

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

June 11 & 12, 2011 CSA Newsletter

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

Swiss Chard, Bok Choy, Spinach, Spinach Mustard, Leaf Lettuce and cut Basil.

Swiss Chard is in the beet family, although it is grown for its leaves rather than its root. In Europe, they prefer the stalks to the leaf while here the leaf is primarily used. The stalks can be white, red, yellow or, in the case of peppermint Swiss Chard, white with pink stripes. It is believed that Swiss Chard was first cultivated in Sicily.

To store: store the unwashed leaves in a plastic bag in the crisper drawer of your refrigerator. Wash before cooking/serving.

Life Span: use within 2 to 3 days, the stalks may be kept longer if separated from the leaves.

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 in salads; added to mixed greens to cook; added to any dish you might put spinach in -- see recipe.

Bok Choy has been grown in China for over 6000 years. It is also called white cabbage or Chinese cabbage. It was introduced to Europe and the US in the mid-1800s. Bok choy has dark green leaves and white stems.

To store: store the unwashed leaves in a plastic bag in the crisper drawer of your refrigerator. Wash before cooking/serving.

Life Span: use within 1 week.

Freezing: Yes, freezes well. Wash, separate leaves, 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: Add to salads; eat raw; cut in half, drizzle with olive oil, salt and grill; add to stir fry.

Bruschetta with Sauteed Greens

Bon Appétit | March 1998 | www.epicurious.com

1 tablespoon plus 12 teaspoons extra-virgin olive oil
1 tablespoon minced garlic
8 ounces greens (such as Swiss chard, spinach, or beet tops), stems removed, leaves sliced
4 6 x 3 x 1/2-inch slices country-style white bread, toasted, each slice cut in half crosswise
Grey Celtic salt (also called gros sel or gray salt) or other salt

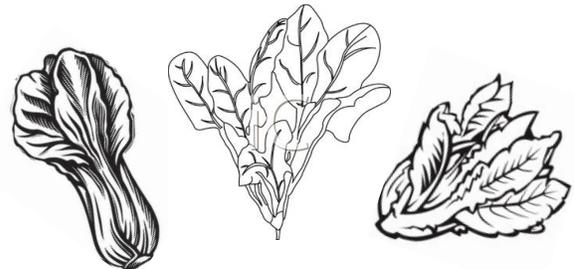
Heat 1 tablespoon oil in heavy large skillet over medium heat. Add garlic and stir 15 seconds. Add greens and sauté until tender, about 3 minutes. Place toasts on platter. Drizzle 1 1/2 teaspoons oil over each toast. Top with greens. Sprinkle with salt and pepper.

Basil Dressing

www.epicurious.com

1 cup (packed) fresh basil leaves
1 garlic clove
1/2 teaspoon salt
3/4 cup extra-virgin olive oil

Put the first three ingredients in blender or food processor, blend until a coarse puree. While running at low speed, slowly add olive oil. When blended, pour into container, cover and chill.



*Check out our Facebook page and
our new website is going up this weekend!*

www.jttodfarms.com

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Spinach originated in Ancient Persia (modern day Iran) and migrated to Sicily in the 7th century, making it to France and England in the 14th century and the US in the 19th century. It is high in iron and calcium. The US is the 2nd largest producer of spinach in the world (China is the first).

To store: store the unwashed leaves in a plastic bag in the crisper drawer of your refrigerator. Wash before cooking/serving.

Life span: use within 7 to 10 days

Freezing: Yes, freezes well. Wash, remove stems from leaves, 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 in salads; added to mixed greens to cook; add a layer of fresh spinach in pasta dishes -- see recipe.

Spinach Mustard is a variety of spinach with a pungent, peppery taste. It can be used any way that regular spinach is used, but is very popular in dishes from the Punjab region of India. Try mixing regular spinach and spinach mustard together.

Leaf Lettuce - we have both green and red varieties.

To Store: unwashed in the crisper drawer. NOTE: Try not to store your with apples, pears or bananas in the same area. These fruits release ethylene gas, a natural ripening agent, that will cause the lettuce to develop brown spots and decay quickly.

Life Span: 4 - 7 days

Do not try to can, freeze or dry. It just doesn't work!

Eating: Salads; add to sandwiches, either in the sandwich or if you don't want bread, wrap your sandwich filling with the leaves.

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!



Basil is an annual herb which is widely used around the world. It has the best flavor when used fresh, but can also be dried.

To Store: fresh leaves in crisper drawer, dried leaves in sealed container.

Life Span: fresh - 5 to 7 days

Freezing: Yes, freezing is the next best thing to fresh. Wash, discard stems and dry. Coarsely chop in food processor, add 2 tablespoons olive oil (make sure the basil is well coated), pack in small plastic freezer containers with tight fitting covers, freeze.

Drying: Yes, gather by stems, tie together and hang upside down in cool, dry place. When dry, put in sealed container. Your choice to leave whole or crumble.

Canning: No

Eating: salads; soups; pasta dishes; when tomatoes are fresh, slice tomatoes and fresh mozzarella, drizzle with olive oil and fresh basil, let sit for minimum of 1/2 hour, serve.

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