

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

June 25 & 26, 2011 CSA Newsletter

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

Swiss Chard, Spinach, Spinach Mustard, Kale, Boston Lettuce, Leaf Lettuce and Cucumbers.
NEW: Radishes, Romaine Lettuce, Thai Basil and Lime Basil.

NEW: Radishes are believed to have originated in India and were cultivated in Egypt as early as 2780 BCE. The first radishes were black, then white varieties appeared while red radishes as we know them now were developed in the 1700s. Radishes are high in vitamin C and a good source of folic acid and potassium.

To store: Remove the greens and store separately. Greens are good for 2 to 3 days while summer radishes are good for 5 to 7 days.

Freezing, Drying: No

Canning: Yes, can be pickled.

Eating: Raw, salads, soups, grilled.

NEW: Romaine lettuce is one of the most nutritious of the lettuces. It is high in vitamins A, C and K, beta-carotene and dietary fiber. It has long green leaves and a crisp texture. The cultivation of romaine lettuces is thought to date back to around 4500 BCE and depictions of it have been found in ancient Egyptian tombs.

To store: Wash and dry lettuce before storing in a plastic bag in the refrigerator. Use within 5 to 7 days.

Freezing, Drying, Canning: No.

Eating: Raw, salads, in sandwiches, replace bread in sandwiches by wrapping the sandwich filling with leaves.

NEW: Lime Basil is a new variety of basil that has a tangy lime flavor and fragrance.

NEW: Thai Basil originated in India and is found in many curry dishes as well as in many Thai dishes.

To store: Wrap in slightly dampened paper towels, place in a plastic bag and store in refrigerator for up to 4 days. Or place stem down in glass of water, cover with a plastic bag and store for up to 2 weeks (change water every couple of days). Or chop in blender with small amount of oil, put in ice cube trays and freeze.

Radish Top Soup Jean Pinard

6 tablespoons butter
1 cup chopped leeks or onions
8 cups loosely packed radish leaves
2 cups diced peeled potatoes
6 cups liquid (water or chicken stock)
Salt
1/2 cup cream (optional)
Freshly ground pepper

Melt 4 tablespoons of butter in a large saucepan, add onions or leeks and cook until golden, approx 5 minutes. Stir in radish leaves, cover pan and cook over low heat until wilted, approx 8 to 10 minutes.

Meanwhile, cook potatoes until soft along with 1 teaspoon salt. Combine with radish tops and broth and cook covered for 5 minutes to mingle flavors. Puree finely in a food processor. Add cream if desired. Season to taste with remaining butter, salt and pepper.

Lime Basil Vinaigrette Recipe courtesy of The Chef's Garden

1 clove garlic, minced
2 tablespoons lime basil, chopped
2 tablespoons chives, chopped
1 shallot, minced
1 teaspoon Dijon mustard
1/3 to 1/2 cup of white wine vinegar
salt and freshly ground pepper
1 cup extra virgin olive oil

Mash together the garlic, basil, chives and shallot until a paste is formed. Add to a food processor along with the mustard, vinegar, salt and pepper. Mix well. Slowly drizzle the oil in a steady stream while food processor is running until the ingredients are fully emulsified.

*Check out our Facebook page and
our website at www.jttodfarms.com*

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Thai and Lime Basil, continued

Freezing: Yes (see above)

Drying: Yes, tie stems together and hang by stems

Canning: No, but add 4 sprigs to a bottle of white wine vinegar, seal the bottle and sit in sunny place for two weeks and you will have herb vinegar.

Uses: raw, in salads, soups, sauces, entrees. Burning basil is believed to keep mosquitoes away.

Pesto: use a cup of basil leaves (single variety or mix), put in blender with garlic cloves, parsley, olive oil, Parmesan cheese, handful of roasted pine nuts, salt and blend.

Swiss Chard:

To store: store the unwashed leaves in a plastic bag in the crisper drawer of your refrigerator. Wash before cooking/serving. Use within 2 to 3 days, the stalks may be kept longer if separated from the leaves.

Spinach and Spinach Mustard:

To store: store the unwashed leaves in a plastic bag in the crisper drawer of your refrigerator. Wash before cooking/serving. Use within 7 to 10 days

Leaf Lettuce - we have both green and red varieties:

To Store: unwashed in the crisper drawer.

Cucumbers:

To Store: Store in the refrigerator and use within 3 to 4 days.

Boston Lettuce:

To Store: unwashed in a plastic bag in the crisper drawer and use within 4 to 7 days

Kale:

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

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!



*Tomato, Mozzarella & Thai Basil Crostini
Bon Appetit - June 2011*

12 slices of seven-grain or sesame bread
1/2 garlic clove
2 cups halved cherry or grape tomatoes
1 small shallot, minced
1 tablespoon toasted sesame oil
1 tablespoon unseasoned rice vinegar
Sea salt and freshly ground pepper
Slice fresh mozzarella
Thai basil leaves

Grill bread slices and rub with garlic clove.

In a bowl, combine tomatoes, shallot, sesame oil and rice vinegar. Season with sea salt and pepper, let sit for 15 minutes.

Put sliced fresh mozzarella on toasts. Spoon tomato mixture over mozzarella and garnish with Thai basil leaves. Season with sea salt and pepper.

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