

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

October 1 & 2, 2011 CSA Newsletter

For our 17th week of the season, you will find the following in your share boxes:

Red Potatoes, White Potatoes, Yellow Onions, Green Bell Peppers, Green Beans, Jalapeno Peppers, Cubanelle Peppers, Red Seedless Watermelon, Howell Melon, Italian Eggplant and Green Leaf Lettuce

NEW: Spaghetti Squash, Honey Dew Melon, Red Italian Roaster Peppers and Roma Tomatoes

NEW: Honey Dew Melons, Spaghetti Squash, Red Italian Roaster Peppers and Roma Tomatoes.

Please see previous newsletters for information on Winter Squashes, Melons and Tomatoes.

Identification of Peppers:



Green Bell Peppers



Red Italian Roaster Peppers



Jalapeno Peppers



Red Pimento Peppers



Cubanelle Peppers

Southwestern Spaghetti Squash
RR | allrecipes.com

1 spaghetti squash, halved and seeded
1 tablespoon olive oil
1 (15 ounce) can black beans, rinsed and drained
2 tomatoes, chopped
1 green bell pepper, chopped
1 clove garlic, minced
1 tablespoon olive oil
1 tablespoon red wine vinegar
1/4 cup chopped fresh cilantro
salt and pepper to taste

Check out our Facebook page and our website at www.jttodfarms.com

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Preheat an oven to 425 degrees F. Place squash halves in a shallow baking pan with about 1 inch of water. Bake squash in the preheated oven until soft, about 1 hour. Scrape flesh of squash from the rind using a fork and place in a large serving bowl.

Heat 1 tablespoon olive oil in a large skillet over medium heat. Cook and stir the black beans, tomatoes, bell pepper, and garlic in the hot oil until the vegetables are soft and the liquid has reduced, about 10 minutes; pour into the bowl with the squash; toss to combine. Add 1 tablespoon olive oil, the vinegar, and cilantro and toss again. Season with salt and pepper to serve.

Peperonata

John D. Lee

A dozen or so mixed sweet red and yellow peppers
1 medium onion
2 cloves of garlic
¼ cup of olive oil, plus a little bit more
2 or 3 plum tomatoes, chopped
A pinch of dried chili powder
Salt and pepper

Heat your oven to 400. Cut the sweet peppers in half from top to bottom and take out the seeds and stem from each. Rub a little olive oil all over the peppers and then sprinkle on a little salt and pepper. Arrange the peppers cut side down on a baking tray (using a little foil or parchment paper on the tray will make cleanup easier) and roast the peppers for about 30 minutes, or until the skin is blistering, but not blackened. Transfer the cooked peppers to a bowl and cover the bowl with cling film to steam the peppers as they cool - this will make them easier to peel.

Meanwhile, chop up the onion and mince the garlic. Heat a heavy frying pan or skillet over medium and add the olive oil. Once the oil is hot, toss in the onions and cook, stirring, until they are softened but not browned (about 7 minutes) and then add in the garlic and stir for another minute or so before finally adding in the chopped tomatoes. Cook the tomatoes, stirring, until all the juice has evaporated from the tomatoes and the whole thing is looking pretty mushy and incorporated (about 10 min-

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.



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By the time you're cooking the tomatoes, the peppers should have cooled somewhat and be ready to peel - so peel them! Do not use water to help take the skin off the peppers, as this can remove a lot of great flavor...if little bits of skin remain in hard to remove spots it won't matter at all in the end. Chop the peppers into half inch strips and once the tomatoes are cooked through, add the peppers to the pan and stir to combine well.

Reduce the heat to medium low, add in about ¼ cup of water and let the pepper mixture percolate for a while, to meld the flavors. Once the water has evaporated and things are looking thickened again, add salt and pepper to taste and you are done!

Peperonata is great on grilled bread as a crostini, good with pasta and very good with eggs in the morning

Frozen Honeydew Melon Sherbet

500 Treasured Country Recipes | Martha Story

4 cups frozen melon chunks, 1-1 1/2 inches in diameter
1/4 - 3/4 cups fruit juice or cider sweetener (optional)
2 tablespoons liqueur (optional)

Drop the fruit, a little at a time, into a food processor with the motor running. Slowly pour in the juice, a little at a time. A sweetener is not necessary, but you can replace some of the liquid with honey, maple syrup, or sugar, if you like. Process until smooth and thick. Stir in liqueur, if desired. Serve at once.

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