

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

July 19 - 22, 2012 CSA Newsletter

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

Kale, Mustard Greens, Bok Choy, Romaine, Radishes, Yellow Summer Squash, Patty Pan Squash, Green Zucchini, Green Onions, Red Leaf Lettuce, Cucumber, Cilantro and Green Sweet Basil.

Note: The stalk of Bok Choy can be used raw anywhere you would normally use celery. It has a delightful crunch and clear, light taste. We used it in tuna pasta salad the other night and it was lovely (along with one of the wonderful cucumbers you've been receiving).

Buttery Summer Squashes with Basil

adapted from www.foodrenegade.com

3 to 5 medium summer squash (Patty Pan, Zucchini, Yellow Summer, Cusa), sliced
1/4 C melted butter
1 bunch fresh basil, chopped
sea salt

Begin by preheating your oven to 350F degrees and prepping the veggies — cutting your squash into 1/4 inch slices and chopping your fresh basil. Layer the squash slices at the bottom of a 2 quart baking dish and lightly drizzle with melted butter, scatter some freshly cut basil on top and lightly sprinkle with sea salt. Continue forming these layers until you've used all your squash and basil. Cover the dish and bake it in the 350F degree oven for 30 minutes, or until the squash is tender. Remove from the oven and serve as a delectable side.

Grilled Romaine with Caesar Dressing

www.weightwatchers.com

2 tbsp olive oil, extra virgin
1 1/2 tbsp fresh lemon juice
1 1/2 tbsp reduced calorie mayonnaise
1 1/2 tsp Worcestershire sauce
1/2 tsp minced garlic, finely minced
1/8 tsp black pepper, freshly ground (and more for garnish if desired)
3 heads romaine lettuce, halved lengthwise, stems attached, about 8 oz each
3 sprays cooking spray
3 tbsp grated Parmesan cheese, such as Parmigiano Reggiano

Preheat grill to medium high. Meanwhile, in a small bowl, whisk together oil, lemon juice, mayon-

naise, Worcestershire sauce, garlic and pepper until blended; set aside. Coat romaine hearts with cooking spray; grill until lightly charred, turning once, about 30 seconds to 1 minute per side. Place lettuce on a serving platter and drizzle with dressing; sprinkle with cheese and some freshly ground black pepper, if desired. Yields about 1/2 romaine heart, 1 tablespoon dressing and 2 teaspoons cheese per serving.

Notes: Leave root end intact when halving romaine hearts or they will fall apart. A typical addition to a Caesar dressing is anchovies. Here, Worcestershire sauce, which has anchovies as an ingredient, supplies a subtle, not at all fishy flavor. If you're an anchovy lover, stir a chopped fillet into the dressing (could affect PointsPlus value).

Greens and Cheese Bake

southernfood.about.com

1 1/2 pounds greens, washed and trimmed (kale, mustard greens, turnip greens, collard greens, or mixed)
salt and black pepper
1 1/2 cups chicken or vegetable broth, divided
1 cup half-and-half
4 tablespoons butter
1/4 cup flour
1/3 cup grated Parmesan cheese
1/2 cup ricotta cheese (whole milk or part skim)
3 tablespoons dry bread crumbs
2 ounces Mozzarella cheese, shredded, about 1/2 cup

Butter or spray a 1 1/2-quart baking dish or casserole; preheat the oven to 375°. Cut out and discard the tough stems; if using kale or collards, cut out thick center ribs. Rinse all the greens and shake off any excess water, chop them into 1/2-inch pieces. In a large skillet, cook the greens over low heat, adding them by handfuls and stirring them down as they wilt. Add 1/2 cup of chicken broth, then cover the skillet; braise

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for 10 to 15 minutes, or until tender. Pour off any liquid left in the skillet, then season the greens with salt and pepper. Transfer to a bowl and set aside. Heat the remaining 1 cup of broth and half-and-half in a saucepan, just until bubbles form around the edge of the pan. In the large skillet, melt the butter over low heat. Add the flour and cook, stirring, for one minute. Add the hot broth mixture all at once and stir over medium heat until the sauce is smooth and thickened. Whisk in the grated Parmesan and ricotta cheeses. Stir the greens into the cheese sauce and pour the mixture into the prepared baking dish. Sprinkle with the bread crumbs and then sprinkle the grated mozzarella over the top; bake for 20 minutes, or until the sauce is bubbling and the mozzarella is melted and lightly browned. Serve immediately.

Grilled Sweet Potatoes with Lime and Cilantro

Bobby Flay | Food Network Magazine

3 sweet potatoes, unpeeled
Kosher salt
2 teaspoons finely grated lime zest
Pinch of cayenne pepper
1/4 cup canola oil
Freshly ground pepper
1/4 cup finely chopped fresh cilantro

Parcook the potatoes: Place in a pot of water and boil until fork-tender; let cool. Slice each potato lengthwise into eighths. Preheat a grill to medium or place a cast-iron grill pan over medium heat. Mix 1 tablespoon salt, the lime zest and cayenne in a small bowl. Brush the potato wedges with the oil and season with salt and pepper. Grill until golden brown on all sides (including the skin) and just cooked through, about 1 1/2 minutes per side. Transfer to a platter; immediately season with the salt mixture and sprinkle with cilantro.

Raw Tuscan Kale Salad

www.101cookbooks.com
In the Kitchen with a Good Appetite

1 bunch Tuscan kale (for ex: black or lacinato)

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 thin slices country bread, or two handfuls good, homemade coarse breadcrumbs
1/2 garlic clove
1/4 teaspoon kosher salt, plus a pinch
1/4 cup (or small handful) grated pecorino cheese, plus additional for garnish
3 tablespoons extra-virgin olive oil, plus additional for garnish
Freshly squeezed juice of one lemon or 1/4 cup juice
1/8 teaspoon red pepper flakes
Freshly ground black pepper to taste

Trim the bottom few inches off the kale stems and discard. Slice the kale into 3/4-inch ribbons. You should have 4 to 5 cups. Place the kale in a large bowl. If using the bread, toast it until golden brown on both sides and dry throughout. Tear into small pieces and pulse in a food processor until the mixture forms coarse crumbs, or crumbs to your liking. Using a mortar and pestle or a knife, pound or mince the garlic and 1/4 teaspoon of salt into a paste. Transfer the garlic to a small bowl. Add 1/4 cup cheese, 3 tablespoons oil, lemon juice, pinch of salt, pepper flakes, and black pepper and whisk to combine. Pour the dressing over the kale and toss very well (the dressing will be thick and need lots of tossing to coat the leaves).. Let the salad sit for 5 minutes, then serve topped with the bread crumbs, additional cheese, and a drizzle of oil.

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