

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

August 16 - 19, 2012 CSA Newsletter

For our 10th week of the season, you will find the following in your share boxes:

Red Tomato, Green Onions, Radishes, Bok Choi, Jalapeno Peppers, Asian Eggplant Bicolor Sweet Corn, Patty Pan Squash, Green Zucchini, Yellow Zucchini, Pickling Cukes Sweet Banana Peppers, Green Beans, Cantaloupe (Howell Melon) and Cilantro.

Blackened Tilapia with Radish and Cucumber Salsa weightwatchers.com

1 spray cooking spray
1.5 pounds uncooked farm raised tilapia
3 Tbsp blackening seasoning or to taste
5 medium radishes
1 medium cucumber, chopped
1/2 medium sweet red pepper, chopped
1 Tbsp fresh chopped cilantro
2 Tbsp fresh lime juice
1 tsp olive oil
1/8 tsp table salt
1/8 tsp black pepper

Coat a large nonstick saute pan with cooking spray. Coat tilapia with blackening spice and cook over medium-high heat until fish flakes with a fork, about 2 to 3 minutes per side (do not over crowd fish in pan. Cook only as much fish as can fit in a single layer. Cook in batches if necessary.)

Slice each radish in half and then thinly slice into 1/2 moons. In a medium bowl, combine radishes, cucumber, red pepper, scallions, cilantro, lime juice and oil; season to taste with salt and pepper and serve over fish. Yields about 5 ounces of fish and a scant 1/2 cup of salsa per serving.

WeightWatcher Points Plus: 4

Grilled Stuffed Jalapenos weightwatchers.com

2 sprays cooking spray
12 large jalapeno peppers
1/2 cup 1/3 less fat cream cheese, softened
6 Tbsp low-fat shredded cheddar or cheddar jack cheese, divided
2 Tbsp uncooked scallions, sliced
2 Tbsp fresh chopped cilantro
1/4 tsp table salt

1/4 tsp minced garlic
1/4 tsp paprika, smoked variety, plus extra for garnish

Before heating, coat grill rack with cooking spray; preheat grill to medium-high.

Cut off a thin slice from each side of pepper, leaving the stems intact; scoop out seeds with a grapefruit spoon or small spoon (be careful not to touch seeds with bare hands).

In a medium bowl, stir together cream cheese, 3 tablespoons shredded cheese, scallions, cilantro, salt, garlic and paprika until blended.

Fill each pepper with about 2 teaspoons cheese mixture; sprinkle with remaining 3 tablespoons shredded cheese evenly over peppers and sprinkle with more paprika, if desired.

Reduce heat to medium; grill, covered until bottoms of peppers are lightly charred, peppers are tender and cheese is melted, about 7 to 8 minutes. Let stand 5 minutes before serving. Yields 1 pepper per serving.

Notes:

1. The peppers can be prepped up to 1 day in advance and grilled just before serving.
2. If your peppers won't sit flat, cut a small slice off the bottoms to prevent them from falling over.

WeightWatchers Points Plus: 1

*Check out our Facebook page and
visit www.jttodfarms.com*

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!



Dilled, Crunchy Sweet-Corn Salad with Buttermilk Dressing

food52.com

- 1 clove shallot, halved lengthwise and thinly sliced
- 3 ears of fresh, uncooked corn, the kernels scraped from the cobs with a sharp knife (about 2 3/4 cup)
- 4 cucumbers, quartered lengthwise and sliced crosswise into 1/2 inch dice
- 1 long red sweet pepper, seeded, ribs removed and diced
- 1 small handful fresh dill (about 4 smallish sprigs), minced
- 1/4 cup minced fresh parsley
- crumbled Feta cheese, rinsed, as a garnish
- 1/4 cup buttermilk
- 2/3 cups plain European style thin yogurt, stirred
- 1 tablespoon white-wine vinegar
- 3 tablespoons minced Vidalia or other sweet onion
- 1 small clove garlic, minced and mashed with a pinch of salt
- 1/4 cup extra-virgin olive oil
- salt and freshly ground pepper to taste.

Salt the shallot slices in 1/2 t. salt and allow to sit about 20 minutes to draw out any harshness. Rinse well with water and pat dry with a paper towel. In a large bowl toss the corn kernels lightly to separate them, add the shallot and the remaining salad ingredients and toss again to combine.

In a smaller bowl combine the buttermilk, vinegar, onion, yogurt, and garlic and whisk to combine. Add the oil in a slow stream, whisking, until amalgamated. Season with freshly ground pepper and salt to taste.

Serve the salad slightly chilled, garnished with the feta cheese. Pass the dressing separately.

Alice Waters' Ratatouille

food52.com

- 1 medium or 2 small eggplant, cut into 1/2-inch dice
- 4 tablespoons olive oil, divided, plus more to taste
- 2 medium onions, cut into 1/2-inch dice
- 4 to 6 garlic cloves, chopped
- 1/2 bunch of basil, tied in a bouquet with kitchen twine + 6 basil leaves, chopped
- pinch of dried chile flakes
- 2 sweet peppers, cut into 1/2-inch dice
- 3 medium summer squash, cut into 1/2-inch dice
- 3 ripe medium tomatoes, cut into 1/2-inch dice
- Salt to taste

Toss the eggplant cubes with a teaspoon or so of salt. Set the cubes in a colander to drain for about 20 minutes. Heat 2 tablespoons of olive oil in a heavy-bottomed pot. Pat the eggplant dry, add to the pan, and cook over medium heat, stirring frequently, until golden. Add a bit more oil if the eggplant absorbs all the oil and sticks to the bottom of the pan. Remove the eggplant when done and set aside.

In the same pot, pour in 2 more tablespoons olive oil. Add onions and cook for about 7 minutes, or until soft and translucent. Add the garlic, basil bouquet, dried chile flakes, and a bit more salt. Cook for 2 or 3 minutes, then stir in peppers. Cook for a few more minutes, then stir in summer squash. Cook for a few more minutes, then stir in tomatoes.

Cook for 10 minutes longer, then stir in eggplant and cook for 10 to 15 minutes more, until all the vegetables are soft. Remove the bouquet of basil, pressing on it to extract all its flavors, and adjust the seasoning with salt.

Stir in the chopped basil leaves and more extra virgin olive oil, to taste. Serve warm or cold.

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