

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

August 9 - 12, 2012 CSA Newsletter

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

Red Grape Tomatoes, Green Leaf Lettuce, Green Onions, Radishes, Bok Choi, Kohlrabi, White Sweet Corn, Kuza, Patty Pan Squash, Green Zucchini, Yellow Zucchini, Sweet Banana Peppers, Green Beans, Cilantro and Lemon Basil.

Grilled Kohlrabi

alittlebitofeverythingne.blogspot.com

1 medium kohlrabi, peeled and cubed
Olive Oil
Salt
Pepper
Balsamic Vinegar

Toss the kohlrabi in olive oil, sprinkle with salt and pepper. Wrap in foil. Grill over medium heat for 45 minutes, until kohlrabi is tender. Remove from the foil. Adjust seasoning and drizzle with balsamic vinegar.

Kohlrabi Greens with Toasted Sesame Oil and Soy Sauce From the Ivy Manning collection

1 large bunch kohlrabi with greens
1 tsp. toasted sesame oil
Good-quality soy sauce, to taste
Shichimi, to garnish (see note)

Tear the leaves away from tough ribs and stems. Bring a pot of water to a boil, add the kohlrabi leaves, and boil until tender, 1 to 3 minutes, depending on the age of the leaves. Fish out a leaf and taste it after 1 minute to determine cooking time. Drain the greens in a colander and push on them with a spatula to remove as much water as possible. Roughly chop the cooked greens and place them on a serving plate. Toss with the sesame oil and soy sauce to taste. Sprinkle with shichimi and serve as a side dish with rice and steamed fish or a meat stir-fry.

Notes: Shichimi is a Japanese condiment made from sesame seeds, nori seaweed, and red chile flakes. It is available at most Asian grocery stores, or you can substitute toasted sesame seeds and a sprinkle of sea salt.

***Green Beans, Cilantro
and Soy-Glazed Almonds***

www.greenbeansnmore.com

1/4 cup whole almonds (about 1-1/2 ounces)
4 teaspoons low-sodium soy sauce
1 pound green beans, trimmed, cut into 1-inch pieces
2 tablespoons rice vinegar
1 tablespoon vegetable oil
1 large garlic clove, grated
1 teaspoon grated peeled fresh ginger
2 tablespoons thinly sliced green onions
1/3 cup fresh cilantro leaves

Place almonds in small nonstick skillet. Stir over medium heat until almonds are lightly toasted, about 5 minutes. Increase heat medium-high. Add 3 teaspoons soy sauce and stir until soy sauce evaporates and coats almonds, about 1 minute. Transfer to plate and cool. Chop almonds.

Cook beans in large pot of boiling salted water until just tender, about 5 minutes. Drain. Rinse beans under cold water. Drain well. Almonds and beans can be prepared 6 hours ahead. Cover almonds and store at room temperature. Cover and refrigerate beans; bring to room temperature before continuing.

Whisk vinegar, oil, garlic, ginger and remaining 1 teaspoon soy sauce in large bowl to blend. Add beans and toss to coat. Sprinkle green onions, cilantro and almonds over salad and serve.

Roasted Cherry or Grape Tomatoes gailann | www.food.com

"You ain't tasted nothin' till you tasted roasted tomatoes in a balsamic glaze. Adapted from Better Homes and Garden. Note: Cut recipe in half and use disposable aluminum pie pan."

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!



2 pints cherry or grape tomatoes, any color
1 tablespoon extra virgin olive oil
2-4 garlic cloves, minced
2 tablespoons balsamic vinegar
2-3 teaspoons brown sugar (can sub granulated sugar and optional)
1/2 teaspoon dried oregano (or 1 teaspoon fresh oregano or can sub basil or even better, rosemary)

In a 13x9x2 inch disposable foil pan combine tomatoes, oil, garlic, vinegar, sugar and oregano.

FOR CHARCOAL GRILL: Place foil pan directly over medium coals for 8 to 9 minutes or until tomatoes are wilted, stirring occasionally. Remove from grill.

FOR GAS GRILL: Preheat grill. Reduce heat to medium. Place pan on grill rack. Cover and grill as above.

OVEN METHOD: Preheat oven 450 degrees. Cook in oven for 10 to 12 minutes, stirring occasionally.

Sauteed Sweet Corn and Grape Tomatoes

www.mygourmetconnection.com

4 ears of sweet corn (about 2 cups of kernels)
1 pint grape tomatoes or cherry tomatoes
3 tablespoons butter
2 tablespoons semi-dry white wine (Riesling is a good choice)
Salt and pepper to taste
3 tablespoons parsley, chopped
Shuck ears of corn, removing all silks and steam until just tender in the microwave (approximately 6 minutes on high for four ears of corn). Carefully de-kernel all four ears into a shallow bowl.

Wash grape tomatoes and halve them.

Melt butter in a pan over medium heat and add tomatoes and corn. Toss to coat in melted butter. Add salt and pepper to taste.

Saute for a few minutes and then add the white wine. Bring to a simmer and cook until tomatoes and corn soften. Toss in chopped parsley and serve.

Lemon Basil Pesto Flat Iron Steak

www.allrecipes.com

4 cloves garlic
2 cups packed fresh basil leaves
1/3 cup pine nuts
1/2 cup extra-virgin olive oil
1/2 cup freshly grated Parmesan cheese
1 1/2 tablespoons fresh lemon juice
3/4 teaspoon red pepper flakes
6 (6 ounce) flat iron steaks
2 large cloves garlic, minced
salt and pepper to taste

Chop 4 garlic cloves in a food processor until minced. Add the basil and pine nuts, and pulse a few times to combine. With the food processor running, slowly pour in the olive oil, stopping once or twice to scrape down the sides. Place the Parmesan cheese, lemon juice, and red pepper flakes into the food processor, and pulse until blended. Season to taste with salt and pepper.

Rub the flat iron steaks with 2 cloves minced garlic, season to taste with salt and pepper, then set aside. Preheat an outdoor grill for medium-high heat and lightly oil grate.

Grill the steaks to desired degree of doneness on preheated grill, about 4 minutes per side for medium. Baste the steaks occasionally with a little of the pesto sauce. Once done, serve topped with the remaining pesto.

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