

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

July 2 & 3, 2011 CSA Newsletter

For our 4th week of the season, you will find the following in your share boxes:

Swiss Chard, Spinach, Spinach Mustard, Kale, Boston Lettuce, Leaf Lettuce, Romaine Lettuce, Radishes and Cucumbers.
NEW: Sage, Green Beans, Green Onions and Bok Choy.

Back Again: Bok Choy has been grown in China for over 6000 years. It is also called white cabbage or Chinese cabbage. It was introduced to Europe and the US in the mid-1800s. Bok choy has dark green leaves and white stems.

To store: store the unwashed leaves in a plastic bag in the crisper drawer of your refrigerator. Wash before cooking/serving.

Life Span: use within 1 week.

Freezing: Yes, freezes well. Wash, separate leaves, drop into boiling water for 2 minutes, remove from water, drop into ice water bath for 2 minutes. Drain well and pack in plastic zip lock bags, squeeze all the air out and freeze. Good for 1 year.

Canning: No

Eating: Add to salads; eat raw; cut in half, drizzle with olive oil, salt and grill; add to stir fry.

New: Green Beans are a variety of bean derived from a common bean ancestor (also includes kidney, navy and black beans) that originated in Peru. Beans were introduced to Europe in the 16th century by Spanish explorers returning home. They are now grown world wide.

To store: store unwashed beans in a plastic bag in the crisper drawer of the refrigerator. Wash before cooking/serving.

Life Span: use within 1 week

Freezing: Yes, freezes well. Wash, snap (if you choose) and blanch for 3 minutes. Then drop into ice water until the beans are cold. Pack into plastic bags or containers and freeze.

Canning: Yes. Green beans should be processed by pressure cooker. Instructions can be found at www.simplycanning.com/canning-green-beans.html.

Eating: raw, steamed, boiled, in salads, sauted.

New: Sage is native to the Mediterranean region and was best known in the ancient world for its healing properties, particularly for digestion. Now it's best known for a seasoning for meatloaf and stuffing. The Romans, however, considered it an important part of any doctor's medicines, the French made tea from it and Charlemagne ordering it planted on all of his imperial farms.

To Store: Fresh leaves - wrap in paper towels, put in plastic bag and store in refrigerator (good for 4 - 5 days) or place leaves in jar or bowl, cover with olive oil, place in refrigerator (good for up to 3 weeks - and you get seasoned oil!)

Freezing: Yes. Wash leaves, pat dry and remove stems. Pack loosely in plastic bags. Freeze. Good for up to 1 year. Note: freezing will intensify flavor.

Dry: tie stems together in a bunch, hang stems up until dry. When dry, store in tightly sealed container. Good for up to 6 months.

Eating: works well with pork, sausage, goose, lamb, stuffings, potatoes, risotto, beans and tomatoes.

New: Green Onions. Onions have been cultivated for over 5000 years. Originally from Asia and the Middle East, the Egyptians used them as currency to pay the workers who built the pyramids and placed them in the tombs of their kings. Columbus brought them to the West Indies and their cultivation spread throughout the Americas.

To Store: fresh in a bag in the refrigerator - good for up to 1 week.

Freezing: Yes. Chop/slice, place on cookie sheet, put in freezer. When frozen, place in plastic bag and store in freezer. Good for up to 6 months.

Drying: one method - chop, put on a cookie sheet, put in oven at 180 degrees, leave until dry. Note: this will take hours. Cool, place in sealed container.

Eating: raw, cooked in almost anything you'd like.

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

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Green Onion Dip

1 cup cream cheese
1 cup sour cream
1 cup sliced green onions
1/2 cup minced fresh parsley
2 cloves minced garlic
2 teaspoons Dijon mustard
Salt and pepper to taste

Option 1: combine in blender, blend til smooth, chill overnight.

Option 2: chop onions, garlic and herbs very fine. Mix all ingredients thoroughly, chill overnight.

Lemon Sage Marinade

8 garlic cloves
1/2 cup olive oil
1 tablespoon honey
2 teaspoons sea salt
1 1/2 teaspoons freshly ground black pepper
Grated zest of 2 lemons
Juice of 2 lemons
1/2 cup fresh sage leaves

Puree garlic in a food processor, add olive oil, honey, salt and pepper - process to combine. Add lemon zest, lemon juice and sage. Pulse until sage is roughly chopped. Place the marinade in a plastic bag, then add meat - really good for chicken, pork or lamb. Seal the bag, toss to coat meat and let the excess air out of bag. Refrigerate minimum of 6 hours. Cook meat in your favorite method - grilling is great!

Green Beans with Sage and Pancetta

Bon Appetit | December 2007 | Molly Stevens

2.5 pounds green beans
8 ounces thinly sliced pancetta (or bacon) chopped
2 tablespoons extra virgin olive oil
3 tablespoons coarsely chopped fresh sage

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!



Sea salt

Cook beans in large pot of boiling water until crisp-tender, about 4 to 6 minutes. Drain, spread beans on paper towels. Combine pancetta and 1 T oil in skillet, saute over medium heat until pancetta is crisp. Add sage and until together for about 1 minute. Add 1 T oil in skillet, add beans and saute until heated through, about 5 minutes. Add pancetta mixture and toss. Season to taste with sea salt and pepper.

Bok Choy Recipe

www.steamykitchen.com

1.5 pounds bok choy
1 1/2 tablespoons canola, vegetable or peanut oil
1 - 2 cloves minced garlic
1 teaspoon grated fresh ginger
3 tablespoons broth or water (or replace with 1 T wine)
Salt to taste
1/2 teaspoon sesame oil

Trim stem off, separate out leaves, leaving tender center intact. Wash and drain. Finely mince garlic and grate ginger. Pour oil into frying pan or wok, add garlic and ginger - medium high heat. When light golden brown, add bok choy leaves. Toss well to coat each leaf with oil and herbs. Pour in broth, water and/or wine. Immediately cover and let cook for 1 minute. Season with salt and drizzle a bit of sesame oil on top.

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