

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

July 21, 2011 CSA Newsletter

For our 7TH week of the season, you will find the following in your share boxes:

*Green Kale, Green Leaf lettuce, Red Leaf Lettuce,
Radishes, Green Onions, Red Russian Kale and Bok Choy.
NEW: Kohlrabi, Zucchini, Yellow Sweet Corn and Okra*

NEW: Kohlrabi is a rather neglected vegetable in the US, but has been well known in Europe since the 15th century and is considered to be of European origin. It's name is German. It is not a root vegetable like a beet, but grows out of the stem above ground.

To Store: With the leaves removed, store in plastic bag in refrigerator for up to 2 weeks.

Canning: Can be pickled.

Freezing: Yes. Blanch whole - 3 minutes, cubed - 1 minutes. Ice bath, pack in plastic bags, freeze

Uses: stir fry, raw, mashed, in any dish you'd put a turnip or rutabaga.

NEW: Yellow Sweet Corn is a one of the few vegetables that is native to the Americas.

To Store: Store with the husks on in a plastic bag in the refrigerator. For best flavor, use within a day or two.

Canning: Yes

Freezing: Yes

Drying: Yes

Uses: roasted, boiled, cut off the cob, grilled

NEW: Zucchini is another American vegetable, although the variety we call zucchini was developed in Italy. Columbus took seeds for 'summer squashes' (includes patty pan, yellow and zucchini) to Europe in the 1500s.

To Store: unwashed in plastic bag in refrigerator. Use within 3 to 4 days.

Canning: No

Freezing: Yes

Uses: salads, stir fry, grilled, roasted, boiled

NEW: Okra originated in Africa, in an area that includes Ethiopia and the Sudan. It migrated to Northern Africa and from there to the Mediterranean region and India. It is popular in French dishes and is thought to have gotten to the Southern US via French settlers in the 1700s.

To Store: In refrigerator. Use within 1 week.

Canning: Yes

Freezing: Yes

Uses: soup, grilled, sauted, fried, stir fry

Cajun-Style Corn and Tomato with Fried Okra Gourmet | July 1992

1 onion, sliced thin

2 tablespoons unsalted butter

1 tablespoon vegetable oil plus additional for frying the okra

3 cups fresh corn kernels including the pulp scraped from the cobs (cut from about 4 ears of corn)

1 tomato, seeded and chopped

1/2 cup heavy cream

1/4 cup water

1/4 pound okra, rinsed well and patted dry

cornmeal seasoned with salt and pepper for coating the okra

In a heavy saucepan cook the onion in the butter and 1 table-spoon of the oil over moderate heat, stirring occasionally, until it is golden, add the corn, the tomato, the cream, and the water, and cook the mixture, covered, over moderately low heat, stirring occasionally, for 20 minutes. Season the corn mixture with salt and pepper and keep the mixture warm, covered.

Cut the okra into 1/4-inch-thick slices, in a bowl toss it with the seasoned cornmeal, and shake it in a coarse sieve to knock off the excess cornmeal. In a deep skillet heat 1/2 inch of the additional oil over moderately high heat until it is hot

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

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Cajun Style Corn and Tomato Con'd:

but not smoking and in it fry the okra in batches for 1 to 2 minutes, or until it is golden, transferring it with a slotted spoon as it is fried to paper towels to drain. Serve the corn mixture topped with the fried okra.

Kohlrabi Puree

adapted from The New Basics Cookbook
www.farmgirlfare.com

4 Kohlrabi bulbs with leaves
2 tablespoons extra-virgin olive oil
1 large onion, chopped
3 cloves garlic, minced
4 ounces mushrooms, quartered
3 tablespoons cream (or milk, chicken stock, olive oil)
salt and pepper to taste

Trim the kohlrabi bulbs, peel if necessary. Rinse the leaves, pat dry and coarsely chop. Set aside, cut the bulbs into 1 inch chunks. In a saucepan of lightly salted water, add chunks and bring to a boil, then simmer until tender, about 15 minutes.

Heat olive oil in skillet, add onion and saute until softened. Add garlic and cook for a minute or two. Do not let garlic brown. Add mushrooms and leaves - cover and cook 5 minutes. Uncover and cook until liquid has evaporated. Set aside.

Drain kohlrabi and put in food processor, add mushroom mixture and cream. Puree until smooth. Salt and pepper to taste. Transfer to pan and reheat for 2 minutes over low heat.

Chocolate Zucchini Cupcakes

Simple & Delicious | May/June 2009

1-1/4 cups butter, softened
1-1/2 cups sugar
2 eggs
1 teaspoon vanilla extract
2-1/2 cups all-purpose flour

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!



3/4 cup baking cocoa
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1/2 cup plain yogurt
1 cup grated zucchini
1 cup grated carrots
1 can (16 ounces) chocolate frosting

Heat oven to 350 degrees.

In a large bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Stir in vanilla. Combine the flour, baking cocoa, baking powder, baking soda and salt; add to the creamed mixture alternately with yogurt, beating well after each addition. Fold in zucchini and carrots.

Fill paper-lined muffin cups two-thirds full. Bake at 350° for 18-22 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely. Frost cupcakes. Yield: 21 cupcakes.

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