

# J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

## July 16 & 17, 2011 CSA Newsletter

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

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

**Next week, Mother Nature permitting, we will be adding zucchini and sweet corn to your boxes. We do need to get some rain and encourage the raccoons to stay out of the sweet corn, however!!**

**So this newsletter is full of interesting recipes to try with your produce. Have fun!**

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### *Blueberry Basil Granita*

Jennifer Iserloh | SELF | August 2009

1 pint blueberries  
1/2 cup water  
8 basil leaves  
Juice of 1 lime  
4 teaspoons honey  
1/4 teaspoon salt  
4 sprigs of fresh basil

Blend blueberries, water, basil, lime juice, honey and salt in a food processor or blender until smooth. Place in an airtight container and freeze until slushy, at least 2 1/2 hours. Divide among 4 glasses and serve with a sprig of fresh basil.

### *Fresh Green Beans Parmesan*

Diana Rattray, [www.about.com](http://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 cook-

ing. 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.

### *Swiss Chard Lasagna with Ricotta and Mushrooms*

Melissa Clark | Bon Appétit | January 2011

Béchamel sauce:

2 1/2 cups whole milk  
1 Turkish bay leaf  
6 tablespoons (3/4 stick) unsalted butter  
1/4 cup all purpose flour  
1/2 teaspoon coarse kosher salt  
1/2 teaspoon (scant) ground nutmeg  
Pinch of ground cloves

Swiss chard and mushroom layers:

1 pound Swiss chard, center rib and stem cut from each leaf  
4 tablespoons extra-virgin olive oil, divided  
1 1/3 cups chopped onion  
4 large garlic cloves, chopped, divided  
1/4 teaspoon dried crushed red pepper  
Coarse kosher salt  
1 pound crimini mushrooms, sliced  
1/4 teaspoon ground nutmeg

Lasagna:

9 7 x 3-inch lasagna noodles  
Extra-virgin olive oil  
1 15-ounce container whole-milk ricotta cheese (preferably organic), divided  
6 ounces Italian Fontina Cheese, coarsely grated (about 1 1/2 cups packed), divided  
8 tablespoons finely grated Parmesan cheese, divided

For béchamel sauce: Bring milk and bay leaf to simmer in medium saucepan; remove from heat. Melt butter in heavy large saucepan over medium-low heat. Add flour and whisk to blend. Cook 2 minutes, whisking almost constantly (do not let roux brown). Gradually whisk milk with bay leaf into roux. Add 1/2 teaspoon coarse salt, nutmeg, and cloves and bring to simmer. Cook until sauce thickens

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