

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

November 13, 2011 Fall CSA Newsletter

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

White Potatoes, Yellow Onions, Kale, Pimento Peppers, Ambercup Squash, Sweet Dumpling Squash, Cubanelle Peppers, baby Napa Cabbage, Sweet Potatoes, and Swiss Chard
New: Turnips

New: Turnips are a root vegetable that is thought to have been cultivated almost 4,000 years ago in the Near East. Both the Greeks and Romans thought highly of the turnip and developed several new varieties. Its widespread popularity in Europe has continued, although since the advent of the potato, it is less widely cultivated than it once was. Turnips were introduced into North America by the early European settlers and colonists. They grew well in the South and became a popular food in the local cuisine of this region. The greens are edible.

Storage: can be kept for several weeks in the vegetable bin of your refrigerator.

To prepare: peel like a potato - unless they are young, then then skin can be eaten.

Uses: steamed, boiled, put into soups or other dishes.

Note on Sweet Potatoes: The skin on our sweet potatoes can be eaten just as you would with new potatoes. It's very thin and quite tasty!

Grated Turnip and Apple Salad

www.justvegetablesrecipes.com

1 c Peeled & grated raw turnips
1 c Peeled & grated tart green - apples
1/2 c Chopped fresh parsley
Juice of 1 large lemon
1 tb Vegetable oil
Salt & pepper

Combine all the ingredients. Toss well & chill, covered in the refrigerator.

Pot au Feu

LoserkidGT2 | June 2, 2005 | Epicurious.com

12 medium leeks, trimmed
12 carrots, peeled and halved crosswise
12 stalks celery, halved crosswise
1 large onion, quartered and studded with 4 cloves
4 pounds boneless rump roast or top or bottom round
2 pounds beef shanks, about 1 1/2-inches thick

2 pounds oxtail or beef short ribs
1 (2-pound) marrow bone, cut into 2-inch pieces
1 bouquet garni
1 tablespoon coarse sea salt
1 teaspoon black peppercorns
2 bay leaves
6 small turnips, peeled and quartered
1 medium rutabaga, peeled and cut into eighths
1 1/2 pounds small new potatoes
8 slices French bread, plus additional for passing with marrow bones
2 cloves garlic, peeled

Condiments:

Coarse sea salt
Cornichons
Pickled onions
Grated horseradish
Dijon mustard
Whole grain mustard

Preparation In a large stockpot place 6 leeks, 6 carrot pieces, 6 celery pieces and onion. Tie each piece of meat individually to hold its shape during the long cooking time, and place on top of the vegetables. Add 2 marrowbones to the pot, tucking them between the meat, and the bouquet garni, salt and peppercorns. Add enough water to cover and bring to a boil over high heat. Reduce the heat and simmer partially covered for 3 hours, skimming any foam which forms on the top.

Strain the broth and discard the cooking vegetables. Return the broth and meats to the pot and add the bay leaves, and the remaining marrowbones and vegetables except the potatoes. Bring the broth to a simmer and cook, partially covered, for 1 hour, adding the potatoes after a 1/2 hour.

Remove the meat from the broth and discard the trussing strings. Carefully remove the vegetables from the broth, place them on a large serving platter, and moisten with some broth. Cover and keep warm.

Strain the broth and discard any remaining vegetables. Carve the meat and place on the serving platter with the vegetables.

Thank you for being a member of our 2011 CSA and we hope to see you next year!!!!

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Cover and keep warm.

Rub the bread with garlic and lightly toast before placing in the bottom of a shallow bowl. Pour equal amounts of broth over the croutons and serve as a first course. Pass the marrowbones at the table and serve with additional toast for spreading the marrow. Serve the meat and vegetables as a main course with desired condiments.

Things to do with Turnips

1. Eat turnips raw. Slice or thickly julienne and add to vegetable platter or eat alone with or without dip.
2. Grate raw turnips into salads or add to cole slaw.
3. For baked turnips bake for 30-45 minutes at 350 degrees, basted with oil, or bake along with other seasonal roots.
4. Add turnips to roasts along with (or instead of potatoes) and carrots.
5. Turnips can be mashed or scalloped, just like you would potatoes.
6. Add turnips to soups and stews
7. Slice and add to stir fries.

Buttered Sweet Potato Knot Rolls

Cooking Light | January 2003 | www.myrecipes.com

- 1 package dry yeast (about 2 1/4 teaspoons)
- 1 cup warm 2% reduced-fat milk (100° to 110°)
- 3/4 cup canned mashed sweet potatoes
- 3 tablespoons butter, melted and divided
- 1 1/4 teaspoons salt
- 2 large egg yolks, lightly beaten
- 5 cups bread flour, divided
- Cooking spray

Dissolve yeast in milk in a large bowl; let stand 5 minutes.

Add sweet potatoes, 1 tablespoon butter, salt, and egg yolks, stirring mixture with a whisk.

Lightly spoon flour into dry measuring cups; level with a knife. Add 4 1/2 cups flour; stir until a soft dough forms.

Turn dough out onto a floured surface. Knead until smooth

Notice to CSA members:

Please remember to return the boxes and bags that your vegetables are in to us next week when you pick up your next box.



and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel very soft and tacky).

Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 45 minutes or until doubled in size. (Gently press 2 fingers into dough. If indentation remains, dough has risen enough.) Punch dough down. Cover and let rest 5 minutes.

Line 2 baking sheets with parchment paper. Divide dough into 24 equal portions. Working with 1 portion at a time (cover remaining dough to prevent drying), shape each portion into a 9-inch rope. Carefully shape rope into a knot; tuck top end of knot under roll. Place roll on a prepared pan.

Repeat procedure with remaining dough, placing 12 rolls on each pan. Lightly coat rolls with cooking spray; cover and let rise 30 minutes or until doubled in size.

Preheat oven to 400°.

Uncover rolls. Bake at 400° for 8 minutes with 1 pan on bottom rack and 1 pan on second rack from top. Rotate pans; bake an additional 7 minutes or until rolls are golden brown on top and sound hollow when tapped.

Remove rolls from pans; place on wire racks. Brush rolls with 2 tablespoons butter. Serve warm or at room temperature.

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