

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

Sept 27 - 30, 2012 CSA Newsletter

For our 16th week of the season, you will find the following in your share boxes:

Yellow Roma Tomatoes, *Red Roma Tomatoes*, *White Potatoes*, *Yellow Onions*, *Bicolor Sweet Corn*, *Cilantro*, *Cucumbers*, *Jalapeno Peppers*, *Pink Italian Eggplant*, *Green Bell Peppers*, *Green Beans*, *Red Grape Tomatoes*, *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.

Pastor Ryan's Roasted Ricotta Roma Tomatoes www.thepioneerwoman.com

8 whole Roma Tomatoes, Halved
1 bunch Fresh Italian Parsley
1 bunch Fresh Basil
2 cloves To 3 Cloves Garlic, Minced
1-1/2 cup Ricotta Cheese
Ritz Crackers Or Bread Crumbs
Kosher Salt To Taste
Olive Oil

Start out by washing and halving your Roma tomatoes. After halving them, gut out the insides (seeds, etc.) with a spoon. Sprinkle a bit of kosher salt inside each tomato. Discard guts and lay the halved, gutted tomatoes face down on a clean towel. Chop up your herbs and garlic and mix with the Ricotta cheese. Add salt and pepper to taste. Next, fill each tomato half with a nice heap of the Ricotta mixture.

In a food processor (or if you don't have a food processor, you can mash in a plastic baggy with a rolling pin) crumble about 15-20 Ritz crackers. Or you can use dried bread crumbs from your favorite kind of bread if you want.

Press each ricotta filled tomato half face down into the crackers/crumbs and then place face up on a baking sheet. Drizzle each tomato with a bit of olive oil.

Place in 400° oven for 25-30 minutes.

Cilantro Chicken Sunset MARCH 2006

4 boned, skinned chicken breast halves

1/4 cup lime juice
1/2 cup chopped fresh cilantro
6 cloves garlic, chopped
1 tablespoon honey
1 tablespoon olive oil
1/2 teaspoon salt
1/4 teaspoon pepper

Preparation

Pound the chicken breasts to an even thickness (about 1/2 in.) and place in a shallow baking pan.

In a small bowl, mix lime juice, cilantro, garlic, honey, olive oil, salt, and pepper. Pour over chicken and turn pieces to coat evenly. Cover and chill at least 30 minutes or overnight.

Lay chicken on a grill over medium heat (you can hold your hand over the surface only 4 to 5 seconds) and cook, turning once, until no longer pink in the center, 4 to 6 minutes per side.

Russian Green Bean and Potato Soup Idealnut | www.allrecipes.com

This is a hearty Russian vegetable soup with a great flavor. Add seasonal veggies for more variety. Enjoy!"

1 tablespoon vegetable oil
1 large onion, halved and thinly sliced
4 red potatoes, cubed
1/2 pound green beans, cut into 1 inch pieces
5 cups vegetable, chicken, or beef broth

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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!



2 tablespoons whole-wheat flour
1/2 cup sour cream
3/4 cup sauerkraut with juice
1 tablespoon chopped fresh dill
Salt and pepper to taste

Heat vegetable oil in a large saucepan over medium heat. Stir in the onion, and gently cook until softened and translucent, about 5 minutes. Add the potatoes and green beans; cook until the green beans have slightly softened, about 5 more minutes. Pour in the vegetable stock. Bring to a boil over high heat, then lower heat to medium-low, cover, and cook until the potatoes have softened, about 15 minutes. Stir the flour into the sour cream, and add it a spoonful at a time to the simmering soup. Stir in the sauerkraut and dill, season to taste with salt and pepper. Simmer for 5 minutes

Sausage, Peppers, and Onions
www.simplyrecipes.com

You can use different colored bell peppers, or just stick with green. This recipe uses a combination of sweet and hot sausages, but if you want a milder dish, use only the sweet sausages and reduce the amount of chili pepper flakes in the recipe. (Likewise if you want it hotter, use hot sausages and/or bump up the amount of chili pepper flakes.)

4 Italian sausage links (sweet, hot, or a couple of each)
2 Tbsp olive oil
1 green bell pepper, sliced into 2 to 3 inch long strips
1 red bell pepper, sliced into 2 to 3 inch long strips
1 bell pepper of another color (yellow or orange or purple), sliced into strips 2-3 inches long
4 garlic cloves, sliced into slivers
1 large sweet or yellow onion, sliced into 1/4

inch half-moons
1 small (15 ounce) can of crushed tomatoes
1 Tbsp of dried oregano
1/2 cup Marsala or red wine (optional)
1/2 teaspoon red pepper flakes (optional)
Salt to taste

Heat the olive oil over medium heat in a large pan that has a lid. When the oil is hot, add the sausages and brown them slowly. If they sizzle and crackle too much, turn the heat down. You want a gentle browning, not a sear. Cook for several minutes, turning them occasionally so they brown on all sides. When the sausages are browned, remove from the pan and set aside.

Increase the heat to high and add the onions and peppers. Toss so they get coated with the oil in the pan and sear them as well as you can, stirring every so often. You want some blackening. Once the onions and peppers soften, sprinkle some salt on them. Once you get some searing on the onions and peppers, add the garlic and cook for 1 more minute.

Add the Marsala or red wine if you are using, and with a wooden spoon scrape the bottom of the pan to release all the browned and blackened bits. Let the wine cook down by half.

Add the tomatoes, oregano and red pepper flakes (if using) and stir well to combine. Add the sausages back in. Bring to a simmer then reduce the heat to low. Cover and simmer until the peppers are soft the sausages are cooked through, about 20 minutes.

Sausage, peppers and onions will keep in the fridge for several days.

Serve over polenta, or with penne pasta, or load up in a hoagie roll. Any leftover sauce makes a great sauce for pasta.

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

