

# J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

## July 30 & 31, 2011 CSA Newsletter

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

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

**NEW: White 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: Yellow Summer Squash** is another American vegetable. 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

### *Things to do with Summer Squash*

1. Wash and cube, then steam. Serve with drizzled olive oil or butter with salt and pepper
2. Wash and cube, toss with olive oil, salt and pepper, wrap loosely in aluminum foil, put on the grill or in oven. Cook until tender.
3. Wash and slice in frying pan with onions and tomatoes (top layer), add small amount of water in pan, steam until tender. Add cheese when tender, let melt, then serve.
4. Wash and grate for use in breads and muffins. If you grate more than you can use for your recipe, throw it in a plastic bag and store in freezer.

### *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](http://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

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

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### *Stuffed Summer Squash, continued:*

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.

### *Grilled Summer Squash and Zucchini*

Gourmet | June 2007

6 medium yellow squash and/or green zucchini (3 pounds)  
3/4 teaspoon salt  
1/2 teaspoon black pepper  
1/4 cup extra-virgin olive oil  
2 tablespoons fresh lemon juice  
2 teaspoons coarse-grain mustard  
1/4 teaspoon sugar

Prepare grill for indirect-heat cooking over medium-hot charcoal (high heat for gas).

Trim squash and/or zucchini and halve lengthwise, then toss with salt, pepper, and 2 tablespoons oil in a large bowl.

Oil grill rack, then grill vegetables directly over hottest part of coals, covered only if using a gas grill, turning over once, until grill marks appear, about 6 minutes total. Move vegetables to area of grill with no coals underneath and grill, covered, until tender, about 4 minutes more. Transfer to a platter.

### *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!***



While vegetables are grilling, whisk together lemon juice, mustard, sugar, and remaining 2 tablespoons oil in a small bowl. Pour dressing evenly over vegetables before serving.

### *Green Bean Succotash*

Tina Miller | Bon Appétit | June 2009

8 ounces green beans, trimmed  
2 tablespoons olive oil  
1 cup frozen lima beans, thawed  
1 cup fresh corn kernels (cut from 2 medium ears)  
3/4 cup diced red bell pepper  
2 tablespoons (1/4 stick) butter  
1/2 teaspoon Old Bay seasoning

Blanch green beans until crisp-tender, about 4 minutes. Transfer to bowl of ice water to cool; drain.

Heat oil in large skillet over medium-high heat. Add green beans and sauté 1 minute. Add lima beans, corn, and bell pepper. Sauté until vegetables are crisp-tender, about 4 minutes. Mix in butter and Old Bay; season to taste with salt and pepper.

**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)