

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

August 27 & 28, 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, Green Beans, Bicolor Sweet Corn, Pickling Cukes, Sweet Banana Peppers, Green Leaf Lettuce, Yellow Beans, Purple Beans, Red Seedless Watermelon, Patty Pan Squash, Asian Eggplant and White Potatoes

Zucchini Cake

S. Brewer

4 eggs
3 cups sugar
1.5 cups oil
3 cups flour
1.5 teaspoons baking soda
1 teaspoon salt
1.5 teaspoons cinnamon
1.5 teaspoons baking powder
3 cups grated zucchini
1 cup walnuts (optional or use your favorite nuts)
1 teaspoon vanilla

Mix eggs, sugar and oil together. Add dry ingredients, stir until mixed. Grease the bottom of Bundt pan (or your preferred baking pan or cupcakes). Bake at 350 degrees for 1 hour (adjust time for different pan or cupcakes)

Corn Fritters

S. Brewer

2 cups flour
1 tablespoon baking powder
1.5 teaspoons salt
2 tablespoons sugar
4 eggs yolks
2 tablespoons melted butter
4 beaten eggs whites
2 cups corn

Mix dry ingredients. Beat egg yolks, add yolks and milk to dry ingredients. Blend in butter. Add egg whites and corn. Cook on medium high until golden brown (like pancakes).

Garlic Dill Spears

Canadian Living Test Kitchen | candadianliving.com

6 lbs 3-4 inch pickling cucumbers
12 cups ice cubes
1/3 cup pickling salt
3 cups water

4 cups white vinegar
4 cups water

1/2 cup pickling salt
2 tablespoons pickling spices
3 tablespoons mustard seed
9 heads fresh dill
9 cloves peeled garlic

Scrub cucumbers. Cut 1/8 inch off ends. Layer cucumbers and ice in large deep glass or stainless steel container. Dissolve salt in water, pour over cucumbers. Add enough cold water to cover cucumbers completely. Fill resealable bags with water and place over cucumbers to keep them submerged. Refrigerate for 4 hours (max of 8 hours). Drain cucumbers, trim to 3 1/2 inches, then cut lengthwise into 4 to 6 wedges.

In large saucepan, bring vinegar, water, pickling salt and pickling spice to boil, reduce heat and simmer for 15 minutes. Strain.

Into each of the nine pint canning jars, place 1 tsp mustard seeds, 1 head dill and 1 clove garlic. Tightly pack cucumbers to within 3/4 inch of rim. Add hot pickling liquid to cover cucumbers, leaving 1/2 inch headspace. Cover with prepared lids. Screw on bands until resistance is met, then increase to fingertip tight. Boil in boiling water canner for 10 minutes. Let stand for 3 weeks before opening.

Baked Zucchini Chips

Kris Rizzo

2 medium zucchini, cut into 1/4-inch slices
1/2 cup seasoned dry bread crumbs
1/8 teaspoon ground black pepper
3 tablespoons grated Parmesan cheese (other favorite hard cheese)
Onion and/or garlic powder to taste
salt to taste
2 eggs

Preheat the oven to 475 degrees

In one small bowl, stir together the bread crumbs, pepper, salt, onion and garlic powder and cheese. Place the eggs in

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a separate bowl. Dip zucchini slices into the eggs, then coat the bread crumb mixture. Place on a greased baking sheet.

Bake for 5 to 8 minutes in the preheated oven (until golden brown), then turn over and bake for another 5 to 10 minutes, until browned and crispy.

Eggplant Parmigiana
www.eggplantrecipes.net

2 (1 pound each) Eggplants, trimmed, peeled, and cut into 1/4 inch-thick rounds
1/2 cup All-Purpose Flour, for dredging
2 Large Eggs, lightly beaten
1 cup Fine Dry Bread crumbs
1/2 cup Olive Oil
3 cups Tomato Basil Sauce
8 ounces sliced Mozzarella Cheese
1/4 cup grated Parmesan Cheese

Preheat oven to 375°F.

Dredge eggplant slices in flour. Dip into beaten eggs. Coat with bread crumbs. Saute eggplant in olive oil over medium heat until golden brown. Drain eggplant slices on paper towels. Season eggplant slices with salt and pepper. Arrange half the eggplant slices in bottom of greased casserole dish. Cover layer of eggplant with 1/2 the tomato basil sauce and 1/2 mozzarella and Parmesan cheese. Repeat procedure, creating a second layer. Bake uncovered 20 minutes.

Bob's Stuffed Banana Peppers
[lisapav](http://lisapav.com) | www.allrecipes.com

8 banana peppers
2 tablespoons butter
1/2 cup chopped onion
1/2 cup chopped celery
1 (28 ounce) can crushed tomatoes
1 (8 ounce) can tomato sauce
2 cloves garlic, minced
1 teaspoon dried basil
1 teaspoon dried oregano
2 1/2 teaspoons salt, divided

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.



1/2 teaspoon ground black pepper, divided
1 egg
1 teaspoon Worcestershire sauce
1/2 cup grated Parmesan cheese
1 pound hot Italian sausage
1 pound mild Italian sausage
1 1/2 cups bread crumbs

Cut off tops of peppers, and remove ribs and seeds. Chop edible portions of tops; set aside. Bring a large pot of salted water to a boil. Add peppers, reduce heat, and simmer until tender but still firm, about 5 minutes. Drain and set aside.

Heat butter in a medium skillet. Saute reserved chopped pepper, onion and celery until tender, 3 to 5 minutes. Stir in crushed tomatoes, tomato sauce and garlic. Season with basil, oregano, 1 1/2 teaspoons salt and 1/4 teaspoon pepper. Simmer uncovered for 10 minutes. Preheat oven to 350 degrees F (175 degrees C).

Meanwhile, in a large mixing bowl, combine egg, 1 teaspoon salt, 1/4 teaspoon pepper, Worcestershire sauce and Parmesan. Mix in hot sausage, mild sausage, bread crumbs and 1 cup of the tomato sauce mixture. Using a piping bag or sausage stuffer, fill each pepper with the meat mixture. Place in a 3 quart casserole dish, and pour remaining tomato sauce mixture over peppers.

Bake uncovered in preheated oven for 1 hour

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