

# J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

## July 23 & 24, 2011 CSA Newsletter

For our 7<sup>TH</sup> 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 and Yellow Sweet Corn.*

**NEW: Yellow Sweet Corn** is a one of the few vegetables that is native to the Americas and was first domesticated in Mexico and Central America by the Aztecs and Mayans. It was originally raised as a grain (ie: dried and then ground), although some was eaten fresh. However, what they were raising and eating was what we now consider field corn. Sweet corn varieties were introduced in the 1700s.

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: 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. If you have the leaves, they can be used as greens, but should be used within 3 days.

Canning: Can be pickled.

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

### *Things to do with Kohlrabi*

If your kohlrabi is under 3", you may not need to peel it.

1. Peel like an apple, slice into slices or sticks and add to a raw veggie platter with your favorite dip.
2. Peel and grate (along with cabbage, broccoli stems and carrots). Mix together and add your favorite type of slaw dressing for a refreshing change to plain cole slaw.
3. Peel and add slices or small chunks to salads.
4. Kohlrabi can be substituted for radishes in most dishes.
5. If you steam or cook your kohlrabi, do not peel it first.
6. Add cubes of cooked kohlrabi to your potatoes before you mash them.
7. Mash your cooked kohlrabi and add your favorite cheese.

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### *Kohlrabi Salad with Cucumbers, Carrots and Tomatoes*

2009 German Food Guide

- 1 Kohlrabi
- 2 large carrots
- 1 cucumber
- 2 firm tomatoes
- 2 tablespoons chopped parsley
- 2 cloves garlic, pressed
- 1/2 tablespoon fresh or dried Thyme
- 3 tablespoons vegetable oil

*Check out our Facebook page and  
our website at [www.jttodfarms.com](http://www.jttodfarms.com)*

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## July 21, 2011 Newsletter



2 tablespoons lemon juice  
Salt and pepper to taste

Wash and peel the kohlrabi, cut into thin strips. Wash and peel carrots, cut into thin strips. Peel cucumbers, cut into thin strips. Wash tomatoes, cut into thin strips. Add all vegetables and parsley to a large bowl and mix together. Combine remaining ingredients into a salad dressing. Pour over salad and toss until sauce is evenly distributed.

### *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  
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.

### *Charcoal-Grilled Corn with Cream, Cheese*

**For more information and recipes, check out these websites:**

University of Illinois Extension: [urbanext.illinois.edu/veggies/directory.cfm](http://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](http://www.npr.org/2011/06/08/137034621/oh-the-things-you-can-do-with-a-farm-share-box?sc=fb&cc=fp)

### *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!*



### *and Chile*

Rick Bayless with Deann Groen Bayless  
Epicurious | April 1987

6 ears fresh sweet corn, in their husks  
3 tablespoons unsalted butter, melted  
About 1/2 cup thick cream or commercial sour cream mixed with a little milk or cream  
1/3 cup crumbled Mexican *queso anejo* or *queso fresco* or cheese like Parmesan, feta or farmer's cheese  
About 1 tablespoon hot powdered chile

Preliminaries: about an hour before serving, place the ears of corn in a deep bowl, cover with cold water and weight with a plate to keep them submerged. Light your charcoal fire and let it burn until the bed of coals is medium hot - adjust the grill 4 inches above the fire.

Grilling the corn: lay the corn on the grill and roast for 15 to 20 minutes, turning frequently, until the outer leaves are blackened. Remove, let cool several minutes, then remove the husks and silk. About 10 minutes before serving, brush the corn with melted butter, return to the grill and turn frequently until nicely browned. Serve right away, passing the cream, cheese and powdered chile for your guests to use to their own liking.