

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

June 14 & 17, 2012 CSA Newsletter

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

Kale, Mustard Greens, Romaine Lettuce, Leaf Lettuce, Swiss Chard, Radishes, Baby Bok Choy, Lemon Thyme, Lime Basil and Chives.

Welcome to the first week of our 2012 CSA program. We hope you enjoy the fresh vegetables and herbs that we have chosen for your share boxes. Many thanks go out to both our returning members and our new members. We have new things coming for you, such as: the website will soon have a 'History of Vegetables and Herbs' page, where you can go to see the history of the foods you're receiving (then we have more room for recipes!).

Open-Faced Radish Sandwiches

Weight Watchers Magazine: May/June 2012

Mix 1/2 cup fat-free cream cheese, 1/4 cup minced fresh chives and 1 tablespoon chopped fresh dill (or dill weed) in a small bowl. Spread evenly on 4 slices multigrain bread with seeds. Top even with 1 cup thinly sliced radishes (about 16); sprinkle with evenly with kosher salt. Cut each sandwich in half. (PointsPlus value: 4)

Stir Fried Bok Choy

steamykitchen.com

1 1/2 pounds bok choy or baby bok choy
1 1/2 tablespoons canola, vegetable or peanut oil
1-2 cloves garlic, finely minced
1 teaspoon grated fresh ginger
3 tablespoons broth or water (or 2 tablespoons broth/water + 1 tablespoon wine)
salt to taste
1/2 teaspoon sesame oil

Start by trimming the stem off - don't trim too much - just the end. Cutting the thick stem off will ensure that the bok choy cooks evenly. Separate out the leaves, keep the tender center intact and clean under running water. Drain.

Finely mince garlic and grate fresh ginger with a microplane grater. Grating the ginger helps break up the tough fibers! (and yeah, sometimes when the ginger is nice and fresh, I don't even bother peeling off the paper-thin skin)

Place wok or frying pan on your stove and pour in the cooking oil. Add the garlic and ginger. Turn the

heat to medium-high. Let the ginger and garlic gently sizzle in the oil. When the aromatics become fragrant and light golden brown, add the bok choy leaves. Toss very well to coat each leaf with the garlicky, gingery oil for 15 seconds (Tongs work best for tossing leafy veggies). Pour in broth, water or wine. Immediately cover and let cook for 1 minute. Season with salt and drizzle a bit of sesame oil on top.

Wilted Kale and Mustard Greens Salad

manifestvegan.com

4-6 leaves kale, any variety
4-6 leaves mustard greens
1 tsp agave
1 tsp salt
2 tbsp -1/4 cup grapefruit juice... freshly squeezed
1/2 cup walnuts
1/2 ripe avocado
1 large portobello mushroom cap
a few Cherry tomatoes

First rinse Kale and mustard greens well and then pat dry. Cut leaves into small strips, using a proper chiffonade method, or just do like I do: roll the leaves up and chop away! Place chopped leaves into a large bowl.

Next, take grapefruit juice, salt and agave and massage into leaves until they become wilted. I like to really get my hands in there and make sure the grape-

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

www.jttodfarms.com

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fruit juice, salt and agave have thoroughly covered each piece. Set leaves aside. Now, saute the portobello cap (whole), over medium heat in a tiny bit of water, until soft all the way through. Salt lightly.

On cutting board, slice up mushroom cap, avocado, and cherry tomatoes. Place on top of greens inside bowl. Using a food processor, chop up the walnuts into tiny crumbles. Sprinkle on top of salad and enjoy!

Romaine and Radish Salad with Lemon Buttermilk Dressing

M.R. Shulman / nytimes.com / 5-11-12

- 2 hearts of romaine (the lighter, more delicate inner part of a head of romaine lettuce)
- 1 cup thinly sliced radishes (about 1 bunch)
- 1 to 2 tablespoons chopped chives, or a mixture of chives and tarragon
- 2 tablespoons freshly squeezed lemon juice
- 1 small garlic clove, puréed
- Salt to taste
- 1 tablespoon extra virgin olive oil
- 5 tablespoons buttermilk
- Freshly ground pepper

Combine the romaine, radishes and herbs in a large salad bowl. Whisk together the lemon juice, garlic, salt, olive oil and buttermilk. Just before serving, toss with the salad mix. Add salt and freshly ground pepper to taste, toss again, and serve.

Lettuce and Green Garlic Soup

M.R. Shulman / nytimes.com / 5-11-12

- 1 tablespoon extra virgin olive oil
- 1 medium onion, chopped
- 1 bulb green garlic, stalks and papery layers removed, roughly chopped
- 1/2 cup rice
- 7 cups chicken or vegetable stock
- 1/2 cup parsley leaves
- A bouquet garni made with a bay leaf and a few

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!



- sprigs each parsley and thyme, tied together
- Salt to taste
- 3/4 pound lettuce leaves, washed and coarsely chopped (8 cups)
- A generous amount of freshly ground pepper
- 2 tablespoons chopped flat-leaf parsley or chives for garnish
- Freshly grated Parmesan for garnish

Heat the olive oil in a large, heavy soup pot over medium heat and add the onion. Cook, stirring, until it is tender, about 5 minutes. Add a generous pinch of salt and the garlic and cook, stirring, until the garlic is fragrant, about 1 minute. Add the rice, stock, parsley leaves and bouquet garni, and bring to a boil. Add the lettuce and salt to taste, reduce the heat, cover and simmer over low heat for 30 minutes. The tough ribs of the lettuce leaves should be thoroughly tender.

Using an immersion blender or a regular blender (working in batches and covering the blender with a kitchen towel to prevent the hot soup from splashing), blend the soup until smooth. If using a regular blender, return the soup to the heat. Add lots of freshly ground pepper, taste and adjust salt. Heat through and serve, garnishing each bowl with chopped fresh parsley or chives and freshly grated Parmesan.

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

