

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

July 12 - 15, 2012 CSA Newsletter

For our 5th week of the season, you will find the following in your share boxes:

Kale, Mustard Greens, Swiss Chard, Turnip Greens, Bok Choy, Romaine, Radishes, Green Zucchini, Green Onions, Leaf Lettuce, Cucumber, Cilantro and Thai Basil.

Grilled Zucchini

www.kalynskitchen.com

- 1 large zucchini or 2 small/medium zucchini sliced in slices 1/2 to 5/8 inch thick
- 1/2 cup of your favorite vinaigrette salad dressing
- 1 tsp. garlic powder or garlic puree (optional, but good)
- 1-2 tsp. dried oregano, basil, thyme, rosemary, or a combination (optional)

Cut zucchini into slices, making sure the slices are the same thickness. Combine salad dressing with garlic powder and dried herbs of your choice, if using. (I like this both with and without the extra flavorings. This is one place where fresh herbs are not better.) Put zucchini slices into Ziploc bag, pour in marinade and let zucchini marinate 4 hours or longer, even as long as all day if desired. No need to refrigerate it while it's marinating, but you can if you prefer.

To cook zucchini, preheat grill to medium-high. (You can only hold your hand there for 3-4 seconds.) You can spray the grill with non-stick spray if desired, but you don't really need it.

Place zucchini on grill, having a spray bottle handy for taming any flames that shoot up from the oil in the marinade. After about 4 minute, check for grill marks, and rotate zucchini a quarter turn. Cook 3-4 more minutes on first side.

Turn zucchini to second side and cook about 4 minutes more, or until zucchini is starting to soften, with the outside slightly charred and browned. Season with salt and fresh ground black pepper and serve hot.

Crisp Bok Choy Greens in Tangy-Sweet, Sesame-Soy Vinaigrette

www.cozyapron.com

- 1 head bok choy, rinsed and dried then thinly sliced (including leafy greens)

- 1/2 cup shredded carrot
- 1 tablespoon toasted sesame seeds, for garnish
- 1 clove fresh garlic, pressed through garlic press
- 2 teaspoons toasted sesame seeds
- 1 tablespoon honey
- 1 tablespoon low-sodium soy sauce
- 3 tablespoons rice wine vinegar
- 1 tablespoon toasted sesame oil
- 3 tablespoons vegetable oil

Place sliced Bok Choy and carrot into a large bowl and into refrigerator while vinaigrette is prepared.

In a small bowl, add all of the vinaigrette ingredients (garlic, honey, soy sauce, vinegar and oils) and whisk together until well combined. Pour the vinaigrette over the Bok Choy greens and carrot, toss together well to coat, and divide equally among plates, piling the greens high; sprinkle with about a teaspoon of the sesame seeds to garnish.

Maroulosalata: Greek Cos (Romaine) Lettuce Salad

Nancy Gaifyllia

- 1 head of Cos (Romaine) lettuce
- 4 - 5 spring onions, cleaned and finely chopped (bulb and stalk)
- 1/3 cup of fresh dill, finely chopped (or 2 tablespoons of dried)
- 3/4 cup of extra virgin olive oil
- 1/4 cup of high quality red wine vinegar
- 1 1/2 teaspoons of crushed Greek oregano (rigani)
- pinch of freshly ground pepper
- 1 teaspoon of sea salt

Clean the lettuce, removing the stem and discarding damaged leaves. Separate and rinse leaves individually to remove any soil and debris. Pat dry with paper towels. Shred the lettuce using a food processor or

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visit www.jttodfarms.com

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by hand (cutting as thinly as possible). Refrigerate until ready to serve.

Whisk together the oil and vinegar, add oregano, salt, and pepper (if using dried dill, add it now to the dressing). In a salad bowl, combine lettuce, fresh dill, and spring onions. Toss with dressing and serve cold or at room temperature.

Grilled Greens

acraftylass.blogspot.com

1 bunch of hearty greens (collard, beet, swiss chard)
2 tablespoons extra virgin olive oil
1 tablespoon white vinegar
Kosher salt and fresh ground black pepper, to taste

Pre-heat gas grill to high or charcoal grill so that coals are at their hottest. Wash greens thoroughly and shake off any excess water. Set whole greens with stems on grill grate and move frequently with tongs to provide substantial grill marks on the wilting leaves. Allow the stems to linger over the hottest part of the grill as they will take longer to cook. Total cooking time should take no longer than five minutes.

Once the greens are cool enough to handle, slice the leaves into half inch ribbons and the stems into quarter inch pieces. Place the greens in a medium mixing bowl, add the olive oil, vinegar, salt and pepper, and toss to combine.

Can be served hot, at room temperature, or cooled and re-heated.

Zucchini and Thai Basil Pancakes

R. Yang and S. Chirchi

1 cup flour
1/2 teaspoon baking soda
About 1 tsp. kosher salt
1 large egg
1 cup coarsely shredded zucchini, drained and

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!



squeezed dry in a kitchen towel
2 green onions, sliced on a diagonal
1/4 cup Thai basil or regular basil cut into fine shreds, plus small basil sprigs
About 1/4 cup canola oil, divided

Preheat oven to 250° and set a baking sheet in it. Mix flour, baking soda, and 1 tsp. salt in a medium bowl. Add egg and 3/4 cup water and whisk until smooth. Stir in zucchini, onions, and basil shreds.

Heat an 8-in. nonstick frying pan over medium-high heat, add 1 tbsp. oil, and swirl. Spoon in one-quarter of batter and quickly spread even. Cook until underside is deep brown, 2 minutes; flip. Add a little oil if pan looks dry; brown second side. Transfer to oven. Make more pancakes the same way.

Quarter pancakes, garnish with basil sprigs, and add more salt if you like.

Note: these are a savory pancake and should be used as an appetizer or side dish.

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