

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

November 27, 2011 Fall CSA Newsletter

For our 5th week of the fall season, you will find the following in your share boxes:

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

Spaghetti Squash Casserole

NMC0013 | allrecipes.com

3 pounds spaghetti squash, halved lengthwise and seeded
1 tablespoon vegetable oil
1 medium onion, chopped
1 (8 ounce) can sliced mushrooms
1 teaspoon dried basil
3/4 cup sour cream
1/4 cup freshly grated Parmesan cheese
3 slices bread, cubed

Preheat oven to 400 degrees F (205 degrees C).
Cook squash on a baking sheet in the preheated oven for 40 minutes, or until tender. Shred with a fork once cooled slightly, then transfer to a lightly oiled casserole dish, discarding shell. Do not turn off the oven.

Heat 1 tablespoon of oil in a skillet over medium heat. Cook and stir the onions, mushrooms, and basil until onions are translucent and tender. Stir onion mixture and sour cream into the squash until well mixed. Sprinkle with Parmesan cheese and cover with bread cubes.

Bake in the preheated oven for 15 minutes, or until warmed through and top is lightly browned and toasted. Enjoy!

Savory Swiss Chard with Portobellos

TiffanyRae | allrecipes.com

2 tablespoons olive oil
1 teaspoon crushed red pepper
1 clove garlic, crushed and chopped
1 (8 ounce) package portobello mushrooms, stemmed and cut into 1/2-inch wide by 2-inch long pieces
1 leek, chopped
1 cup chicken broth
1 bunch Swiss chard, trimmed and chopped
2 cups grated Parmesan cheese

Heat the olive oil in a large pot over medium-high heat. Stir in the red pepper, garlic, and portobello mushrooms. Cook and stir until the mushroom has softened and begun to release its liquid, 3 to 5 minutes. Stir in the leek, and continue cooking until the leek has softened, about 5 minutes.

Stir in the chicken broth and Swiss chard. Bring to a boil, then reduce heat to medium-low. Cover, and simmer until the chard leaves have wilted, about 10 minutes. Remove the lid, and continue cooking until the chard is tender and most of the liquid has evaporated, about 5 minutes. Sprinkle with the Parmesan cheese; let stand until melted.

“Million Dollar” Chinese Cabbage Salad

malo1 | allrecipes.com

1/2 cup vegetable oil
1/2 cup white sugar
1/4 cup wine vinegar
1 tablespoon soy sauce

2 (3 ounce) packages ramen noodles (without flavor packets), lightly crushed
1/2 cup slivered almonds
1 cup sesame seeds
1 head napa cabbage, chopped
1 bunch green onions, chopped

In a bowl, whisk together vegetable oil, sugar, wine vinegar, and soy sauce until the sugar has dissolved. Refrigerate the dressing while preparing the salad.

Preheat oven to 350 degrees F (175 degrees C).

Spread the broken ramen noodles, almonds, and sesame seeds onto a baking sheet.

Bake the ramen noodle mixture until lightly browned, about 15 minutes, stirring often. Watch carefully to prevent burning. Allow mixture to cool.

Just before serving, mix together the napa cabbage and green onions with toasted ramen mixture in a salad bowl until thoroughly combined; toss with the dressing.

This is the last week of our Fall 2011 CSA and we hope that you have enjoyed your fall produce!

Thank you for being a part of our CSA program this year and we hope to see you next year!

Sandy, Jim and Tina

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

November 27, 2011 Fall CSA Newsletter

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.***



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