

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

July 9 & 10, 2011 CSA Newsletter

For our 5TH week of the season, you will find the following in your share boxes:

*Swiss Chard, Spinach Mustard, Green Kale, Red Leaf lettuce,
Lime Basil, Radishes, Green Beans, Green Onions and Bok Choy.*
NEW: Red Russian Kale

New: Red Russian Kale. Kale, in general, originated in the Mediterranean area and was one of the most common vegetables throughout the Middle Ages. Red Russian Kale was developed in Russia and is a particularly hardy variety which can be harvested even while under a blanket of snow. Russian traders in the 19th century brought this variety to the Americas from Siberia. It has a sweet flavor that is distinctive .

To Store: Store unwashed in plastic bags and use with 5 days.

Freezing: Yes, freezes well. Wash, separate leaves from stalks, drop into boiling water for 2 minutes, remove from water, drop into ice water bath for 2 minutes. Drain well and pack in plastic zip lock bags, squeeze all the air out and freeze. Good for 1 year.

Canning: No

Eating: raw, steamed, in stir fry, in salads, in soups and casseroles - check online because there are many, many ways to use kale in your cooking.

Red Russian Kale and Red Onion Savory Breakfast Squares

1 bunch Red Russian Kale, chopped
1/2 red onion, chopped
2 cloves garlic, minced (1/2 teaspoon minced garlic)
1/2 teaspoon 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 teaspoon 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.

Punjab Spinach Mustard Greens

2.5 lbs chopped mustard/spinach mustard greens
1 teaspoon garlic paste
1 teaspoon ginger paste
1 teaspoon red chile powder (or to taste)
2 teaspoons finely ground maize flour (you can use whole wheat flour or chickpea flour if you don't have maize flour)
1 tablespoon butter
2 tablespoon 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 a 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.

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our website at www.jttodfarms.com*