

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

July 28, 2011 CSA Newsletter

For our 8TH week of the season, you will find the following in your share boxes:

*Green Kale, Radishes, Green Onions, Red Russian Kale,
Kohlrabi, Zucchini and Bok Choy.
NEW: Bicolor Sweet Corn, Cuza and Summer Squash.*

NEW: Bicolor 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, Freezing, Drying: Yes

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

NEW: Summer Squash and Cuza are another American vegetables, although the variety we call cuza was developed in the Middle East. Columbus took seeds for 'summer squashes' (includes patty pan, cuza, 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

Golden Summer Squash & Corn Soup Eating Well | July/August 2009

1 tablespoon extra-virgin olive oil
1 medium shallot, chopped
2 medium summer squash (approx 1 lb), diced
3 teaspoons chopped fresh herbs, such as thyme or oregano, divided
1 14 oz can chicken or vegetable broth
1/4 teaspoon salt
1 cup fresh corn kernels (from 1 large ear) - note: after cutting off kernels, use dull edge of knife to press down the length of the ear to push out the rest of the corn and milk
1 teaspoon lemon juice

1/4 cup crumbled feta cheese

Heat oil in large saucepan, add shallot and cook, stirring, 1 minute. Add squash and 1 teaspoon herbs and cook, stirring occasionally, until squash starts to soften, 3 to 5 minutes. Add broth and salt, bring to a boil. Reduce heat to a simmer and cook until squash is soft and mostly translucent, about 5 minutes. transfer to a blender and puree until smooth. Return soup to pan, add corn. Bring to a simmer over medium heat, stirring occasionally, until corn is tender, 3 to 5 minutes. Remove from heat, stir in lemon juice. Serve garnished with the remaining herbs and feta.

Stuffed Summer Squash

Diana Rattray | southernfood.about.com

2 medium summer squash (yellow, zucchini, cuza), halved lengthwise
1 tablespoon olive oil
2 tablespoons plus 1-1/2 teaspoons butter, divided
1/4 cup finely chopped onion
2 tablespoons finely chopped pepperoni
1/4 cup grated Parmesan cheese, divided
4 tablespoons fine bread crumbs, divided
1 tablespoon fresh parsley, minced
Salt and pepper to taste

Remove pulp from squash, leaving 1/4 inch thick shells. Chop pulp and reserve. Cook shells gently in hot oil in a covered skillet over medium low heat. Turn shells once, cooking about 2 to 3 minutes per side or until just tender. Transfer to a rack, cool and pat dry with a paper towel.

Add 1-1/2 teaspoons butter to oil in skillet. Add squash pulp and onion. Cook until onion is tender. Stir in pepperoni, 1 tablespoon Parmesan cheese, 2 tablespoons bread crumbs, parsley and salt and pepper to taste.

Fill shells with mixture. Mix remaining cheese and bread crumbs, sprinkle over squash. Dot with remaining butter. Broil squash 4 inches from heat for 2 to 3 minutes or until golden brown.

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

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July 21, 2011 Newsletter

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!



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