

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

Howell MI

## **August 23 - 26, 2012 CSA Newsletter**

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For our 11th week of the season, you will find the following in your share boxes:

*Red Slicing Tomatoes, Green Onions, Radishes, Italian Eggplant  
Bicolor Sweet Corn, Patty Pan Squash, Green Zucchini, Cuza, Pickling Cukes  
Cubanelle Peppers, Green Beans, Cantaloupe (Howell Melon) and Cilantro.*

### **Notes:**

- 1. Store Sweet Corn with their husks on in a plastic bag in the refrigerator.**
- 2. Store Howell Melons in the refrigerator. We pick our melons ripe and leaving them on the counter will allow your melon to become overripe and turn to mush.**

### *Eggplant and Prosciutto Lasagna*

Added by KelseyTheNapttimeChef | food52.com

For the Sauce:

- 4 cups whole milk
- 14 ounces chicken broth
- 8 tablespoons unsalted butter
- 2/3 cups flour
- 2 cups gruyere, shredded
- 1/2 cup parmesan, grated
- 1/4 teaspoon nutmeg, freshly grated
- Kosher Salt and Pepper to taste

For the Filling & Assembly:

- 2 pounds eggplant, cubed
- 1 cup prosciutto, chopped
- 1 small onion, chopped
- 1 teaspoon fresh rosemary, chopped
- 1 pound lasagna noodles (I use No-Boil noodles)
- 1/2 cup parmesan, grated
- Olive oil

Preheat oven to 400. Add cubed eggplant (1 inch cubes) to a bowl and toss with 2 T. olive oil. Line a sheet pan with aluminum foil and spread eggplant on it in one even layer. Roast for about 30 minutes, turning eggplant halfway to ensure even browning. Remove from oven and allow to cool. Reduce oven temperature to 350.

In a skillet heat 2 T. olive oil and saute prosciutto until crispy. Then add onion and rosemary, stir until onion is tender and translucent. Be sure to watch the skillet and stir the mixture so nothing burns! Once onion is tender turn off the heat and set the pan aside.

For the Sauce: Boil milk and broth over medium heat. Once it is boiling turn off heat and set aside. Working quickly, in a separate pan melt 8 T. butter. Whisk in the flour and stir to make a roux. Once flour is incorporated, whisk in the hot milk and broth mixture, bring it to a boil. Reduce heat to simmer and stir for 5 minutes to let the sauce thicken. Remove from heat and quickly stir in the cheeses and nutmeg. Add salt and pepper to taste.

Grease a 13x9 baking dish and spread 1 cup of sauce on the bottom. Arrange the lasagna noodles snugly over the layer of sauce, it is ok if they are slightly overlapping. On top of the noodles layer another cup of sauce. Then top it with half of the roasted eggplant, and half of the prosciutto. Top with a second layer of noodles and repeat layers. After the second layer is complete, top with a third layer of lasagna noodles. Pour any remaining sauce over the top and sprinkle 1/2 c. parmesan cheese over the sauce. Bake for about 45-50 minutes, or until golden and bubbly. This can be prepared ahead of time and baked later in the day.

### *My Grandmother's Tomato Bisque*

Added by The Weary Epicurean | food52.com

- 3 or 4 medium tomatoes
- 2 tablespoons butter
- 5 or 6 tablespoons cream

*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!*



Briefly blanch the tomatoes, but do not remove the skin. Cut them in half, scoop out the seeds and slice their backs two or three times each with a sharp knife. Season the halves on each side with salt and pepper.

Get the butter sizzling in a cast iron pot, but do not let it brown. Add the tomatoes flesh side down. They are ready to flip when they have sweated a lot of juice, but do not let them burn. It should take about 10 minutes if the heat is correct (medium/low setting). Flip the tomatoes on their backs and turn the heat up slightly. Continue cooking about five minutes.

Take the pan off the heat, and wait a few seconds for it to cool slightly. Add the cream, and stir like shit with a wooden spoon. You don't want the cream to boil but you want it to come close. After you've gotten everything tasty off the bottom of the pan, you are done - adjust the seasoning, then pour into two bowls. You may garnish the soup with some thin strips of basil, or not. Definitely leave it chunky - the mealy texture is important. It is good with crusty Italian bread or with poilane bread.

### ***Moorish Paella***

Added by NWB | food52.com

- 4 bone-in skin on chicken thighs
- 4 small or two large links of Merguez sausage (chorizo is fine as a substitute)
- 1/2 head of cauliflower cut into pieces
- 1 teaspoon caraway, ground
- 1 teaspoon smoked paprika
- 1 teaspoon paprika
- 1/2 teaspoon cumin
- 1 tablespoon harissa
- 2 cups Arborio (or other short grain) rice
- 8 ounces tomato sauce
- 3 cups chicken stock
- Salt to taste

- 1 small onion, diced
- 1 garlic clove, diced
- 2 tablespoons extra virgin olive oil
- 1/2 cup dry wine (I used a rose)

In the morning place the chicken thighs in a plastic bag or bowl with a generous amount of salt to brine in fridge all day or at least 1 hour. Mix ground spices together in bowl with pinch of salt.

Cut sausage into discs and brown on each side in pan. You can leave them in links to brown as well, I prefer to cut them before cooking. Remove sausage onto paper towel lined plate and let cool. Leave fat in pan. Turn off heat if you need a few minutes to prepare next step.

Remove chicken from refrigerator and pat dry. Use the sausage fat and add olive oil if you need more. Over medium-high heat brown chicken skin side down for 3-5 minutes or until rich brown, turn over and brown for 2 more minutes. Remove chicken to plate with sausage.

Add olive oil as needed and onion to pan and cook about 3 minutes. Add dash of salt and a spoonful of the spice mixture. Add garlic and cook for 1 minute. Add cauliflower and cook for 5 minutes. Add more of the spice mixture.

Add wine and scrape bottom of pan for any bits. Cook for a couple of minutes. Add sausage and harissa and stir until harissa is well incorporated. Add tomato puree and cook for 5 minutes. Add more spice mixture.

Add rice and distribute evenly across the pan. Add chicken. Add chicken stock. Add the rest of the spice mixture and season with salt. Bring to a boil and reduce to a simmer. Cook until rice is cooked through - I find this varies depending on the stove top -- 20-30 minutes. You can cover the pan if it is taking too long to cook. After it is done cooking let sit off the heat for 2-4 minutes. Serve.

**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)