

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

Howell MI

## **August 30 - Sept 2, 2012 CSA Newsletter**

---

For our 12th week of the season, you will find the following in your share boxes:

*Red Slicing Tomatoes, Bicolor Sweet Corn, Patty Pan Squash, Green Zucchini, Cuza, Pickling Cukes, Jalapeno Peppers, Honeydew Melon, Oriental Eggplant, 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.**

### *Jalapeno en Salsa Verde* [www.jalapenpepperrecipes.com](http://www.jalapenpepperrecipes.com)

Salsa verde is a traditional mexican green sauce. It can be made with any green chile pepper but using jalapenos provides a nice mix of heat and flavor. The main difference between salsa verde and traditional salsas is the use of tomatillos instead of tomatoes as the base. The tomatillos provide the green coloring of in the salsa and a tangy, citrus like flavor that complements the jalapenos very well.

#### Jalapeno Salsa Notes:

1. While I prefer the added flavor that roasting the ingredients adds you can also make jalapeno en salsa verde by skipping to step #3 and just adding all the ingredients into the blender.
2. Letting the jalapeno en salsa verde sit overnight also help the flavors to meld but if you want you can serve the salsa right away.

6 tomatillos, husked and cut in half  
1 red onion, peeled and cut into eighths  
5 garlic cloves, cut in half  
3 jalapeno peppers, de-stemmed, de-seeded and  
cut in half  
1/2 cup cilantro, coarsely chopped  
1 tablespoon honey  
1/4 cup lime juice  
1 teaspoon salt  
Canola or vegetable oil

Preheat the oven or grill to 400 degrees

Put the tomatillos, onion, garlic, and jalapeno peppers onto a baking sheet, lightly coat in canola oil, and season with salt and pepper. Bake for 30 minutes until the vegetables start to blacken and are soft. You can also grill the ingredients though you'll lose some of the liquid.

Put the tomatillos, onion, garlic, and jalapeno peppers into a blender and blend until they are smooth. Add the cilantro, honey, and lime juice and pulse several times until combined well.

Serve as you would most other salsas. Salsa verde is great with tortilla chips, on tacos or burritos or even as a topping for grilled chicken or shrimp.

### *Honeydew Smoothie*

Sandra Lee | [www.foodnetwork.com](http://www.foodnetwork.com)

2 cups honeydew melon, cubed  
1 cup vanilla low-fat yogurt  
2 tablespoons apple juice, from frozen concentrate  
Ice  
Honeydew melon slices, for garnish

In a blender, combine melon, yogurt, and apple juice concentrate. Blend until smooth. With blender running, add ice until frothy. Pour into 2 (16-ounce) glasses and garnish with sliced melon.

*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!*



***Marinated Garden***  
aargersi | www.food52.com

makes approx 2 quarts or so

eggplant - sliced about 1/2 inch thick.  
Enough slices to cover a 12x18 cutting board twice. I have a variety of eggplants - get the ones that look prettiest  
sliced tomatos - I have green zebra, heat wave, sweet tangerine and black krim - again - use what you like and what looks best  
thinly sliced sweet onion  
1 whole head garlic  
thinly sliced chilis - I used Mucho nacho - not so hot - and cowhorn - super hot  
chopped herbs - I used oregano and pine apple mint, but thyme, basil, lemon ver bena, chives, marjoram would all be good  
extra virgin olive oil  
red wine vinegar  
salt and pepper  
mason jars and a grill

Heat the grill to medium high - or if you are grill challenged you can use a griddle pan. Slice the eggplants - I did it one cutting board load at a time. Sprinkle one side with salt, flip them, sprinkle the other side with salt. Flip them back and drizzle with olive oil, flip back and get the other side with olive oil. Cut the top off the garlic so you can see the tops of the cloves, drizzle with olive oil and wrap loosley in heavy foil.

Put the garlic on the top rack or on indirect heat on the grill. Or in the oven if you are grill-less. Grill the eggplants until they have good grill marks and are softened but not cooked all they way through - you want them to maintain some texture. I grilled maybe 4-5 minutes per side but it will depend on your heat. Take them in and pile them on a plate while you slice, salt, oil, and grill you second load.

After the second batch of eggplant is done

the garlic will be too. Time to pack the jars. I use wide mouth mason jars but whatever works for you ... Put a layer of a couple / three eggplant in the bottom of the jar. Layer in tomato, onion, some garlic. some sliced peppers. Grind some pepper and add a pinch of chopped herbs. Drizzle in oil and vinegar - I do this simultaneously so the amounts are fairly equal. Add another layer of each, and now you want to press the veggies in - you can do this with a spoon (the ladylike/gentlemanly way) or your clean hands (the Abbie way) Layer and squish until the jar is full. I lay a big slice of eggplant on top, give it one last glug of olive oil, and screw the top on.

Put the jar in the fridge at least overnight before you head off to your picnic. I am guessing they COULD last a couple weeks in the fridge, but they won't, you will eat them way before that. Pack your basket with veggies, some good rustic bread, some slicing cheese, and something cold and pink (Tavel - yum) and off you go!

***Summer Fruit Cream Freeze***  
betteirene | www.food52.com

When melons, strawberries or peaches are in season, I prepare some of the bounty for the freezer so that I can make this in 30 seconds. I've substituted plain yogurt and vanilla yogurt, but we like it best with cream. Serves 2-4

2-3 cups frozen seedless watermelon, cantaloupe or honeydew balls, or peeled, pitted and frozen peach slices, or whole frozen strawberries  
1/2 cup heavy cream  
1 tablespoon honey (optional)

Place fruit in the bowl of a food processor fitted with the metal blade. Pulse until fruit is a smooth but firm slush. With blade running, pour cream and honey, if using, through feed tube and process until well blended, about 15-20 seconds.

Spoon into bowls and serve immediately.

**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)