

# J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

## Sept 6 - 9, 2012 CSA Newsletter

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For our 13th week of the season, you will find the following in your share boxes:

*Red Slicing Tomatoes, Bicolor Sweet Corn, Patty Pan Squash, Green Zucchini, Cuza, Cucumbers, Jalapeno Peppers, Honeydew Melon, Pink Italian Eggplant, Green Pimento Peppers, White Potatoes, Green Beans and Cantaloupe (Howell Melon).*

NOTE: Green Pimento Peppers are sweet and can be used anywhere a green bell pepper is used.

### *Smoky Corn and Jalapeno Dip*

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

2 large ears of corn, husks on  
2 jalapeno peppers  
1/2 cup mayonnaise (I prefer Duke's Light)  
1/2 cup sour cream (I prefer light)  
1/2 cup grated cheddar cheese  
1/2 cup grated pepper jack cheese  
1/4 teaspoon Pimentón de La Vera (smoked paprika)  
1/4 teaspoon kosher salt, or to taste

Set grill to medium high heat. Grill the corn with the husks on for 20 minutes, rotating every 5 minutes, until outsides are lightly charred. In the last 5 minutes, add the jalapeno peppers and cook until lightly blackened. Remove the husks and silks from the corn and cut the kernels off of the cob. Seed and mince the jalapeno peppers, reserving seeds if more heat is desired. In a large bowl, mix corn, jalapeno, mayonnaise, sour cream, cheddar, and pepper jack until well combined. Add smoked paprika and kosher salt. Taste for seasoning and adjust if desired.

Chill until ready to use. Serve with classic potato chips (my preference) or tortilla chips.

### *Pepper Jelly*

Paula Deen

3/4 cup chopped green bell pepper or green pimento pepper  
1/4 cup chopped fresh hot green pepper, such as jalapeno or serrano  
1 1/2 cups apple cider vinegar  
6 cups sugar  
4 ounces pectin (recommended: Certo)  
4 drops green food coloring

Special Equipment: 6 (1/2-pint) canning jars with lids

### Directions

Process bell pepper and hot pepper in a food processor until finely minced. Combine pepper mixture, vinegar, and sugar in a saucepan and bring to a rolling boil. Remove from heat and add pectin and food coloring. Pour into sterilized jars and seal\*.

\*Cook's Note: Follow USDA guidelines for proper sterilization and canning procedures.

\* Sterilizing Jars

Tips: Jars should be made from glass and free of any chips or cracks. Preserving or canning jars are topped with a glass, plastic or metal lid, which has a rubber seal. Two-piece lids are best for canning, as they vacuum-seal when processed. To sterilize jars before filling with jams, pickles or preserves, wash jars and lids with hot, soapy water. Rinse well and arrange jars and lids open sides up, without touching, on a tray. Boil the jars and lids in a large saucepan, covered with water, for 15 minutes. Use tongs when handling hot sterilized jars, to move them from boiling water. Be sure tongs are sterilized too, by dipping the ends in boiling water for a few minutes. As a rule, hot preserves go into hot jars and cold preserves go into cold jars. All items used in the process of making jams, jellies and preserves must be clean. This includes any towels used, and especially your hands.

After the jars are sterilized, you can preserve the food. It is important to follow any canning and processing instructions included in the recipe and refer to USDA guidelines about the sterilization of canned products.

*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!*



### *Sweet Spiced Zucchini Pickles* eatdrinkandbemary.wordpress.com

4 cups zucchini (and/or cuza), cut into 1" cubes  
2 cups white vinegar  
1 1/2 cups granulated sugar  
2-4 cinnamon sticks  
20-40 whole cloves

Wash the zucchini. Cut the ends off and remove the seeds, then cut the zucchini into 1" cubes. Soak the zucchini cubes in ice water for two to four hours.

About 45 minutes before ready to begin canning, set a large pot of water on the stove to boil. See sterilization tips above. Bring the vinegar, sugar, cinnamon sticks and cloves to a boil and continue boiling for approximately 10 minutes. Place the zucchini in the hot jars, ladle the hot brine over the zucchini, make sure that a cinnamon stick gets into every jar, and immediately put the lid on.

When enough jars are lidded to begin the seal bath, place them in the large pot of boiling water. When the water begins to reboil, start timing. Boil the jars for 5-10 minutes (depending on jar size or whichever set of guidelines you decide to listen to). Remove the jars and set aside to cool. The pickles will be good to eat after about 1 week.

They have a taste and texture pretty similar to baked apples. My father's pronounced them the single best reason for planting zucchini.

### *Easy Eggplant (and/or Zucchini) Moussaka*

Adapted from Sandra Lee |

2 medium to large eggplants or zucchini (or a combo), sliced lengthwise into 1/4-inch thick slices

Kosher salt and freshly ground black pepper  
1 medium onion, chopped  
1 pound lean ground beef  
1 tablespoon chopped garlic  
2 teaspoons Italian seasoning  
1 teaspoon ground cinnamon, divided  
1 (28 oz.) can crushed tomatoes  
2 tablespoons unsalted butter  
2 tablespoons all-purpose flour  
1 1/2 cups milk, at room temperature (you can use whole or a lower fat milk)  
1/4 cup grated Parmesan cheese  
2 tablespoons fresh parsley, for garnish

1. Preheat the oven to 375 degrees F. Put the eggplant in a single layer onto 2 (9 by 17-inch) baking sheets. Brush both sides with 3 tablespoons canola oil and season with salt and pepper. Bake until browned and softened, 10 to 15 minutes. 2. In a large skillet over medium-high heat, add the remaining 1 tablespoon canola oil and the onions and cook until they soften, about 3 minutes. Add the beef, breaking into pieces with a wooden spoon. Add the garlic, Italian seasoning, 1/2 teaspoon cinnamon, and salt and pepper. Stir in the tomatoes and simmer until it is thick and the flavors have combined, 20 to 25 minutes. Taste and adjust the seasoning with salt and pepper, if needed. 3. In a small saucepan over medium heat, melt the butter. Whisk in the flour and cook for 2 minutes. Slowly whisk in the milk, season with salt and pepper, and the remaining 1/2 teaspoon cinnamon. Bring it to a simmer, and cook until it is thick, about the consistency of pancake batter. Put a layer of eggplant (or zucchini) slightly overlapping into a 9 by 9-inch baking dish. Spread the beef mixture evenly over the top. Put another layer of eggplant (or zucchini) on top. Pour the bechamel sauce over the top and sprinkle with the Parmesan. Bake until browned and bubbling, 25 to 30 minutes. Remove from the oven and let rest for 10 minutes. Garnish with parsley. Makes 6 servings

**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)