

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

August 6 & 7, 2011 CSA Newsletter

For our 9TH week of the season, you will find the following in your share boxes:

Radishes, Green Onions, Yellow Summer Squash, Green Kale, Red Russian Kale, Zucchini, Green Leaf Lettuce, Kohlrabi and Bicolor Sweet Corn .
NEW: Yellow Zucchini, Cusa and Patty Pan Squash

NEW: Yellow Zucchini , Cusa and Patty Pan are American vegetables. Columbus took seeds for 'summer squashes' (includes patty pan, cusa, yellow and zucchini) to Europe in the 1500s.

To Store: unwashed in plastic bag in refrigerator. Use within 3 to 4 days.

Canning: No

Freezing: Yes

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 & pulsed in processor
1/2 cup freshly chopped mint
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. Spread dip onto a serving plate, drizzle with remaining olive oil and sprinkle with reserved mint and lemon zest. Add olives if desired.

Buttery Patty Pan Squash with Basil

www.foodrenegade.com

5 or 6 medium patty pan squash, sliced
1/4 C melted butter
1 bunch fresh basil, chopped

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sea salt

Begin by preheating your oven to 350F degrees and prepping the veggies — cutting your patty pan squash into 1/4 inch slices and chopping your fresh basil. Layer the patty pan slices at the bottom of a 2 quart baking dish and lightly drizzle with melted butter. Scatter some freshly cut basil on top and lightly sprinkle with sea salt. Continue forming these layers of patty pan squash, butter, basil, and salt until you've used all your squash and basil. Cover the dish and bake it in the 350F degree oven for 30 minutes, or until the squash is tender. Remove from the oven and serve as a delectable side

Roasted Patty-Pan Squash

www.fearlesskitchen.com

8 patty-pan squash, quartered
2 tablespoons olive oil
1 tablespoon dried oregano
1 tablespoon dried thyme
Kosher salt and black pepper to taste

Preheat your oven to 450 degrees. Combine all ingredients in the roasting pan. Toss to coat well. Roast until reasonably tender and fragrant, about 15 - 20 minutes.

Ricotta Stuffed Squash

www.cooks.com

8 yellow summer squash or zucchini squash or patty pan squash
2 tbsp. butter
1 sm. onion, finely chopped
1 clove garlic, minced or pressed
1 (10 oz.) pkg. frozen chopped spinach, thawed
2 eggs
2 c. (1 lb.) ricotta cheese
1/4 c. grated Parmesan
1 tbsp. chopped parsley
1/2 tsp. salt
1/2 tsp. dry basil
1/2 tsp. oregano leaves
Dash of pepper
Tomato sauce (recipe follows)

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!



Cut squash in half lengthwise. Scoop out seeds and part of pulp, leaving shells about 1/2 inch thick. Steam squash shells over boiling water until crisp-tender, about 5 minutes. Plunge in cold water, drain well, set aside.

In small frying pan over medium heat, melt 1 tablespoon of the butter. Add onion and garlic and cook until onion is limp. Squeeze spinach to remove excess moisture. Add spinach to onion mixture and cook for 1 minute; let cool.

In a bowl, combine eggs with ricotta until well blended. Stir in Parmesan, parsley, salt, basil, oregano, pepper and spinach mixture. Fill squash shells with about 3 tablespoons of filling per squash. Arrange shells in a shallow baking pan. Melt remaining 1 tablespoon butter and brush over cut surfaces of squash. If made ahead, cover and refrigerate. Bake uncovered in a 350 degree oven for 20 minutes (30 minutes if refrigerated). While squash is baking, prepare tomato sauce to spoon over squash before serving.

TOMATO SAUCE: In 1-quart pan, simmer together for 5 minutes 1 (15 oz.) can tomato sauce, 2 tablespoons chopped parsley, 1 clove minced garlic, 1 teaspoon dry basil, 1/2 teaspoon oregano. Salt and pepper to taste.

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