

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

November 6, 2011 Fall CSA Newsletter

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

White Potatoes, Yellow Onions, Oriental Eggplant, Kale, Pimento Peppers, Buttercup Squash, Green Bell Peppers, Cubanelle Peppers, Spaghetti Squash, Carnival Squash, Cucumber, baby Bok Choy, baby Napa Cabbage, Sweet Potatoes, and Swiss Chard

Stir Fry Baby Bok Choy

Rhonda Parkinson | chinesefood.about.com

4 bunches baby bok choy (basically, 1 bunch per person)
2 slices ginger
2 tablespoons soy sauce
1 teaspoon sugar, or to taste
1/4 teaspoon salt, or to taste
1/4 cup water
A few drops sesame oil
1 1/2 tablespoons vegetable oil for stir-frying

Wash the baby bok choy and drain. Separate the stalks and leaves. Cut the stalk diagonally and cut the leaves across. Heat wok or large fry pan and add oil. When oil is ready, add ginger and stir-fry briefly, for about 30 seconds, until the ginger is aromatic. Add the bok choy, adding the stalks first, and then the leaves. Stir in the soy sauce, sugar, and salt, and stir-fry on high heat for 1 minute. Add the water, cover the wok and simmer for about 2 minutes. Stir in the sesame oil and serve. Serves 4.

Roasted Baby Napa Cabbage

Kate Gillingham-Ryan | www.thekitchn.com

1 1/2 lbs baby Napa cabbages
3 tablespoons olive oil
1/4 cup chicken stock or water
1/2 teaspoon coarse salt
1/2 teaspoon freshly ground black pepper
1 tablespoon balsamic vinegar
2 teaspoons honey
2 tablespoons bread crumbs

Preheat oven to 400°. Place rack on center rung. Grease baking dish (9"x13" or close) with 1 tablespoon of the oil.

Peel off and discard any distressed outer leaves on the cabbages. Cut each cabbage in half (or quarters if using a large cabbage) and arrange pieces, cut side down, in a single layer in the dish. Drizzle over remaining 2 tablespoons oil and stock. Sprinkle with salt and pepper. Cover tightly with foil, and place in oven to cook until the vegetables are tender, about 1 hour. Meanwhile, make a syrup by whisking together the vinegar and honey.

Remove foil, carefully flip the cabbage with tongs and evenly drizzle the vinegar and honey syrup, then the breadcrumbs across cut sides of cabbage. Cook, uncovered, another 10-15 minutes, until cabbage begins to brown. Serve warm or at room temperature.

Napa Cabbage Picnic Salad Recipe

Elise | simplyrecipes.com

2/3 cup slivered almonds
8 cups (1 lb) coarsely shredded napa cabbage
12 ounces snow peas, strings removed, rinsed and thinly sliced
1 1/3 cups thinly sliced radishes
1 1/3 cups thinly sliced green onions (including greens)
1 1/3 cups lightly packed fresh cilantro leaves

Dressing ingredients:

3 Tbsp rice vinegar (seasoned or unseasoned)
2 Tbsp sugar
2 Tbsp soy sauce
1 clove peeled and minced garlic
1/2 teaspoon toasted sesame oil
1/2 teaspoon ground ginger
1/4 teaspoon cayenne powder
1 cup mayonnaise

1 Spread almond slivers out in a single layer on a rimmed baking sheet. Toast in a 350°F oven for 5-10 minutes, until nicely browned. OR toast in stick-free or cast-iron skillet on medium high, stirring frequently until browned. Set aside.

2 Combine cabbage, snow peas, radishes, green onions, cilantro in a large bowl. Can make this step a day or two ahead.

3 In a separate bowl, mix together the rice vinegar, sugar, soy sauce, garlic, sesame oil, ginger, and cayenne until sugar has dissolved. Whisk in the mayonnaise.

4 When ready to serve, gently combine the dressing and almonds with the cabbage mixture. Serves 14-16.

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

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

November 6, 2011 Fall CSA Newsletter

Spaghetti Squash Frittata

FabFood | www.fabulousfoods.com

Frittatas are the perfect thing for a quick breakfast, lunch or even light supper. They're even good cold, so you can pack them for a picnic or a brown bag lunch.

1 cup spaghetti squash, cooked by your favorite method and separated into strands (follow link for instructions)
4 eggs, lightly beaten
2 tablespoons chopped Italian parsley
3 tablespoons grated Parmesan cheese
1 cup finely chopped red onion
3-4 garlic cloves, minced
1/2 teaspoons salt
1/2 teaspoons pepper
1/8 teaspoons cayenne
1 tablespoon butter

Preheat broiler. Combine all ingredients in a large mixing bowl. Melt butter in a large skillet. Pour mixture into the skillet and cook over low heat for about 12-15 minutes. Transfer to broiler for 2 to 3 minutes or until top is browned.

Swiss Chard Gratin

Gourmet | October 2000 | epicurious.com

5 tablespoons unsalted butter
1 cup fresh white bread crumbs
3 oz Tomme de Savoie or Gruyère cheese, grated (1 cup)
1 garlic clove, halved lengthwise, germ removed if green, and garlic finely chopped
1 tablespoon finely chopped mixed fresh herbs (preferably chives, tarragon, and flat-leaf parsley)
1/8 teaspoon freshly grated nutmeg
1 cup low-sodium chicken broth
1/2 cup heavy cream
1 tablespoon all-purpose flour
1 medium onion, finely chopped
3 lb Swiss chard, leaves and stems separated and both cut into 1-inch pieces
1 lb spinach, coarse stems discarded, leaves coarsely chopped

Melt 2 tablespoons butter and toss with bread crumbs,

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.



cheese, garlic, herbs, half of nutmeg, and salt and pepper to taste in a bowl.

Boil broth in a small saucepan until reduced by half. Add cream and keep warm.

Melt 1 tablespoon butter in a small heavy saucepan over moderate heat and stir in flour. Cook roux, whisking, 1 minute, then whisk in broth mixture and boil, whisking, 1 minute. Season sauce with salt and pepper.

Preheat oven to 400°F.

Cook onion in remaining 2 tablespoons butter in a wide 8-quart heavy pot over moderately low heat, stirring, until softened. Add chard stems, remaining nutmeg, and salt and pepper to taste and cook, stirring, until vegetables are tender but not browned, about 8 minutes. Increase heat to moderately high and add chard leaves and spinach by large handfuls, stirring, until all greens are wilted. Season with salt and pepper. Transfer vegetables to a colander to drain well and press out liquid with back of a large spoon. Toss vegetables with cream sauce and transfer to a buttered 12-inch oval gratin or 2-quart shallow baking dish, spreading evenly.

Top vegetables with bread crumbs and bake in middle of oven until bubbling and topping is golden, about 20 minutes.

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