

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

August 25, 2011 CSA Newsletter

For our 12TH week of the season, you will find the following in your share boxes:

Radishes, Green Onions, Yellow Summer Squash, Yellow Zucchini, Cusa, Tomatoes, Bicolor Sweet Corn, Pickling Cukes, Cubanelle Peppers, Green Leaf Lettuce, Patty Pan Squash, Asian Eggplant and White Potatoes
New: Howell Melon

New: Howell Melon is a variety of muskmelon that was developed in Howell, Michigan in the 1950s. The first Howell Melon Festival was in 1960 and the prize that the first Melon Queen won was a trip to Washington, DC and a visit to the White House to meet President Eisenhower. While most people in the US call melons such as the Howell Melons and Honeyrocks cantaloupe, they are actually muskmelons. Muskmelon has a webbed or netted rind while cantaloupes have a hard rind with deep grooves. The bulk of true cantaloupe is grown in Europe.

Storage: Refrigerate and use within 1 to 3 days. DO NOT LEAVE ON THE COUNTER!!!

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

Uses: alone, in fruit salad, with ice cream (always a favorite at the Melon Festival).

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

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 oven-proof 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 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.

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

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August 20 & 21, 2011 Newsletter

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.*



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