

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

August 20 & 21, 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, Sweet Banana Peppers, Green Leaf Lettuce, and Patty Pan Squash
NEW: Asian Eggplant, 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: 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.

Eggplant Crisps with Skordalia and Oven-Dried Tomatoes

Chef John Harris | Bon Appétit | September 2003

Oven-Dried Tomatoes:

6 plum tomatoes, cored, halved lengthwise, seeded
1/4 cup extra-virgin olive oil
1 garlic clove, chopped
1 teaspoon chopped fresh thyme

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

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Skordalia:

1 head of garlic
1 tablespoon extra-virgin olive oil
1 pound russet potatoes, peeled, cut into 3/4-inch cubes
6 tablespoons whipping cream
1/4 cup (1/2 stick) butter
1 tablespoon sour cream
1 cup sliced almonds, toasted, cooled, finely ground
1 tablespoon fresh lemon juice
1 garlic clove, minced

Eggplant:

18 1/4-inch-thick round eggplant slices
4 cups whole milk
6 large egg whites
2 cups dry bread crumbs

4 cups vegetable oil (for frying)
3/4 cup thinly sliced fresh basil
1 cup oil-cured olives

For tomatoes: Preheat oven to 300°F. Line rimmed baking sheet with parchment paper. Mix all ingredients in large bowl. Arrange tomatoes, cut side down, on prepared baking sheet; drizzle any remaining mixture from bowl over tomatoes. Bake 1 hour; turn tomatoes over and bake until slightly dried but still tender, about 1 hour longer. Peel skin off warm tomatoes. (Can be made 2 days ahead. Cool, then cover and refrigerate.)

For skordalia: Preheat oven to 350°F. Cut top 1/2 inch off garlic head, exposing cloves. Place garlic in small ovenproof dish; drizzle with 1 tablespoon oil. Cover tightly with foil and bake until cloves are soft, about 50 minutes. Cool. Squeeze garlic head from bottom to release garlic from skins. Cook potatoes in medium saucepan of simmering salted water until tender when pierced with fork, about 12 minutes; drain. Bring cream and butter to simmer in large saucepan. Remove from heat; whisk in sour cream. Add potatoes to cream mixture and mash. Mix roasted garlic, ground almonds, lemon juice, and minced fresh garlic into potatoes. Season with salt and pepper. (Can be made 2 hours ahead. Cover and let stand at room temperature. Rewarm before using.)

For eggplant: Soak eggplant slices in milk in large bowl

Notice to CSA members:

Please remember to return the boxes and bags that your vegetables are in to us next week when you pick up your next box.



1 hour. Drain; pat dry. Sprinkle eggplant lightly with salt. Whisk egg whites in medium bowl until frothy. Dredge eggplant in egg whites, then bread crumbs, coating completely; place on baking sheet. (Can be made 2 hours ahead. Cover and refrigerate.) Heat vegetable oil in heavy large skillet over medium-high heat to 350°F. Working in batches, add eggplant slices to skillet and fry until golden, about 2 minutes per side. Using slotted spatula, transfer to paper towels to drain. Sprinkle with salt and pepper.

For serving: Place 1 tablespoon skordalia in center of each of 6 plates. Top skordalia with 1 eggplant slice, 1 tablespoon skordalia, 1 tablespoon sliced basil, 1 oven-dried tomato half, 1 eggplant slice, 1 tablespoon skordalia, 1 tablespoon basil, 1 oven-dried tomato half, and 1 more eggplant slice. Garnish with olives and serve.

Kids Watermelon Grape Fizz

www.watermelon.org

1 cup seedless watermelon puree
1/4 cup grape juice
3/4 cup sparkling water
1 serving crushed ice to taste

Mix together the watermelon puree and grape juice in an oversized tumbler. Add the sparkling water, then the ice, which causes a nice fizz. Serve immediately.

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