

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

October 16, 2011 CSA Newsletter

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

White Potatoes, Yellow Onions, Italian Eggplant, Green Leaf Lettuce, Red Seedless Watermelon, Green Bell Peppers, Green Beans, Poblano Peppers, Jalapeno Peppers, Cubanelle Peppers and Red Italian Roaster Peppers
NEW: Red Sweet Potatoes, Spaghetti Squash and Sweet Dumpling Squash

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NOTE ON RED SWEET POTATOES: These sweet potatoes are freshly dug and like new potatoes, do not need to be peeled prior to cooking. The skin is very thin and tender as well as nutritious.

Roasted Sweet Potatoes Fries

S. Brewer

New Sweet Potatoes
Sesame Oil
Salt and Pepper

Preheat oven to 375. Wash sweet potatoes and cut into quarters lengthwise and put into a bowl. Drizzle 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!!

Sweet Dumpling Squash Stuffed with Lemon-Herb Rice

Susanv | blog.fatfreevegan.com

Note: If you want to make the rice look more lemony, add a little turmeric with the lemon juice.

3 Sweet Dumpling or other small winter squash
1 onion, chopped
3 cloves garlic, minced
3 cups cooked brown rice
1/4 cup water
juice of 1/2 large lemon (such as Meyer)
1/2 teaspoon lemon zest
1 tablespoon soy sauce

1/8 cup minced fresh parsley
1/8 cup minced fresh sage
1 teaspoon minced fresh rosemary
1/2 teaspoon dried thyme (or 1 tablespoon fresh, minced)
2 tablespoons pine nuts, lightly toasted
salt and pepper

Preheat oven to 400F. Cut the squash in half and remove seeds and strings. Sprinkle with salt and pepper and place face-down on an oiled baking sheet (I used a silicone sheet liner). Bake for 30 minutes, or until tender. (Different types of squash will take different lengths of time. Test by piercing with a fork in thickest areas.) Remove from oven but keep oven turned on.

While the squash are cooking, prepare the lemon-herbed rice. Spray a non-stick pan with olive oil, heat, and sauté the onion until it begins to brown, about 5 minutes. Add the garlic and cook for another minute. Add the rice, 1/4 cup water, lemon juice and zest, soy sauce, and herbs. Stir well, cover, and cook on low heat just until warm. Add the toasted pine nuts and salt and freshly ground black pepper to taste.

Stuff the rice into the cavities of the squash. Place them upright in a baking dish and drizzle about a teaspoon of water over each. Cover tightly with aluminum foil and bake for about 20 minutes, until hot throughout. Serve warm, garnished with additional fresh herbs, if desired.

Herbed Spaghetti Squash

Recipe courtesy Emeril Lagasse

1 small spaghetti squash, about 2 1/4 pounds
2 1/2 tablespoons butter
2 1/2 tablespoons finely chopped mixed soft herbs, such as basil, chives, chervil, parsley and sage
1/2 teaspoon salt
1/8 teaspoon freshly ground black pepper

Preheat the oven to 375 degrees F. Using a sharp knife, cut the squash in half lengthwise and place, cut side down, in a baking dish. Add enough water to come 1/2-inch up the

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