

# J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

## June 21 & 24, 2012 CSA Newsletter

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For our 2nd week of the season, you will find the following in your share boxes:

*Kale, Mustard Greens, Romaine Lettuce, Swiss Chard, Radishes, Turnip Greens  
Baby Bok Choy, Spearmint, Curly Parsley, Sweet Green Basil.*

**Due to the extreme heat this week, there is no leaf lettuce in the boxes.**

**Kale, mustard greens, swiss chard and turnip greens can be used in any greens recipes - try mixing different types together as well as separately.**

### *Steamed Greens*

[www.wholefoods.com](http://www.wholefoods.com)

Fill bottom of steamer pot with 2" water and bring to rapid boil. Chop greens, removing stem and put in pot. Steam for 5 minutes. Toss with Mediterranean Dressing: 1 tablespoon lemon juice, 1 medium garlic clove (chopped or pressed), 3 tablespoons extra virgin olive oil, salt and pepper to taste. Mix together.

### *Wilted Greens*

adapted from Gourmet | February 2001

2 pounds greens, stems and coarse ribs discarded  
1 large garlic clove, minced or pressed  
1.5 tablespoons unsalted butter  
salt and pepper to taste

Cook greens in a 6 to 8 quart pot of boiling salt water, stirring to submerge, until wilted and tender, about 5 minutes. Transfer with tongs to a large bowl of cold water to stop cooking. Drain greens in a colander, pressing to squeeze out excess moisture, then coarsely chop. Cook garlic in butter in a 4 to 5 quart heavy pot over moderately low heat, stirring, until softened, about 2 minutes. Add boiled greens, salt and pepper to taste and cook, covered, stirring occasionally, until heated through, about 5 minutes.

Note: Greens can be boiled and chopped 1 day ahead and chilled in a sealed plastic bag. You will need to cook them in garlic butter about 10 minutes (instead of 5) when made ahead.

### *Radish Cheese Spread*

*(Czech Pomazanka z Redkvicek a Syra)*

[www.easteuropeanfood.about.com](http://www.easteuropeanfood.about.com)

4 ounces (1 stick) softened butter  
1 (8 ounce) package softened cream cheese  
1 to 2 cups shredded radishes  
2 tablespoons chopped chives or green onions  
salt to taste

In a medium bowl, cream together butter and cream cheese. Mix in grated radishes, chives or green onions and salt, combining thoroughly. Refrigerate, covered, until ready to serve.

Goes well with dark rye breads or raw veggies, bread sticks or crackers.

### *North African Chickpea and Kale Soup*

[blog.fatfreevegan.com](http://blog.fatfreevegan.com)

1 large onion, chopped  
2 carrots, sliced or diced  
4 cloves garlic minced or pressed  
1.5 teaspoon ground cumin  
1/2 teaspoon paprika  
1/4 teaspoon chili powder or cayenne  
1/4 teaspoon allspice  
1/2 teaspoon ground ginger  
generous pinch saffron, lightly crushed  
2 bay leaves  
1 3-inch cinnamon stick  
3 cups cooked chickpeas (or 2 cans, drained and rinsed)  
8 cups vegetable broth (or water plus bouillon)  
1 large bunch kale, thick center ribs removed and chopped (at least 8 cups)  
about 2 cups water

*Check out our Facebook page and*

*visit [www.jttodfarms.com](http://www.jttodfarms.com)*

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salt to taste

Spray a large saucepan with olive oil spray and heat it. Add the onion and carrots and cook over medium high heat until the onion begins to brown (about 5 minutes). Add the garlic and cook for 1 more minute. Add the spices, including bay leaves and cinnamon stick, and cook, stirring, for another minute. Add the chickpeas and stir to coat them with spices. Pour in the 8 cups of vegetable stock, bring to a boil and reduce heat to a simmer for 20 minutes. Add the chopped kale and stir. If necessary add water to cover the kale and cook until it is tender, about 10 to 25 minutes, depending how cooked you like your kale. Check frequently to see if it is becoming dry and add water as needed. Add salt to taste and serve.

Note: for a delicious one-pot meal, add a half cup of uncooked quinoa with the vegetable stock.

### *Cuban Mojito Recipe*

Gina's Weight Watcher Recipes (2 WW points)

1.5 ounces Barcardi Rum  
12 fresh spearmint leaves  
juice of a 1/2 lime  
7 ounces Sprite Zero or club soda  
2 tablespoons Splenda

In a cool tall glass, muddle the mint, splenda and lime juice. Add crushed ice. Add rum and soda and stir well Garnish with a lime wedge and a few sprigs of mint.

### *Pancetta & Greens Frittata*

www.eatingwell.com | EatingWell 3/4 2012

2 tablespoons extra virgin olive oil  
3 ounces pancetta or 3 strips bacon, cut into 1/2" pieces  
2 cups sliced leeks, white and light green part only  
2.5 cups greens, tough stems removed, thinly sliced  
1 16-ounce container liquid egg substitute or 8 eggs, beaten

### *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!*



1 cup shredded Asiago or Parmesan cheese  
1/2 teaspoon freshly ground pepper

Position rack in upper third of over; preheat broiler. Heat oil in large broiler-safe nonstick skillet or cast iron skillet over medium heat. Add pancetta (or bacon) and cook, stirring frequently, until crisp, 2 to 3 minutes. Reduce heat to medium. Add leeks and continue cooking, stirring frequently, until the leeks have softened, about 4 to 5 minutes. Add greens and cook, stirring, until they are just beginning to wilt, about 1 minute.

Whisk eggs, cheese and pepper in a bowl, when the greens are just starting to wilt, pour the egg mixture over the ingredients in the pan. Using a spatula, carefully scrape the eggs from the edges to the middle of the pan as they cook, allowing uncooked egg to flow under, about 3 minutes. When the eggs are nearly set, place the skillet under the broiler until the top is cooked and the eggs are slightly browned, about 2 minutes. Let stand 5 minutes. To release the frittata from the pan, run a rubber spatula around the edge, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Cut into wedges and serve

**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)