leaves into the water and hold for 10 seconds, then remove. Pour a cup of the marinara sauce over the bottom of a 9 x 13 baking dish. Cut each leaf in half down the center, removing the stalk as you do so. Now it gets a little tricky. Place a heap of the bulgur-lentil filling 3/4 of the way up the leaf. Fold the top half of the leaf over the filling. Using your best burrito-folding skills, fold the sides of the leaf up (to contain the filling), and roll the leaf towards you. **If you end up with extra filling, toss it with some fresh baby spinach and red wine vinegar for a great salad. Place the stuffed leaf into the baking dish, and repeat until all the leaves have been stuffed. Pour the rest of the marinara sauce over the top of the stuffed leaves, and sprinkle the cheese on top of everything. Bake for 25-30 minutes, until the cheese is nice and bubbly and the dish is heated throughout.

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



