

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

October 25 - 28, 2012 CSA Newsletter

For our 20th week of the season, you will find the following in your share boxes:

Grey Kabocha Squash, Buttercup Squash, Spaghetti Squash, Sweet Dumpling Squash, Pie Pumpkin, Leaf Lettuce, Swiss Chard, Jalapeno Peppers, Yellow Onions, Sweet Banana Pepper, White Potatoes, White Sweet Potatoes, Orange Sweet Potatoes and Fennel.

Our thanks to all our 2012 CSA members!

This is our last week of the season and we hope that you have enjoyed the vegetables that you received every week.

Unfortunatly, due to the weather and growing conditions this year, we won't be offering a fall CSA.

We hope to see you all next year!!

Sausage Fennel Stuffing

Gourmet | November 2002

7 cups coarsely crumbled buttermilk corn bread
1 lb sweet Italian sausage, casings discarded
1 stick (1/2 cup) unsalted butter
2 medium onions, finely chopped (2 cups)
1 1/2 lb fennel (1 large or 2 medium), stalks cut off and discarded and bulbs coarsely chopped
1/2 teaspoon salt
1/4 teaspoon black pepper
2 teaspoons fennel seeds
2 teaspoons dried thyme, crumbled
2 teaspoons dried tarragon, crumbled
1 cup turkey giblet stock or low-sodium chicken broth

Preheat oven to 325°F.

Spread bread crumbs in 2 shallow baking pans and bake in upper and lower thirds of oven until golden and dry, about 15 minutes. Cool crumbs in pans on racks, then transfer to a large bowl.

Cook sausage in a dry 12-inch nonstick skillet over moderate heat, stirring and breaking up pieces with a fork, until browned and cooked through, 6 to 8 minutes. Transfer to bowl with bread crumbs with a slotted spoon.

Melt 6 tablespoons butter in skillet over moderate heat, then add onions, fennel bulb, salt, and

pepper and cook, stirring frequently, until vegetables are softened, 10 to 15 minutes.

Finely grind fennel seeds in coffee/spice grinder, then add to vegetables in skillet along with thyme and tarragon and cook, stirring, 1 minute.

Transfer vegetables to bowl with bread crumbs and sausage and toss gently but thoroughly. Spoon stuffing into a buttered 3 to 3 1/2-quart shallow baking dish. Drizzle with stock and dot with remaining 2 tablespoons butter, cut into bits. Bake, covered, in middle of oven 30 minutes, then uncover and bake until browned, about 30 minutes more.

Kabocha Squash Cake with Brown Sugar Cream

Bon Appétit | September 2007

Brown sugar cream:

1 tablespoon water
1/2 teaspoon unflavored gelatin
2 cups heavy whipping cream
1/3 cup (packed) golden brown sugar
3 large egg whites

Cakes:

2 cups 3/4-inch cubes peeled seeded kabocha squash (from one 3-pound squash)

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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!*

1 cup whole milk
1 vanilla bean, split lengthwise
Nonstick vegetable oil spray
2/3 cup (packed) golden brown sugar
6 tablespoons olive oil
1/4 cup lager (mild-flavored beer)
1 large egg
3/4 cup all purpose flour
1/2 teaspoon ground cinnamon
1/4 teaspoon baking soda
1/4 teaspoon salt

For brown sugar cream:

Place 1 tablespoon water in cup. Sprinkle gelatin over. Let stand 10 minutes to soften.

Stir cream and sugar in medium saucepan over medium heat until sugar dissolves. Add egg whites and whisk until mixture thickens, about 12 minutes (do not boil). Add gelatin mixture; whisk until dissolved. Strain into large clean bowl. Chill until cold. Cover and chill overnight.

For cakes:

Combine squash and milk in heavy small saucepan. Scrape in seeds from vanilla bean; add bean. Bring to simmer over medium heat. Partially cover, reduce heat to medium-low, and simmer until squash is very tender, about 20 minutes. Remove vanilla bean. Drain squash. Place in processor and blend until smooth. DO AHEAD: Can be made 1 day ahead. Cover and chill.

Preheat oven to 375°F. Spray six 3/4cup ramekins with nonstick spray. Place 1/2 cup squash puree in large bowl (reserve remaining puree for another use). Add sugar, oil, beer, and egg to puree and beat to blend. Sift flour, cinnamon, baking soda, and salt over; beat to blend. Divide batter among prepared ramekins.

Bake cakes until tester inserted into center comes out clean, about 18 minutes. Cool cakes in ramekins. Turn out onto plates. Beat brown sugar cream to firm peaks; spoon alongside cakes.

Roasted Sweet Potatoes Fries

S. Brewer

Note: Our sweet potatoes are freshly dug and the skins are thin and tender, so it is not necessary to peel them. Just eat them skin and all!!

New Sweet Potatoes
Sesame Oil
Salt and Pepper

Preheat oven to 375. Wash sweet potatoes and cut into quarters lengthwise and put into a bowl. Drizzle with sesame oil, add salt and pepper, then put lid on bowl and shake until all pieces are covered. Lay out on cookie sheet (I like my cast iron pizza pan for this) and bake in oven for 20 to 25 minutes.

Note: There is an endless variety of spices and or oils that can be used for roasting sweet potatoes. Chili powder to spice them up; sugar and cinnamon to sweeten them - take your pick and experiment!!

Braised Fennel and White Beans

www.marthastewart.com

2 tablespoons extra-virgin olive oil
1 medium fennel bulb, trimmed, halved lengthwise and cut crosswise into 1/4-inch-thick slices (about 3 cups)
1 medium red onion, halved lengthwise and cut lengthwise into 1/4-inch-thick slices (about 2 cups)
1 can (15 1/2 ounces) white beans
1 cup low-sodium store-bought chicken stock
2 teaspoons coarsely chopped fresh oregano, plus whole leaves for garnish
Coarse salt and freshly ground pepper
2 tablespoons red-wine vinegar
1 tablespoon unsalted butter, softened

Heat oil in a large, heavy saute pan over medium-high heat. Add fennel and onion; cook, stirring occasionally, until tender and edges are brown, about 10 minutes.

Add beans, stock, chopped oregano, 1 teaspoon salt, and 1/4 teaspoon pepper. Cook, stirring occasionally, until liquid has reduced by about half, 3 to 4 minutes. Stir in vinegar and butter; remove from heat. Garnish with oregano leaves.



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