

# *J&T Todosciuk Farms & Greenhouses, LLC*

Howell MI

## **August 2 - 5, 2012 CSA Newsletter**

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For our 6th week of the season, you will find the following in your share boxes:

*Kale, Bok Choy, Romaine, Radishes, Yellow Summer Squash, Patty Pan Squash, Kohlrabi, Cuza, Green Zucchini, Green Onions, Cucumber, Bicolor Sweet Corn and Dill.*

### **Notes**

1. Sweet corn - due to the lack of rain during its growth period, the ears of corn are smaller than they normally would be - they are sweet and very tasty, however!
2. You will note that there are dimples and spots on the squash - this is due to the hailstorm that we had last Friday and only impacts the visual view of the squash, not it's flavor or edibility. The hailstorm, fortunately, did not impact all portions of the fields and luckily we don't have hail damage on all the veggies.
3. Due to the lack of rain in July, we lost several of our plantings of beans and corn, as well as 3/4 of the cucumbers and some other veggies. Beans and corn are planted once a week from May 1st into August, so with the rain we've had the later plantings are showing promise. Second plantings of other veggies are in field or almost ready to go in the field! We do irrigate, but with a drought you have to put down so much water in one place to make a difference that we can only cover so much ground at a time. Please bear with us as we work past the loss and damage from the drought.

### *Salmon with Dill and Lemon*

Leslie Green - The Hungry Housewife

1 side of Salmon, about 3 lbs.  
4 tablespoons Butter, softened  
3 tablespoons Fresh Dill, Chopped  
1/2 tablespoon Coarse Kosher Salt  
1 teaspoon Pepper  
1 Lemon, sliced thinly

Preheat oven to 375

Place the Salmon on a large baking sheet. In a small bowl, combine the butter and dill. Spread the butter mixture over the Salmon. Sprinkle the Salmon with the salt and pepper. Place the lemon slices over the Salmon. Cover in foil.

Bake for about 30 minutes or until the internal temperature reaches 150.

### *What to do with your herbs . . .*

Chances are you aren't using all the herbs you receive every week - so what can you do with them so they don't go to waste?

1. Dry them.

Any herb can be dried, then stored in a sealed container for whenever you need them.

2. Freeze them (my personal favorite).

- You can freeze the individual leaves (such as basil or sage) by removing them from the stem and laying them out on a cookie sheet. The next day, remove from the cookie sheet and store in a ziploc bag in the freezer.
- You can chop the herbs like you were going use them, then drop 1 tablespoon into each section of an ice cube tray. Fill 2/3 full of water, freeze. The next day (or whenever they're frozen, remove, fill the remaining space in the cubes and freeze. The next day, remove the cubes from the tray and store in a ziplock bag (mark the bag, it's really hard to tell which herb is which when they're in cubes) and store in the freezer.

*Check out our Facebook page and*

*visit [www.jttodfarms.com](http://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!*

Then when you need them, you have a pre-measured tablespoon of herbs to use. Can't use them as a garnish, however, because they'll be limp when you thaw them, but they retain their flavor wonderfully for cooking!

### Summer Pasta

[www.forloveofthetable.com](http://www.forloveofthetable.com)

1 lb. orecchiette, shells or farfalle pasta  
2 to 3 T. olive oil  
12 to 16 oz. small zucchini (about 4 or 5), cut in a 1/3-inch dice (or cuza, patty pan and summer squash, or a combination thereof)  
2 to 4 T. unsalted butter  
2 to 3 cloves of garlic, finely minced  
3 to 4 medium ear of corn (about 3 c. cut kernels)  
a handful of basil, cut in a fine chiffonade  
salt & pepper to taste  
Freshly grated Parmesan or Pecorino, optional

In a sauté pan just large enough to hold the squash in a loose single layer, heat the oil over medium to medium-high heat. Add the squash and sauté until it is beginning to turn golden in spots and is just tender, but not soft – about 3 or 4 minutes.

Add a tablespoon or so of butter and the garlic, followed by the corn. Season with salt & pepper and continue to cook until the corn is tender – another 3 to 5 minutes. If the vegetables seem dry, add more butter.

While the vegetables are cooking, cook the pasta into 6 quarts of rapidly boiling water seasoned with about 2 Tablespoons of salt. Stir and cook until the pasta is al dente. (It works out fairly well for this pasta to start cooking the pasta at the same time you start to sauté the zucchini.)

Drain the pasta (reserving some of the pasta

water) and add it to the vegetables along with the basil and another couple of tablespoons of butter. Toss the pasta and add enough of the reserved pasta water to make a thin film of buttery liquid coating the pasta – there should not be any liquid pooling in the bottom of the pan. Add more butter and/or more pasta water to achieve the desired consistency. Serve, sprinkled with more basil and grated Parmesan or Pecorino if you like. Serves 4 to 6.

### Skinny Cucumber Ranch Dressing

Gina's Weight Watcher Recipes  
[www.skinnytaste.com](http://www.skinnytaste.com)

Servings: 7 • Serving Size: 1/4 cup • Old Points: 1 pt • Points+: 1 pt  
Calories: 43.4 • Fat: 2.4 g • Protein: 2.1 g • Carb: 3.6 g • Fiber: 0.3 g

1/2 cup lowfat buttermilk  
1/4 cup light mayonnaise  
1/4 cup fat free Greek yogurt  
1 small cucumber, peeled and seeds removed  
3 tbsp fresh parsley  
1 clove garlic  
1/4 cup chives or scallions  
juice of 1/2 lemon  
1/8 tsp garlic powder  
1/4 tsp fresh ground pepper  
1/4 tsp salt

Combine all ingredients in a blender.

Note: if you don't use buttermilk much, measure out the remaining into 1/4 cup servings, put each in a separate plastic container with a secure lid and freeze. Just pull out and defrost as needed.



For more information and recipes, check out these websites:

University of Illinois Extension: [urbanext.illinois.edu/veggies/directory.cfm](http://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](http://www.npr.org/2011/06/08/137034621/oh-the-things-you-can-do-with-a-farm-share-box?sc=fb&cc=fp)