

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

July 14, 2011 CSA Newsletter

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

*Swiss Chard, Spinach Mustard, Green Kale, Green Leaf lettuce,
Thai Basil, Radishes, Green Beans, Green Onions, Red Russian Kale and Bok Choy.
NEW: Purple Basil*

New: Purple Basil is a hybrid of sweet basil (one of many). Originally native to SE Asia, Asia and Africa, the Greek word for Basil means royal. The flowers as well as the leaves are edible.

To Store: fresh leaves in crisper drawer, dried leaves in sealed container.

Life Span: fresh - 5 to 7 days

Freezing: Yes, freezing is the next best thing to fresh. Wash, discard stems and dry. Coarsely chop in food processor, add 2 tablespoons olive oil (make sure the basil is well coated), pack in small plastic freezer containers with tight fitting covers, freeze.

Drying: Yes, gather by stems, tie together and hang upside down in cool, dry place. If you don't have a place to hang them that is dry, then lay them out on a screen in the sun. Oven drying is often too much heat for basil to dry. When dry, put in sealed container. Your choice to leave whole or crumble.

Canning: No

Eating: salads; soups; pasta dishes; when tomatoes are fresh, slice tomatoes and fresh mozzarella, drizzle with olive oil and fresh basil, let sit for minimum of 1/2 hour, serve.

Low Fat, Full Flavor Purple Basil Pesto www.farmgirlfare.com

1/2 cup roasted & salted whole almonds
3 to 6 peeled cloves garlic
4 cups purple (or green) basil leaves, packed
1/2 cup finely grated Romano (or other hard cheese)
3 smallish tomatoes, quartered (any kind)
1/2 teaspoon salt
1/3 cup extra virgin olive oil

In your food processor, finely chop the almonds and garlic. Add the basil, cheese, tomatoes and salt and process until thoroughly combined and the consistency that you want.

With the processor running, slowly drizzle in the olive oil. Add more salt to taste, if desired.

Store in refrigerator for several days or freeze.

Purple Basil Lemonade

Joanne Weir, Cooking Light, July 2009

4 cups water
1/2 cup fresh lemon juice
1/2 cup loosely packed purple basil leaves
6 tablespoons sugar
4 cups ice
4 purple basil sprigs

Combine water and juice in a large bowl. Place the basil and sugar in a mortar, pound with a pestil until a paste forms. Add to juice mixture, stir until sugar dissolves. Strain mixture, discard solids. Place 1 cup ice each in 4 glasses, fill with lemonade, garnish with basil sprig.

Fresh Green Beans Parmesan

Diana Rattray, www.about.com

2 to 3 pounds fresh green beans, trimmed and cut
1 cup sliced fresh mushrooms
1/3 cup chopped onion
1 can (8 oz) sliced water chestnuts, drained
1/2 teaspoon salt
1/2 teaspoon basil (3 teaspoons fresh basil)
1 teaspoon dried Italian seasoning
1/3 cup olive oil
1/4 cup grated Parmesan cheese

Put green beans in dutch oven, cover with water and bring to a boil. Cover, reduce heat and simmer for 8 to 10 minutes. Plunge beans into ice water bath to stop cooking. Drain and set aside. Combine all other ingredients, except the cheese, in the dutch oven, saute until onion is tender. Stir in beans and cooked until heated. Sprinkle with cheese.

*Check out our Facebook page and
our website at www.jttodfarms.com*

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July 9 & 10, 2011 Newsletter

Greek Green Beans www.greenbeansmore.com

3/4 cup extra virgin olive oil
2 cups chopped onions
1 clove minced garlic
2 pounds fresh green beans, rinsed and trimmed
3 large tomatoes, diced
2 teaspoons sugar
Pinch of salt to taste

Heat the olive oil in large skillet on medium heat. Cook and stir the onions and garlic until tender. Add the green beans, tomatoes, sugar and salt, reduce heat to low and cook until the green beans are tender (approx. 35 to 45 minutes).

Grilled Radishes www.allrecipes.com

20 ounces sliced fresh radishes
2 cloves minced garlic
2 tablespoons of butter, cut into small pieces
1 ice cube
Salt and pepper to taste

Preheat grill to high heat. Place the radishes, garlic, butter and ice cube on a double layer of aluminum foil large enough to wrap contents. Season with salt and pepper. Tightly seal foil around contents.

Place foil packet on grill and cook for approx 20 minutes or until radishes are tender.

Easy Herb Biscuits

2 cups flour
1-1/2 teaspoons chopped fresh basil (or your favorite herb)
1-1/2 teaspoons chopped fresh thyme (or your favorite herb)
1/4 cup mayonnaise
1 cup buttermilk

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!



Preheat oven to 400 degrees F. Grease muffin tin with oil.

Wisk herbs into flour, add mayonnaise and buttermilk until combined - Do Not Overmix. Divide batter into muffin tin. Bake for 12 to 15 minutes until golden brown.

Spinach and Bocconcini Pizza the Essential Finger Food Cookbook

Pizza crust - anything from bite size to full size - your choice

Tomato relish

Shredded spinach/spinach mustard leaves

Sliced Roma tomatoes

Sliced bocconcini (fresh mozzarella in whey)

The amounts of each ingredient depend on the size of your pizza. Basically, you spread the tomato relish over your pizza crust and sprinkle the spinach leaves on top of the relish. Then add slices of roma tomatoes, topping each tomato slice with a slice of fresh mozzarella.

Note: a bit of fresh basil between the tomato and the fresh mozzarella is lovely.

Bake at 400 degrees F for 15 minutes.

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