

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

June 28 - July 1, 2012 CSA Newsletter

For our 3rd week of the season, you will find the following in your share boxes:

*Kale, Mustard Greens, Boston Lettuce, Swiss Chard, Radishes, Turnip Greens
Green Onions, Red and Green Leaf Lettuce, Cilantro and Lemon Basil.*

Boston Lettuce and Radish Salad

Katherine Anderson | www.foodandwine.com

1/4 cup extra-virgin olive oil
2 tablespoons sherry vinegar
1/2 teaspoon Dijon mustard
Salt and freshly ground black pepper
2 bunches radishes (about 20) – tops reserved for another use, radishes very thinly sliced
3 heads Boston lettuce, outer leaves discarded and tender inner leaves torn

In a large bowl, whisk the extra-virgin olive oil with the sherry vinegar and Dijon mustard and season with salt and freshly ground black pepper. Add the sliced radishes and Boston lettuce to the bowl, toss well and serve right away.

Hoisin Pork and Boston Lettuce Wraps

Oxmoor House : www.myrecipes.com

1/3 cup hoisin sauce
1 tablespoon plus 1 teaspoon lime juice
1 tablespoon plus 1 teaspoon water
3 cups packaged cabbage-and-carrot coleslaw
1/2 cup chopped fresh cilantro
1/3 cup unsalted peanuts
Cooking spray
3 (4-ounce) boneless center-cut loin pork chops, cut into 24 thin strips
12 Boston lettuce leaves

Combine first 3 ingredients in a small bowl; set aside. Combine coleslaw, cilantro, and peanuts; set aside.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add pork; sauté 4 minutes or until lightly browned. Remove from pan.

Arrange 3 lettuce leaves on each of 4 plates. Top each lettuce leaf with 2 slices pork, hoisin-lime sauce, and coleslaw.

Green Leaf Lettuce, Pomegranate and Almond Salad

Gourmet | November 2005

1 tablespoons fresh lime juice
3/4 teaspoons sugar
1/2 teaspoon salt
1/4 teaspoon black pepper
3 tablespoons extra-virgin olive oil
3/4 lb green leaf lettuce (1 head), trimmed and leaves torn into 2-inch pieces
1/4 lb watercress (1 bunches), coarse stems discarded and sprigs cut into 1-inch pieces
Seeds from 1/2 large pomegranate (3/4 cups), bitter white membranes discarded
1/2 cup sliced almonds, toasted

Whisk together lime juice, sugar, salt, and pepper until sugar and salt are dissolved, then add oil in a steady stream, whisking until combined.

Combine lettuce, watercress, and half of pomegranate seeds in a large serving bowl. Toss with just enough dressing to coat, then sprinkle with almonds and remaining pomegranate seeds.

Grilled Green Onions

Emeril Lagasse

8 green onions, root end and tips trimmed
4 teaspoons olive oil
1/2 teaspoon salt
1/4 teaspoon white pepper
Cooking Directions

Place a grill pan over medium-high heat. Drizzle the green onions with the olive oil and season with the salt and pepper. Place the green onions on the grill and cook for 2 to 3 minutes, turning occasionally to ensure even browning.

Check out our Facebook page and

visit www.jttodfarms.com

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Remove the green onions from the heat and serve as a side dish to your meal.

Drop Biscuits with Green Onions

Melissa D'Arbian | www.foodnetwork.com

1/2 cup all-purpose flour
1/2 cup whole-wheat flour
1 teaspoon baking powder
1/4 teaspoon salt
3 tablespoons unsalted butter, cubed and chilled
3 green onions, chopped
1 tablespoon finely grated Parmesan
1/2 cup milk

Preheat the oven to 450 degrees F.

Put the flour, baking powder, and salt in a food processor and pulse briefly to mix. Add the butter and pulse until the mixture is crumbly. Add green onion and Parmesan and pulse just enough to blend. Add the milk and pulse until combined. Drop the dough in rounded tablespoons onto a greased baking sheet, and bake until golden, about 13 to 15 minutes.

Quinoa with Black Beans and Cilantro

Bon Appétit | September 2008

1 tablespoon vegetable oil
2 cups chopped white onions
1 cup chopped red bell pepper
1 cup quinoa, rinsed, drained (A grain with a delicate flavor and a texture similar to that of couscous; available at natural foods stores)
2 teaspoons chili powder
1/2 teaspoon ground cumin
1/2 teaspoon salt
1 1/2 cups water
1 15-ounce can black beans, rinsed, drained
1/2 cup chopped fresh cilantro, divided
Crumbled Cotija cheese or feta cheese (optional)

Heat oil in heavy medium saucepan over medium-high heat. Add onions and red pepper; sauté until

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!



beginning to soften, about 5 minutes. Stir in next 4 ingredients. Add water; bring to boil. Cover, reduce heat to medium-low, and simmer until quinoa is almost tender, about 14 minutes. Add beans and 1/4 cup cilantro; cook uncovered until heated through and liquid is fully absorbed, about 3 minutes. Transfer to bowl; sprinkle with 1/4 cup cilantro and cheese, if desired.

Lemon Basil Lemonade

www.freshherbs.com

1 cup sugar (or Splenda)
1 cup water
1 cup fresh lemon juice
3 cups water
1/4 cup lemon basil leaves

Just combine 1 cup of sugar (or Splenda) with 1 cup of water and heat until sugar is dissolved.

Add 1 cup of fresh lemon juice, 3 cups of water, and 1/4 cup of lemon basil leaves. Serve over ice.

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