

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

July 5 - 8, 2012 CSA Newsletter

For our 4th week of the season, you will find the following in your share boxes:

Kale, Mustard Greens, Swiss Chard, Radishes, Turnip Greens, Baby Bok Choy, Green Onions, Leaf Lettuce, Cucumber, Cilantro and Green Sweet Basil.

Green Onion Dip

1 cup cream cheese
1 cup sour cream
1 cup sliced green onions
1/2 cup minced fresh parsley
2 cloves minced garlic
2 teaspoons Dijon mustard
Salt and pepper to taste

Option 1: combine in blender, blend til smooth, chill overnight.

Option 2: chop onions, garlic and herbs very fine. Mix all ingredients thoroughly, chill overnight.

Grilled Radishes www.allrecipes.com

20 ounces sliced fresh radishes
2 cloves minced garlic
2 tablespoons of butter, cut into small pieces
1 ice cube
Salt and pepper to taste

Preheat grill to high heat. Place the radishes, garlic, butter and ice cube on a double layer of aluminum foil large enough to wrap contents. Season with salt and pepper. Tightly seal foil around contents.

Place foil packet on grill and cook for approx 20 minutes or until radishes are tender.

Kale and Red Onion Savory Breakfast Squares

1 bunch Kale, chopped
1/2 red onion, chopped
2 cloves garlic, minced (1/2 tsp minced garlic)
1/2 tsp. olive oil
1 tsp. Tamari or other soy sauce
1 C grated cheese (your choice)
1/4 cup 100% whole wheat bread crumbs (optional;

it's been made successfully without the bread crumbs)

6 eggs, beaten well
1/2 tsp. Spike Seasoning

Preheat oven to 350F. Heat olive oil in large heavy frying pan, then add onions and saute 3 minutes. Add garlic and saute about 2 more minutes, then add kale, turning over as it wilts and sauteing about 5 minutes, or until kale is significantly wilted and softened.

Put sauteed vegetables into large bowl and add Tamari, cheese, bread crumbs, beaten eggs, and Spike seasoning. Stir gently until ingredients are well distributed. Spray pan with olive oil or nonstick spray and pour in egg mixture. Bake 20-25 minutes until eggs are well set and the top is lightly browned. Serve hot. This is good with low-fat sour cream or salsa.

Open Face Cucumber Sandwiches C. Earius

1 loaf of thin rye bread (the tiny loaf usually found at the deli - or the bread of your choice)
1 to 2 cucumbers
Fresh dill
Real mayonnaise

Spread mayo on bread and sprinkle with dill. Slice cucumbers 1/4" thick diagonally. Lay one slice on bread and sprinkle with more dill. Refrigerate for minimum of 1 hour to let flavors meld. Serve cold.

Punjab Mustard Greens

2.5 lbs or so mustard greens (or a mix of greens), washed and chopped
1 tsp garlic paste
1 tsp ginger paste
1 tsp red chile powder (or to taste)

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visit www.jttodfarms.com*

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2 tbs finely ground maize flour (you can use whole wheat flour or chickpea flour if you don't have maize flour)
1 tbs butter
2 tbs oil for frying
salt to taste

You boil the mustard until it softens, then puree it with some of the cooking liquid. OR You can add 1/2 cup or so water to a large pot, allow that to boil, then add the mustard, and allow it to melt down and then cook on low heat for about 1/2 hour, adding a little water if necessary. This method keeps all the vitamins in the spinach but just takes longer than boiling. Then you puree it and keep it aside.

Now heat the oil and ginger/garlic pastes. When these turn golden, quickly add in the red chile powder, then before it burns, stir in the mustard green puree. Mix well, add in your salt and the maize flour. Mix well. You may need to add a little water to this. Then just lower heat, cover, and simmer for 30 minutes. To serve, add shards of butter on top.

Traditionally this is served with maize flour flat bread, but I suppose you could use corn tortillas or even just serve this as a side dish with another meal.

Easy Herb Biscuits

2 cups flour
1-1/2 teaspoons chopped fresh basil (or your favorite herb)
1-1/2 teaspoons chopped fresh thyme (or your favorite herb)
1/4 cup mayonnaise
1 cup buttermilk

Preheat oven to 400 F. Grease muffin tin with oil. Whisk herbs into flour, add mayonnaise and buttermilk until combined - Do Not Over mix. Divide batter into muffin tin. Bake for 12 to 15 minutes until golden brown.

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!



Stir Fried Veggies S. Brewer

Baby bok choy
Greens
Carrots, Onions (green onions or regular onion), Garlic and Peppers (color your choice)
Any other veggies in your frig or freezer (corn, peas, green beans, etc)
Sesame oil
Salt and pepper to taste

Slice bok choy, greens, carrots, onions and garlic (you can chop the garlic or use a press) in 1/4" slices. Add sesame oil to wok or skillet and let heat. Then add carrots, peppers, onions and garlic. Saute for about 5 minutes, then add other veggies. Cover and let cook for about 10 minutes. Add bok choy and greens. Cover and cook for about 3 - 5 minutes (just till the greens are wilted). Salt and pepper to taste. The amount of time to cook depends on how you like your veggies. I like mine with a bit of crunch still to them. The amount of each veggie you use depends on how much you like them and how many you're feeding.

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