

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

Sept 20 - 23, 2012 CSA Newsletter

For our 15th week of the season, you will find the following in your share boxes:

Red Slicing Tomatoes, White Potatoes, Yellow Onions, Okra, Bicolor Sweet Corn, Cucumbers, Jalapeno Peppers, Oriental Eggplant, Green Bell Peppers, Red Grape Tomatoes, Green Leaf Lettuce 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.

Light Seafood Gumbo Recipe

www.laaloosh.com

This delicious, low calorie Seafood Gumbo is an African influence to Louisiana cuisine, and is incredibly filling, for just 4 Points + per serving. Serve this hearty dish as any low calorie lunch or dinner and enjoy its fresh and fabulous flavors.

Ingredients

- 1/2 lb shrimp, peeled and de-veined
- 1/2 lb lump crabmeat
- 1/2 lb okra, thinly sliced
- 1 cup chopped tomatoes
- 1 large yellow onion, thinly sliced
- 2 large celery stalks, chopped
- 1 large green pepper, seeded and chopped
- 3 cups fat free vegetable broth
- 3 bay leaves
- 4 garlic cloves, mined
- 1 tbsp fresh lemon juice
- 2 tbsp whole wheat flour
- 2 tbsp light butter
- 1 tsp salt
- 1/2 tsp white pepper
- 1 tsp fresh thyme, finely chopped
- 1/2 tsp cayenne pepper

Spray a large, non-stick skillet with with non-fat cooking spray and set over medium-high heat. Add in garlic okra, bell pepper, onions, and celery. Cook until veggies are tender, about 5-7 minutes. Transfer to a bowl and set aside.

Make the roux by adding the butter to the skillet, and then add in the flour; stir until

blended. Continue to cook, stirring constantly until the flour is well browned, but not burned, about 8-10 minutes.

Slowly drizzle in the broth into the skillet, continuously stirring to remove lumps, and bring to a slow simmer. Add in the thyme, bay leaves, salt, pepper, lemon juice, and tomatoes.

Add the cooked vegetables back into the skillet and simmer for about 5 minutes.

Stir in the shrimp and crabmeat and simmer until shrimp are cooked, about 3-5 minutes.

Entire recipe makes 4 servings

Serving size is 2 cups

Each serving = 4 Points +

Baked Potato Soup

Gina's Weight Watcher Recipes
Servings: 5 • Size: 1 cup • Points+: 5 pts

- 2 russet potatoes or 4 to 8 smaller potatoes washed and dried
- 1 small head of cauliflower, stem removed cut into florets
- 1 1/2 cups fat free chicken broth
- 1 1/2 cups 1% reduced-fat milk
- salt and freshly cracked black pepper
- 1/2 cup light sour cream
- 10 tbsp reduced-fat shredded sharp cheddar cheese
- 6 tbsp chopped chives, divided

Check out our Facebook page and

visit 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!

3 slices bacon, cooked and crumbled (you can use turkey bacon if you prefer)

Pierce potatoes with a fork; microwave on high for 5 minutes turn over and microwave another 3 - 5 minutes, until tender. Or if you prefer to use your oven, bake at 400° for 1 hour or until tender. Cool. Peel potatoes.

Meanwhile, steam cauliflower with water in a large covered pot until tender. Drain and return to pot. On medium heat, add chicken broth, milk, potatoes and bring to a boil. Use an immersion blender to puree until smooth. Add sour cream, half the chives, salt and pepper and cook on low another 5-10 minutes, stirring occasionally.

Remove from heat. Ladle 1 cup soup into each bowl. Top each serving with 2 tbsp cheese, remaining chives, and bacon.

Roasted Okra and Tomatoes

Weight Watchers Annual Recipes
for Success 2012

PointsPlus Value per serving (1/2 cup): 2

Separating the okra and tomatoes on the large baking dish keeps the tomato juices away from the okra, allowing it to brown and roast.

1/2 pound okra pods, cut into 1/2-inch slices
4 teaspoons olive oil, divided
1/2 teaspoon salt, divided
1/2 teaspoon freshly ground black pepper,
divided
2 cups grape tomatoes
1/4 teaspoon hot sauce
Preheat oven to 450 degrees.

Combine okra, 2 teaspoons oil, 1/4 teaspoon



salt and 1/4 teaspoon pepper. Toss well. Arrange okra mixture in a single layer on half a large jelly-roll pan. Combine tomatoes, remaining 2 teaspoons oil, remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper. Toss well. Arrange tomatoes in a single layer on remaining half of pan.

Bake at 450 degrees for 12 minutes or until okra is lightly browned and tomato skins burst and shrivel. Scrape okra, tomatoes and pan juices into a bowl with a rubber spatula and add hot sauce. Toss well and serve immediately.

Eggplant Dip

EarlyToBed | food52.com

Roasted eggplants
Roasted garlic bulb
1/4 cup toasted sesame seeds
Olive oil
Lemon juice
Salt and pepper to taste

Roast eggplant and garlic over charcoal grill or wood fire. Let cool. Toast sesame seeds until just brown.

Peel eggplant and garlic and place in bowl of food processor. In practice, the garlic often isn't peelable, and just needs to be squeezed out from the bulb. Cut off one end of the bulb, and squeeze out the roasted garlic like toothpaste.

Add the rest of the ingredients to food processor bowl and process. Very approximate: 1 tablespoon each of olive oil and lemon juice per cup of eggplant. Adjust lemon juice, salt & pepper to taste.

Serve with Sangak bread if you can. Crackers, chips, toasted pita all work well 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

