

# *J&T Todosciuk Farms & Greenhouses, LLC*

Howell MI

## **July 26 - 29, 2012 CSA Newsletter**

---

For our 6th 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, Kohlrabi, Cuzza, Green Zucchini, Green Onions, Red Leaf Lettuce, Cucumber, Dill, Cilantro and Green Sweet Basil.*

### ***Parmesan Zucchini Fries***

www.swansonvitamins.com

1 cup flour (any combination you prefer)  
3/4 cup bread crumbs (recipe calls for Panko style)  
1/4 Parmesan cheese, grated  
1/2 tsp garlic powder  
1/2 tablespoon Italian Spice blend  
2 egg whites, whisked  
1.5 pounds zucchini, cut into strips (sized like fries)

Preheat oven to 425 F. Mix the flour and garlic powder in a Ziploc baggie and add the zucchini strips, shake to coat.

Whisk the eggs in a bowl. In another bowl, mix the bread crumbs, cheese and Italian seasoning together.

Remove the zucchini strips from the baggie, shaking off the excess flour. Dunk each strip individually in the egg and then roll in the bread crumb mixture. Place on a cookie sheet and put in the oven for 10 minutes. Flip them over and return to the oven for another 10 minutes.

Serve plain or with a favorite dipping sauce.

### ***Classic Vinaigrette Salad***

adapted from

WeightWatchers Fresh and Easy 20 Minute Meals

Combine 1/4 cup red wine vinegar, 1 tablespoon Dijon mustard, 2 teaspoon olive oil, 1 minced garlic clove, 1 teaspoon sugar, 1/4 teaspoon and 1/4 teaspoon black pepper in a small bowl, stirring with a whisk. Shred romaine and leaf lettuce (enough for 4 servings) into a bowl, add 2 cups thinly sliced cucumber and 4 sliced radishes. Pour dressing over lettuce mixture and toss well.

Points Plus value per serving: 1.

### ***Cucumber Salad***

WeightWatchers Fresh and Easy 20 Minutes Meals

Combine 1/3 cup rice vinegar, 2 teaspoons olive oil and 2 tablespoons sugar in a small bowl, stirring with a whisk. Set aside.

Combine 2 cups thinly sliced cucumber, 1 small red bell pepper (seeded and thinly sliced), 3/4 matchstick cut carrots, 2 chopped green onions and 1/4 cup chopped fresh mint in a large bowl. Pour vinegar mixture over the cucumber mixture and toss gently to coat.

Points Plus value per serving: 2

### ***Shrimp Salad Lettuce Wraps***

adapted from

WeightWatchers Fresh and Easy 20 Minute Meals

1/3 cup thinly slice green onions  
1/4 cup light cream cheese, softened  
1/4 cup light mayonnaise  
1/4 cup plain fat free yogurt  
1/2 teaspoon garlic powder  
1/4 teaspoon dried dill  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1 pound cooked peeled medium shrimp, chopped  
8 large lettuce leaves (romaine, leaf, bibb)  
1 cup matchstick cut cucumber  
1/2 cup matchstick cut radishes

Combine first 8 ingredients in a medium bowl, stir in shrimp. Spoon about 1/3 cup shrimp mixture down center of each lettuce leaf. Top each wrap evenly with cucumber and radishes.

To make ahead, prepare the shrimp mixture, lettuce leaves, cucumbers and radishes. Store in separate containers in the refrigerator. Assemble just before serving.

Points Plus value per serving: 5

*Check out our Facebook page and*

*visit [www.jttodfarms.com](http://www.jttodfarms.com)*

# J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

## July 26 - 29, 2012 Newsletter

### **Grilled Vegetable Tacos**

adapted from

WeightWatchers Annual Recipes for Success 2012

- 1 red onion, quartered
- 1 large zucchini (or 3 small/medium zucchini or variety of summer squashes) cut into 1/4" slices
- 1 yellow bell pepper, halved and seeded
- Cooking spray
- 1/2 teaspoon chili powder
- 1 1/2 teaspoons Worcestershire sauce
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup refrigerated guacamole
- 6 (6 inch) flour tortillas
- 6 (0.3 ounce) hard taco shells
- 1/2 cup pico del gallo
- 1 cup shredded Monterey Jack cheese

Preheat grill to medium high heat.

Place first 3 ingredients on grill rack coated with cooking spray; grill 10 minutes or until vegetables are tender, turning occasionally. Cut vegetables into bite sized pieces. Combine vegetables, chili powder and next 3 ingredients.

While vegetables grill, spread about 1 tablespoon guacamole in center of each tortilla, leaving a 1 inch border. Place a hard taco shell in center of each tortilla, and gently press flour tortillas around shells, allowing guacamole to adhere.

Spoon vegetable mixture evenly into taco shells, top with 1 tablespoon pico del gallo and about 2.5 tablespoons cheese.

Points Plus value per serving: 8

### **Kohlrabi Fritters**

honestcooking.com

This crispy fritters are gluten free and vegan and can be served as an appetizer or as a side dish.

- 1 medium kohlrabi, peeled and coarsely shredded

### **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!**



- 4 scallions (or green onions), sliced in 1/4 inch pieces, include green tops
- 1/2 teaspoon paprika
- 1 teaspoon ground cumin
- 1 teaspoon black mustard seeds
- 1/2 teaspoon kosher salt
- 1/8 teaspoon cayenne pepper
- 1 cup (100gr) chickpea flour, (besan)
- 1/3 cup (75gr) water
- Vegetable oil for frying

Squeeze kohlrabi to remove the excess water. Combined kohlrabi, scallions, paprika, cumin, black mustard seeds, salt and cayenne pepper and set it aside. Slowly stir in enough water to chickpea flour to form thick paste. Add paste to kohlrabi mixture and stir until combined. Cover and set aside, at room temperature, for half an hour to develop flavor. Pour vegetable oil, about 1/2-inch (1cm) deep, into medium, frying pan, heat over medium heat until tiny bubbles form on the tip of a chopstick submerged in the oil. Form fritters using two teaspoons. Flatten fritters slightly, lower gently into hot oil, fry for two minutes, turn and fry on other side for two minutes more.

Drain fritters on paper towel, sprinkle with salt and serve with plain yogurt for dipping.

**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)