

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

November 20, 2011 Fall CSA Newsletter

For our 4th week of the fall season, you will find the following in your share boxes:

***White Potatoes, Yellow Onions, Pimento Peppers, Spaghetti Squash, Grey Kabocha Squash
Orange Kabocha Squash, Cubanelle Peppers, Baby Napa Cabbage, Italian Roaster Peppers,
Turnips and Swiss Chard***

Multi Pepper Salad with Fontina

adapted from From the Cook's Garden by Ellen Ogden
www.mariquita.com

1.5 pounds Sweet peppers, roasted and cut into 1/4 inch strips
12 black olives, such as kalamata, pitted and coarsely chopped
6 ounces Fontina cheese, cut into 1/2 inch cubes (about 1.5 cups)
2 Tablespoons heavy cream
1 teaspoon fresh lemon juice
1 teaspoon dijon mustard
1 teaspoon finely chopped cutting celery OR tarragon OR parsley
1/4 cup best extra virgin olive oil
Salt & Pepper to taste

Combine the peppers, olives, and cheese. Mix the cream, lemon juice, mustard, and herb in a small bowl. Gradually whisk in the oil. Season with the Salt & Pepper. Pour over the peppers and mix. Serve immediately.

Sauteed Swiss Chard with Parmesan Cheese

Dannyboy | allrecipes.com

2 tablespoons butter
2 tablespoons olive oil
1 tablespoon minced garlic
1/2 small red onion, diced
1 bunch Swiss chard, stems and center ribs cut out and chopped together, leaves coarsely chopped separately
1/2 cup dry white wine
1 tablespoon fresh lemon juice, or to taste
2 tablespoons freshly grated Parmesan cheese
salt to taste (optional)

Melt butter and olive oil together in a large skillet over medium-high heat. Stir in the garlic and onion, and cook for 30 seconds until fragrant. Add the chard stems and the white wine. Simmer until the stems begin to soften, about 5 minutes. Stir in the chard leaves, and cook until wilted. Finally, stir in lemon juice and Parmesan cheese; season to taste with salt if needed.

Veggie Slaw

Vera Wiesmeur and cece | allrecipes.com

1/4 cup chopped sweet red pepper
1/4 cup thinly sliced green onions
1/4 cup mayonnaise
1 tablespoon vinegar
2 tablespoons sugar
1/4 teaspoon salt
1/4 teaspoon pepper
4 cups shredded peeled turnips, broccoli stems, carrots and cabbage

In a bowl, combine all ingredients except shredded veggies. Pour over veggies and toss well to coat. Refrigerate several hours for flavors to blend.

Roasted Kabocha Squash with Greens

adapted from Clean Food | www.cooklocal.com

1 small kabocha squash
2 shallots, minced
1 tsp oil or butter (note: this is for caramelization and I prefer butter, but this makes the recipe NOT vegan)
3 Tbsp balsamic vinegar
3 Tbsp grapeseed oil
1 tsp salt
2 cloves of garlic, minced
1 large bunch of greens (kale, collard, swiss chard spinach, etc) chopped

Preheat the oven to 425.

Cut the Kabocha squash in half and scoop out the seeds. You can reserve the seeds and roast them. Cut the squash into chunks, leaving the skin on. Mix the squash with the balsamic vinegar, oil, and salt.

Roast the squash for 30 minutes, stirring occasionally.

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

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Meanwhile, sauté the shallots in the butter/lard/oil over low heat, stirring regularly. Your goal is to caramelize the shallots and get them slightly crispy. Remove the shallots with a slotted spoon and drain on a paper towel. Remove the squash from the oven when tender and set aside.

In a large pan over medium heat, sauté the garlic for 2 minutes, or until very fragrant. Add the greens in small batches, stirring constantly, until the greens have started to wilt and turn bright green.

Add squash to the greens, mix, and serve, topped with the caramelized shallots.

Notes: This is a beautiful dish. The original recipe called for the shallots to be mixed in with the squash when roasting, but I completely forgot to mix them in. So I adapted the recipe to caramelize the shallots, thus making the recipe not vegan (since I caramelize in a mixture of butter and oil). However, I am sure that the flavor would be excellent the way the recipe was written as well. Plus, I like crunchy things topping my food. You can certainly caramelize shallots in oil to preserve the vegan-ness of the dish.

You can eat the skin of kabocha squashes. In fact, a lot of the nutrients are in the skin. So don't be afraid to leave the skin on. If you chose a green kabocha squash, you'll have even more green brilliance in this dish. The original recipe was all kale, but I had some collard greens on hand that needed to be used up, so I mixed half and half. The kale is a brighter green and I think it gives a slightly better texture than the collards. You could even add spinach or turnip greens or swiss chard to this dish as well. You don't want to cook the greens too much. Just cook them long enough for them to wilt nicely and reduce in volume by about 1/3 to 1/2.

Absolutely Ultimate Potato Soup

Karena | allrecipes.com

- 1 pound bacon, chopped
- 2 stalks celery, diced
- 1 onion, chopped
- 3 cloves garlic, minced
- 8 potatoes, peeled and cubed

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.



- 4 cups chicken stock, or enough to cover potatoes
- 3 tablespoons butter
- 1/4 cup all-purpose flour
- 1 cup heavy cream
- 1 teaspoon dried tarragon
- 3 teaspoons chopped fresh cilantro
- salt and pepper to taste

In a Dutch oven, cook the bacon over medium heat until done. Remove bacon from pan, and set aside. Drain off all but 1/4 cup of the bacon grease. Note: if you prefer not to use the bacon grease, please substitute butter or margarine.

In the bacon grease (or butter) remaining in the pan, saute the celery and onion until onion begins to turn clear. Add the garlic, and continue cooking for 1 to 2 minutes. Add the cubed potatoes, and toss to coat. Saute for 3 to 4 minutes. Return the bacon to the pan, and add enough chicken stock to just cover the potatoes. Cover, and simmer until potatoes are tender.

In a separate pan, melt the butter over medium heat. Whisk in the flour. Cook stirring constantly, for 1 to 2 minutes. Whisk in the heavy cream, tarragon and cilantro. Bring the cream mixture to a boil, and cook, stirring constantly, until thickened. Stir the cream mixture into the potato mixture. Puree about 1/2 the soup, and return to the pan. Adjust seasonings to taste.

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