

# J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

## October 4 - 7, 2012 CSA Newsletter

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For our 17th week of the season, you will find the following in your share boxes:

*Heirloom Tomatoes, White Potatoes, Yellow Onions, Bicolor Sweet Corn,  
Cilantro, Cucumbers, Buttercup Squash, Green Bell Peppers  
Green Beans, Red Grape Tomatoes, Leaf Lettuce and Red Seedless Watermelon.*

**You have a buttercup squash in your box this week. Buttercup is a 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.**

### *Agave and Balsamic Glazed and Roasted Buttercup Squash*

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

1 buttercup squash, or other winter squash  
2 T Agave Nectar (preferably amber variety)  
2 T good quality balsamic vinegar  
ground black pepper and sea salt to taste

Cut top and bottom end from squash, then sit flat on cutting board and cut in half top to bottom. Use a sharp spoon to scrape out seeds, washing out the inside of the squash if needed. Cut squash into half-moon slices about 1 inch wide. (Any shape of slice will work, but they need to be close to the same thickness.)

Preheat oven or toaster oven to 400F. Spray roasting pan with non-stick spray or olive oil. I was using a toaster oven, so I used a 13" X 9" roasting pan.) Lay squash in single layer on roasting pan. Mix together agave nectar and balsamic vinegar and brush on top layer of squash. (Some will run down, which will coat the bottom as the squash roasts.)

Roast squash 15 minutes, then turn each piece. Brush second side lightly with the agave-balsamic mixture. (It will look glazed already and you may be tempted not to brush it, but do it so the glaze can run down and coat the other side.) Roast 15 minutes more, or until squash pierces easily with a fork and is lightly browned.

Grind black pepper and sea salt over squash and serve hot.

### *Buttercup Squash Custard*

[www.rachelraymag.com](http://www.rachelraymag.com) | October 2006

1 cup squash (about 2 pounds)  
3 large eggs, plus 2 large egg yolks

1 cup heavy cream  
4 teaspoons sugar  
1/4 teaspoon freshly grated nutmeg

Pierce the squash all over with a fork and place on a damp paper towel in a shallow microwavable dish. Microwave on high until tender, about 15 minutes. Let the squash cool, then cut in half horizontally and, using a spoon, scoop out and discard the seeds and tough fibers. Scoop out the flesh and set aside.

Preheat the oven to 325 degrees. Combine the eggs, egg yolks and cream in a food processor or blender. Add the cooked squash, sugar and nutmeg and blend until smooth.

Butter four 8-ounce ovenproof mugs or ramekins and place them in a 9-by-12-inch baking pan. Fill the mugs with the custard, then carefully pour hot water into the pan to reach halfway up the sides of the mugs. Bake the custards until set, 30 to 40 minutes.

### *Roasted Squash Pie*

[leitesculinaria.com](http://leitesculinaria.com) | Ted Allen

1/2 package (1 pound) frozen filo dough  
One 2 1/2-pound winter squash  
2 medium red onions, sliced through the equator, 1/2 inch thick  
1 red bell pepper, halved, stemmed, and seeded  
2 teaspoons kosher salt  
5 tablespoons extra-virgin olive oil, plus 1/3 cup for brushing the filo, or as needed  
1 tablespoon finely chopped ginger (about 1 inch, peeled)  
1 teaspoon ground cumin

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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!*



1/4 teaspoon round cinnamon  
1/4 cup coarsely chopped fresh cilantro  
1/4 teaspoon freshly ground black pepper  
1/3 cup raisins  
1/4 cup walnut pieces  
2 medium garlic cloves, chopped  
One 16-ounce bag spinach, large stems removed

Preheat the oven to 425°F (220°C). Remove the filo from the freezer and thaw at room temperature for 1 hour.

Trim off both ends of the squash. Cut it in half crosswise, where the neck joins the rounded body. Working with the neck end, peel off the tough skin with a vegetable peeler (or stand it on end and cut off the skin with a large knife). Cut into 3-inch chunks. Cut the rounded end in half, scoop out and discard the seeds. Peel with a vegetable peeler or a knife and cut into 3-inch chunks.

Put the squash chunks, onion slices, and red pepper halves on a baking sheet so that the vegetables are in a single layer. Sprinkle with 1 teaspoon of the salt and 3 tablespoons of the oil. Toss to coat the vegetables with the oil. Roast for 30 minutes, turning the vegetables once with a spatula. Remove the pepper halves and turn everything again. Roast for 10 more minutes, or until the vegetables are tender and lightly browned. Dump the squash into a large bowl. Quarter the onion slices and cut the pepper into 1-inch cubes; dump them both into the bowl. Sprinkle the vegetables with the ginger, cumin, cinnamon, cilantro, 1/2 teaspoon salt, and the pepper. Add the raisins and toss gently; set aside.

Turn the oven temperature down to 375°F (190°C). Put the walnuts on a baking sheet and toast in the oven, shaking the pan twice for even cooking, until lightly browned, 5 to 7 minutes. Remove from the oven and chop; dump them into the bowl with the vegetables and stir gently.

Heat the remaining 2 tablespoons olive oil with the garlic in a large frying pan over a medium flame. Cook, stirring occasionally, for 2 minutes to flavor the oil. Add about one third of the

spinach and cook, turning it in the oil with tongs until wilted, about 1 minute. Add more spinach and cook, turning as before, and then add the remaining spinach. Sprinkle with the remaining 1/2 teaspoon salt and cook until all the spinach is wilted, 2 to 3 minutes total.

To assemble the pie, have ready a 9-X-13-inch baking dish and a pastry brush. Pour 1/3 cup olive oil into a small bowl. Set that on a work area with the filo and the vegetables. Open the package of thawed filo and unroll the pastry sheets so that they lie flat. Brush the baking dish with olive oil. Arrange the dish so that one long side faces you. Starting at the left edge of the dish, lay one sheet of filo in the dish crosswise so that it covers about half of the bottom, and half of the sheet hangs over the side facing you. Brush the part that covers the bottom with olive oil. Now lay a second sheet along the right-hand side of the dish, overlapping the first sheet in the middle of the dish and overhanging the side facing you. Brush with olive oil. Repeat with two more sheets, but this time, arrange them in the dish so that they overhang the other long side of the dish (at the top). Continue in the same way until you've used fourteen sheets of filo. As you're working, you'll come across some sheets of pastry that stick together and rip. Discard them if you need to — you have more sheets than you need.

Line the bottom of the dish with about half of the spinach, using your hands to open up the leaves and spread them out. Spoon the squash mixture on top and gently flatten with the spoon. Cover with the rest of the spinach. Still working with one long side of the dish facing you, fold one of the filo sheets over the filling and brush with oil. Fold the sheet next to it over and brush with oil. Do the same for the two sheets on the opposing side of the dish. Continue in this way until all of the filo is folded over the filling.

Then cover with two more sheets of filo, brushing each with more oil. (You may run out of oil. That's fine, just pour more into the dish.)

Put the baking dish in the oven and bake until the pastry is golden brown, 30 to 35 minutes. Let stand for 15 minutes before serving, or let cool to room temperature.

**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)

