

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

August 4, 2011 CSA Newsletter

For our 8TH week of the season, you will find the following in your share boxes:

*Radishes, Green Onions, Green Beans, Yellow Summer Squash and Bicolor Sweet Corn .
NEW: Yellow Beans, Yellow Zucchini and Cusa*

Green and Yellow Bean Salad

Tested till Perfect | www.cbc.ca/bestrecipes

12 oz (375 g) each green and yellow beans
2 tbsp (25 mL) chopped fresh oregano
2 tbsp (25 mL) extra-virgin olive oil
2 tbsp (25 mL) wine vinegar
2 tsp (10 mL) grainy mustard
1 clove garlic, minced
1/2 tsp (2 mL) each salt and pepper
Half red onion, thinly sliced

Fill bowl with ice water. In large pot of boiling salted water, blanch green beans until tender-crisp, 3 to 4 minutes. With slotted spoon, transfer to ice water; stir until cold. Drain on towel-lined plate. Repeat with yellow beans. (Make-ahead: Wrap and refrigerate for up to 4 hours.)

In large bowl, whisk together oregano, oil, vinegar, mustard, garlic, salt and pepper. Add onion and green and yellow beans; toss to combine.

Corn and Zucchini Saute

Tested till Perfect | www.cbc.ca/bestrecipes

1 tbsp (15 mL) vegetable oil
3 green onions, sliced
1 zucchini, halved lengthwise and sliced
1/2 tsp (2 mL) dried oregano
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) pepper
2 cups (500 mL) fresh or frozen corn

In large skillet, heat oil over medium heat; fry onions, until softened, about 3 minutes.

Add zucchini, oregano, salt and pepper. Fry, stirring occasionally, until zucchini is tender-crisp, about 3 minutes. Stir in corn; saute until hot, about 3 minutes.

Stuffed Cusa

cucinapanzano.blogspot.com

1 lb ground lamb or ground hamburger
4 medium sized cusa- pulp & seeds removed and chopped into bite sized pieces
2 cloves garlic, smashed

2 shallots, minced
olive oil to sautee
1 cup long grained rice, uncooked
3 fresh tomatoes, chopped fine & briefly pulsed in processor
1 handful of freshly chopped mint about 1/2 cup, chopped
1 tsp ground cinnamon
1/8 tsp ground allspice
sea salt, white pepper, sumac pepper to taste
3/4 cup vegetable or chicken stock

Preheat oven to 375 degrees. Halve squash lengthwise and scoop out pulp and seed with a spoon and chop into bite size pieces, then set aside. Saute in olive oil ground meat, shallots, garlic and squash pulp until squash is just tender and meat just about browned. Once cooked, add rice along with a little bit of the tomato to hold all it together and give it some texture. Add seasoning and mint and mix all together well. Line a baking pan with the emptied cusa squash shells and begin to stuff them with the meat/rice/tomato mixture. Sprinkle a little cinnamon on top and a drizzle of more tomato sauce. Pour vegetable stock around each stuffed squash to come up to about half way up the squash in baking dish. Cover with foil and bake 30 minutes. Enjoy!

Zucchini, Mint and Yogurt Spread

Joanna Miller | www.thekitchn.com

1 large zucchini, cut into 1-inch half-moons
2 tablespoons olive oil
1/2 cup Greek yogurt or labneh
2 tablespoons mint, roughly chopped
zest of 1 lemon
salt and pepper

Heat oil in a skillet over medium-high heat. Sprinkle zucchini slices with salt and pepper and add to the pan. Cook for about 5 minutes, turning once, until both sides are nicely browned. Remove from heat. Once zucchini have cooled to room temperature, place in a food processor. Add mint and lemon zest (reserving a bit of both for garnish), a pinch of salt, pepper and yogurt. Pulse until pureed.

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

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July 30 & 31, 2011 Newsletter

Spread dip onto a serving plate, drizzle with remaining olive oil and sprinkle with reserved mint and lemon zest. Add olives if desired.

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