

# J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

## August 11, 2011 CSA Newsletter

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For our 10<sup>TH</sup> week of the season, you will find the following in your share boxes:

*Radishes, Green Onions, Yellow Summer Squash, Zucchini, Bicolor Sweet Corn, Green Beans, Yellow Beans, Purple Beans, Yellow Zucchini, Cusa and Patty Pan Squash*  
*NEW: Sweet Banana Peppers, Pickling Cucumbers and Tomatoes*

**New: Pickling Cucumbers** are one of the varieties of cucumbers (pickling, slicers and seedless). Cucumbers have been cultivated in India for over 3000 years. Roman Emperor Tiberius ate cucumbers all year round, growing them in oiled paper forerunners of greenhouses in cold weather. Christopher Columbus brought them to Haiti in 1494 and they spread across the Americas.

To Store: Store in the refrigerator and use within 1 week.

Canning: Yes, there is a wide variety of recipes available for canning cucumbers: relish, sweet pickles, bread and butter pickles and dill pickles are only a few. Pickling cukes are the best for canning, although slicing cukes can be used.

Other: You can find recipes that allow for making pickles in the refrigerator and for storing in the freezer.

Eating: Salads, pickles, dressing, sandwiches and raw.

**New: Sweet Banana Peppers** are in the Chili Pepper family and there are over 200 varieties of Chili Peppers known worldwide. 100 of those varieties are native to the Americas. Sweet banana peppers are the sweet, mild variety of the banana peppers (Hungarian Wax are the hot ones).

Storage: In refrigerator for up to a week. If you wish them to be riper (and therefore sweeter) leave in a bowl on the counter, out of the sunlight and wait for them to turn red.

Canning, freezing, drying: Yes

Uses: fresh, pickled, fried, roasted and stuffed. Add to salads, sandwiches and sauces.

**New: Tomatoes** are native to western South and Central America. Cortez took seeds back with him to Europe - however, the plants were raised as ornamental only. A member of the nightshade family, tomatoes were thought to be poisonous. Italians were the first in Europe to begin using tomatoes in cooking and in 1897, Joseph Campbell began selling his condensed tomato soup.

Tomatoes are technically considered to be a fruit (berry, to be exact, due to the pulpiness and edible seeds) yet because it is savory rather than sweet, is used like a vegetable. The US actually considers tomatoes a vegetable for importation tariffs, a decision which was handed down by the Supreme Court when importers claimed they were fruit and did not fall under the vegetable tariffs.

Storage: Preferred is a cool dark place, stem side down and use within 4 to 5 days. They really shouldn't be refrigerated unless you are trying to keep them from ripening more than they already are. If you refrigerate them, their flavor will be best if you take them out a minimum of 1 hour prior to use.

Canning, Freezing, Drying: Yes

Uses: fresh, canned, frozen, dried, soups, sauces.

***Crunchy Topped Squash Casserole***  
www.cooks.com | modifications S. Brewer

8 to 10 medium sized mixed summer squashes  
1/2 cup chopped onion  
8 oz sour cream (or yogurt or other substitute)  
Salt and pepper to taste  
1/2 teaspoon dried basil  
1/2 cup bread crumbs  
1 cup cheese (sharpish is my preference)  
1/3 cup melted butter  
1/2 teaspoon paprika  
Cooked and crumbled bacon to top

Note: originally this recipe called for yellow summer squash, but we found it to be a bit bland, so a mix of zucchini, yellow summer squash, cusa and/or patty pan is suggested)

Wash squash and trim off ends. Chunk squash and cook with onions in boiling water until tender (next time, I'm going to saute instead), then drain and mash. Combine squash, sour cream, salt, pepper and basil. Pour into greased casserole dish. Combine bread crumbs, cheese, butter and paprika.

***Check out our Facebook page and our website at [www.jttodfarms.com](http://www.jttodfarms.com)***

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ka, then sprinkle over squash mixture - top with bacon.  
Bake at 300 degrees for 40 minutes.

### *Mom's Veggie Casserole* G. Todosciuk

1-2 Yellow Summer Squash, sliced  
1-2 Zucchini, sliced  
1-2 Yellow Zucchini, sliced  
1-2 Cusa, sliced  
2-3 Patty Pan Squash, sliced  
1 medium onion, sliced  
Oil of your choice or butter  
Salt and pepper to taste  
2 large tomatoes, sliced  
Cheese of your choice

Using a large, deep skillet or shallow casserole dish, set on medium low heat on burner and add oil. Begin layering using onion first, then squash in any order. Lightly salt and pepper every couple of layers. Finish with sliced tomatoes. Add just a splash of water, cover and cook for 10 to 15 minutes - squash and tomatoes should be tender and hot. Add cheese to top, cover and let cheese melt.

### *Banana Pepper Salsa* [www.bakespace.com](http://www.bakespace.com) | korolinski

About 10 banana peppers  
1 lime  
1/2 medium onion finely chopped  
about 1/2 teaspoon salt or to taste  
about 1/2 teaspoon garlic powder or to taste  
about 2-3 oregano leaves

Slightly grill or roast the banana peppers until you can see the skin is starting to separate from the pepper. Put the peppers in a food processor (or blender) and mix until it is chopped up into smaller pieces. Add the chopped onion. Squeeze the lime juice into the peppers. Add the salt, garlic, and crushed oregano leaves to peppers. Mix again until peppers are chopped into tinier pieces but not into a liquid blend.

### *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!*



### *Charred Tomato Relish* [www.rocksrecipes.blogspot.com](http://www.rocksrecipes.blogspot.com)

2 garlic cloves, minced  
1 1/2 tablespoons grated peeled ginger  
3 tablespoons vegetable oil, for grill  
6 ripe plum tomatoes, halved lengthwise  
Coarse salt and freshly ground black pepper  
2 tablespoons fresh lime juice (1 lime)  
1 tablespoon minced fresh jalapeno pepper  
1 teaspoon sugar  
1 tablespoon chopped cilantro  
1 tablespoon chopped basil

Heat grill to hot; lightly oil grates. In a medium bowl toss plum tomatoes with remaining tablespoon oil; season with salt and pepper.

Grill tomatoes, cut side up, until skins are charred and flesh is tender, 4 to 6 minutes for the plum tomatoes. When tomatoes are cool enough to handle, remove and discard skins and seeds. Finely chop flesh and add to bowl with reserved garlic-ginger mixture. Add lime juice, jalapeno, sugar, cilantro, and basil.

**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)