

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

October 13, 2011 CSA Newsletter

For our 19th week of the season, you will find the following in your share boxes:

White Potatoes, Yellow Onions, Classic Eggplant, Green Leaf Lettuce, Ambercup Squash, Acorn Squash, Green Beans, Poblano Peppers, Jalapeno Peppers, Cubanelle Peppers, Red Italian Roaster Peppers, and Swiss Chard
NEW: Red Sweet Potatoes and Pie Pumpkins

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Mom's Pumpkin Pie

G. Todosciuk

2 slightly beaten eggs
2 cups of pumpkin (see below if you're using pie pumpkins)
3/4 cup sugar
1/2 teaspoon salt
2 teaspoons cinnamon
1 teaspoon ginger
1/2 teaspoon cloves
13 ounces evaporated milk

Pie pumpkin note: If you're a first time user of pie pumpkins . . . Wash pumpkin, dry and cut in half. Remove seeds and stem. Place facedown on cookie sheet or baking pan with about a 1/2" of water in bottom of pan. Cover with foil and bake until tender - approximately 45 minutes or until a fork pierces the skin easily. Let cool, remove flesh from rind and put in food processor. Blend until smooth.

Measure out 2 cups and add above ingredients. Mix thoroughly. Pour into unbaked pie shell.

Bake 15 minutes at 425 and 45 minutes at 350.

Additional Note: If you have pumpkin left over after measuring out 2 cups, and you don't care to bake anything else, simply measure out 1 to 2 cup portions, put them in plastic freezer bags and put them in the freezer to use on another day.

Roasted Sweet Potatoes Fries

S. Brewer

Sweet Potatoes (Fingerlings are best for this)
Sesame Oil
Salt and Pepper

Preheat oven to 375.

Wash sweet potatoes and cut into quarters lengthwise and put into a bowl. Dizzle with sesame oil, add salt and pepper, then put lid on bowl and shake until all pieces are covered. Lay out on cookie sheet (I like my cast iron pizza pan for this) and bake in oven for 20 to 25 minutes.

Note: There is an endless variety of spices and or oils that can be used for roasting sweet potatoes. Chili powder to spice them up; sugar and cinnamon to sweeten them - take your pick and experiment!!

Downeast Maine Pumpkin Bread

Laurie Bennett | allrecipes.com

1 (15 ounce) can pumpkin puree or 2 cups of pureed fresh pie pumpkin
4 eggs
1 cup vegetable oil
2/3 cup water
3 cups white sugar
3 1/2 cups all-purpose flour
2 teaspoons baking soda
1 1/2 teaspoons salt
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1/2 teaspoon ground cloves
1/4 teaspoon ground ginger

Preheat oven to 350 degrees F (175 degrees C). Grease and flour three 7x3 inch loaf pans.

In a large bowl, mix together pumpkin puree, eggs, oil, water and sugar until well blended. In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into the prepared pans.

Bake for about 50 minutes in the preheated oven. Loaves are done when toothpick inserted in center comes out clean.

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