

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

August 13 & 14, 2011 CSA Newsletter

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

Radishes, Green Onions, Yellow Summer Squash, Zucchini, Bicolor Sweet Corn, Green Kale, Red Russian Kale, Green Leaf Lettuce, Yellow Zucchini, Cusa and Patty Pan Squash
NEW: Tomatoes

Hi everyone,

We've been providing recipes in the newsletter for you to try with your produce. Most of them have been for side dishes or entrees. So we have a question - now that there is a wider variety of produce available, what kind of recipes would you like to see? Canning, baking, more specific directions for freezing or drying or continue as is? Suggestions and your recipes welcome. Visit our Facebook page and let us know!

BTW - We've added a really cool snack recipe this week for Kale Chips. Easy to make and delicious!!

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, 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

Check out our Facebook page and our website at www.jttodfarms.com

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

August 13 & 14, 2011 Newsletter

cheese to top, cover and let cheese melt.

Banana Pepper Salsa

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.

Charred Tomato Relish

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.

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!



Baked Kale Chips

smittenkitchen.com

1 bunch kale
1 tablespoon olive oil
Sea salt to taste

Preheat oven to 300 degrees.

Rinse and dry the kale, then remove the stems and tough center ribs. Cut into large pieces, toss with olive oil in a bowl then sprinkle with sea salt.

Arrange leaves in a single layer on a large baking sheet (can be lined with parchment paper for easy cleanup if you choose). Bake for 20 minutes or until crisp. Place baking sheet on a rack to cool.

For Kale dusted popcorn - take some of the chips and grind them up with a mortar and pestle until fine and sprinkle over popcorn - a bit of Parmesan cheese mixed with the ground kale prior to sprinkling makes a nice alternative!

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