

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

August 18, 2011 CSA Newsletter

For our 11TH week of the season, you will find the following in your share boxes:

Radishes, Green Onions, Yellow Summer Squash, Yellow Zucchini, Cusa, Tomatoes, Green Beans, Pickling Cukes and Patty Pan Squash
NEW: Asian Eggplant, Cubanelle Peppers, Red Seedless Watermelon, White Potatoes

New: Asian Eggplant are native to India and Pakistan and were domesticated over 4,000 years ago. They were introduced to China approximately 500 BC and the Chinese hybridized many different shapes and colors. Were brought to Europe in the 9th to 12th centuries by the Moors. During the early middle ages, eggplant was thought to cause insanity. It was introduced to the US in 1806 by Thomas Jefferson.

Storage: Refrigerate and use within 4 to 5 days.

Canning: Yes -- Freezing: blanch 4 min, ice water bath, drain, pack and freeze -- Dry: Yes

Uses: grilling, frying, baking, stewing, dips

New: Cubanelle Peppers originated in Cuba. They are related to sweet/banana/chili peppers. It is considered to be a sweet chili with little to no heat and is common in Cuban, Spanish and Puerto Rican recipes.

Storage: Refrigerate and use within 4 to 5 days

Canning: Yes, plain and pickled -- Freezing: Wash, Dry, Cut into size pieces you want, pack and freeze -- Dry: Yes

Uses: Salads, pizza, salsa, stuffed, deep fried

New: Red Seedless Watermelon was domesticated in Africa and was thought to be cultivated as a water source in the semi-desert area. Were found in China in the 10th century and Europe in the 13th century. Watermelon was widely distributed around the world by African slaves and European colonists in the 16th century. Seedless watermelon are hybridized varieties that are basically the heart of a watermelon throughout the entire melon.

Storage: Refrigerate and use within 4 to 5 days

Canning: No -- Freezing: No -- Drying: No

Uses: fresh, salads

New: White Potatoes were domesticated over 6000 years ago in the Lake Titicaca area of Peru and Bolivia (in the High Andes) where they had over 200 varieties. They were taken to Europe in the 16th century by the Spanish. They are now considered to be the 4th most important food source in the world today (Wheat, corn and rice are the top 3).

Storage: NOT in the refrigerator and not in plastic. Store in a paper bag and will last 2 to 3 weeks at room temperature.

Canning: Yes (must be pressure cooked) -- Freeze: Blanch 3-5 minutes, ice water bath, drain, pack and freeze -- Dry: Yes

Uses: boiled, steamed, fried, grilled, soups, salads

Baba Ghanoush

www.gourmetsleuth.com

2 medium eggplant
3 medium garlic cloves, chopped
1/4 cup tahini
juice of 1 lemon
salt to taste
pinch cayenne pepper (optional)
olive oil
finely chopped parsley (optional)

Preheat oven to 425 degrees.

Score the eggplant deeply, all around, so it won't explode.

Bake in a pan or on a cookie sheet until it is so soft it almost collapses. Let cool until it is comfortable to handle; discard any juices that have collected on the pan and scoop out the pulp, discarding the skin. Puree in blender or food processor with garlic, tahini, lemon juice, salt and cayenne pepper, if desired. Before serving, drizzle the top with olive oil and sprinkle on the parsley, if desired. Serve with crudité's or slices of pita bread.

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

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August 13 & 14, 2011 Newsletter

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!



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