

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

Howell MI

## **Sept 13 - 16, 2012 CSA Newsletter**

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For our 14th week of the season, you will find the following in your share boxes:

*Red Slicing Tomatoes, Green Tomatoes, Okra, Bicolor Sweet Corn, Green Zucchini, Cucumbers, Jalapeno Peppers, Honeydew Melon, Pink Italian Eggplant, Green Italian Roasting Peppers, Green Beans and Red Seedless Watermelon.*

**Note 1: You have received a fiber bag along with your share box. We ask that you return the bag with your share box next week so that we may reuse them as we do your boxes.**

**Note 2: When storing okra in the refrigerator, DO NOT put it in a plastic bag, either just put them in your veggie drawer or place them in a paper bag.**

### *Fried Green Tomatoes with Panko and Parmesan*

Amanda | food52.com

4 medium green tomatoes, cored and cut into  
¼-inch-thick slices

Salt

Sugar

2 large eggs, lightly beaten

1 cup panko

1 cup freshly grated Parmesan cheese, plus  
more for serving

2 tablespoons olive oil, plus more if needed

2 tablespoons unsalted butter, plus more if  
needed

Freshly ground black pepper

Lay the tomato slices on a baking sheet and sprinkle generously (like you're seasoning a steak) with both salt and sugar. Turn over the slices and season the other sides. Let sit for 30 minutes.

Have a large non-stick sauté pan on the stove. Add the beaten egg to a wide shallow bowl. Combine the panko and Parmesan in another wide shallow bowl. Set them near the stove. Lay the tomato slices on paper towel, top with another layer of paper towel and press on the tomatoes to dry them well. Season the slices again with a little salt. Working one at a time, dip the tomatoes in egg, then the panko-Parmesan mixture. Really press and pat the panko into the tomatoes. Set the tomatoes on a clean baking sheet.

Heat the sauté pan over medium-high heat,

and add the olive oil and butter. When the foam subsides, add the tomatoes, enough to cover the base of the pan in a single layer. Let them be for a few minutes and when you see browning on the edge, check the tomatoes. You want a nut brown crust. Turn them and brown the other side. Keep working in batches, adding more oil and butter to the pan as needed, and transfer the tomatoes to a warm serving platter. Grind (coarsely!) fresh pepper on top, sprinkle with extra cheese, and serve!

### *Okra, Avocado and Tomato Salad With Chili and Lime Juice*

Martha Rose Shulman

1 pound okra

1 jalapeño pepper, seeded if desired, minced

1 Hass avocado, cut in small dice

1 pound tomatoes, cut in small dice

1 small white or red onion, chopped, soaked for  
five minutes in cold water, then drained and  
rinsed (optional)

Salt to taste

1/2 cup chopped cilantro

5 to 6 tablespoons fresh lime juice

1 to 2 ounces crumbled queso fresco or feta for  
serving (optional)

Trim the stems and tips from the okra, and place it in a steamer above 1 inch of boiling water. Cover and steam four minutes or until crisp-tender. Drain and rinse with cold water, then slice about

*Check out our Facebook page and*

*visit [www.jttodfarms.com](http://www.jttodfarms.com)*

*Notice to CSA members:*

*Please remember to return the boxes that your vegetables are in to us next week when you pick up your next box.*

*Thank you!*



1/4 inch thick and place in a large bowl.

Add the jalapeño, avocado, tomatoes and onion, if using. Season generously with salt, and toss together. Add the cilantro and lime juice, and toss well. Serve garnished with crumbled queso fresco, if desired.

Advance preparation: Because the colors will fade and the okra will become impossibly viscous, it's best to serve this soon after assembling and tossing.

***Grilled Green Tomatoes Caprese***  
Southern Living June 2011

Ciao, y'all! Green tomatoes go from the frying pan into the fire with a Southern-Italian twist. Using white (rather than brown) balsamic vinegar in the marinade brightens the color of the grilled tomatoes, but the salad's flavor is extraordinary with either.

1/2 cup olive oil  
1/4 cup white balsamic vinegar  
2 garlic cloves, minced  
1 tablespoon brown sugar  
1/8 teaspoon salt

4 medium-size green tomatoes, cut into 1/4-inch-thick slices (about 2 lb.)  
1 (16-oz.) package sliced fresh mozzarella cheese  
Kosher salt and freshly ground pepper to taste  
1/3 cup thinly sliced fresh basil

Combine first 5 ingredients in a large zip-top plastic freezer bag; add tomatoes, seal, and shake gently to coat. Chill 1 hour.

Preheat grill to 350° to 400° (medium-high) heat. Remove tomatoes from marinade, reserv-

ing marinade. Grill tomatoes, covered with grill lid, 3 to 4 minutes on each side or until tender and grill marks appear.

Arrange alternating slices of warm grilled tomatoes and mozzarella cheese on a large, shallow platter. Drizzle with reserved marinade; season with salt and pepper to taste. Sprinkle with basil.

***Okra-and-Corn Maque Choux***  
Southern Living July 2010

1/4 pound spicy smoked sausage, diced  
1/2 cup chopped sweet onion  
1/2 cup chopped green bell pepper  
2 garlic cloves, minced

3 cups fresh corn kernels  
1 cup sliced fresh okra  
1 cup peeled, seeded, and diced tomato  
Salt and freshly ground pepper to taste

Preparation

Sauté sausage in a large skillet over medium-high heat 3 minutes or until browned. Add onion, bell pepper, and garlic, and sauté 5 minutes or until tender. Add corn, okra, and tomato; cook, stirring often, 10 minutes. Season with salt and pepper to taste.

***Green Tomato Salsa***  
Laurent Tourondel

This salsa makes inventive use of unripened tomatoes (which Laurent Tourondel found in abundance in a garden on Long Island). Alone, green tomatoes can be inedibly sour, but mixed with fresh lime juice and sweet grilled Vidalia onion, they make for a su...

1 medium Vidalia onion, sliced 1/2 inch thick

**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)

2 tablespoons extra-virgin olive oil, plus more for brushing  
Salt and freshly ground pepper  
1 pound green, unripe tomatoes  
2 tablespoons chopped cilantro  
1 large red tomato, cored and coarsely chopped  
1 tablespoon fresh lime juice

Light a grill. Brush the onion slices with olive oil and season with salt and pepper. Grill the onion slices and the green tomatoes over high heat, turning once, until nicely charred; about 6 minutes for the onion and 8 minutes for the tomato.

Chop the onion into 1-inch pieces and transfer to a bowl. Core, peel and coarsely chop the green tomatoes and add them to the bowl. Stir in the cilantro, red tomato, lime juice and the 2 tablespoons of olive oil. Season the salsa with salt and pepper and serve.

Make Ahead The undressed salsa can stand for up to 4 hours.

### ***Okra And Green Beans***

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

3/4 pound fresh okra, uncut  
4 tablespoons olive oil  
vinegar (optional)  
1 medium onion, diced  
3/4 pound fresh green beans  
2 cloves garlic, crushed then chopped  
1 cup water PLUS  
2 tablespoons water  
salt and freshly ground black pepper  
1 can (6 ounce size) tomato paste

Wash okra pods, trim stems, do not remove caps. If desired soak okra in vinegar for 30 minutes to remove some of the stickiness. Rinse well and drain. Wash beans and cut into 3 inch lengths. Combine water, tomato paste, olive oil, onion, garlic, salt and pepper in a sauce pan and mix well.

Heat, stirring frequently, until mixture comes to boil. Add okra and beans and additional water if necessary to almost cover vegetables.

Reduce heat to low, cover and simmer gently until vegetables are crisp-tender, 20 to 30 minutes.

### ***Kid's Watermelon Strawberry Shake and Frozen Smoothie Pops***

[www.watermelon.org](http://www.watermelon.org)

### ***Strawberry Shake***

1 container (8 ounces) lemon nonfat yogurt  
2 cups cubed, seeded watermelon  
1 pint fresh strawberries, cleaned and hulled  
1 banana medium, peeled and sliced

### ***Frozen Smoothie Pops***

Strawberry Shake  
Small paper cups  
Popsicle sticks

For Strawberry Shake:

In blender or food processor, process yogurt, watermelon, strawberries and banana until smooth and frothy. Serve immediately.

For Frozen Smoothie Pops:

Pour prepared Watermelon Strawberry Shake into small paper cups. Freeze, inserting popsicle sticks or plastic spoons when mixture is partially frozen. Or, pour Watermelon Strawberry Shake into ice cream machine. Set and enjoy!

### ***Scrambled Eggs with Fresh Corn, Goat Cheese, and Oven-Roasted Tomatoes***

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

Serves One

2 thick slices of tomato (1/4 to 1/2 inch thick)  
olive oil  
salt and pepper  
1 medium ear corn, with the husk still on  
1/2 tablespoon unsalted butter  
2 eggs, beaten  
2 ounces goat cheese

Heat your oven's broiler on high. Drizzle the tomato slices with a bit of olive oil, coating both sides, and season with salt and pepper. Put them on a baking sheet and broil in the oven for 8 to 10 minutes, until beginning to caramelize on top. While the tomatoes are cooking, microwave the corn (in its husk) for 3 minutes on high. Remove from the microwave and let cool for a few minutes, then strip off the husk and cut the kernels from the cob.

Heat the butter in a nonstick frying pan over medium heat. Add the corn, season with salt and pepper, and cook for 1 minute. Add the eggs and scramble (this shouldn't take more than a minute, although if you like your eggs creamy, you may want to lower the heat and cook them more slowly). Turn off the heat and crumble in the goat cheese.

Use a spatula to transfer the tomato slices to a plate, then top with the eggs. Season with more salt and pepper to taste.