

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

October 30, 2011 Fall CSA Newsletter

For our 1st week of the fall season, you will find the following in your share boxes:

White Potatoes, Yellow Onions, Oriental Eggplant, Kale, Pimento Peppers, Tomatoes, Butternut Squash, Poblano Peppers, Green Bell Peppers, Cubanelle Peppers, Ambercup Squash, Red Italian Roaster Peppers, Pie Pumpkin, Sweet Potatoes, and Swiss Chard

Winter Squash and Apple Soup

www.myhalalkitchen.com

- 1 winter squash, cut in quarters, drizzled with olive oil
- 1 tablespoon butter
- 1/2 tablespoon olive oil
- 1/4 cup yellow onion, diced
- 2 small Gala apples, peeled, seeded and cored, then diced (if you will be doing this ahead of time, squeeze a whole lemon over the apples and toss with the juice in order to prevent browning)
- 1 teaspoon French tarragon
- 1/2 teaspoon ground cumin
- salt and pepper, to taste
- 2- 1/2 cups water or vegetable stock

Cut the squash in half and remove the seeds (save the seeds for the Roasted Squash Seeds recipe). Using a large tamale pot or steamer basket, steam each piece, flesh side up, until soft. Alternatively, roast the squash until soft and brown, approx. 30 minutes or until soft when pierced with a fork. After the squash is done roasting, allow to cool. Remove the skin and roughly chop into small pieces. In a deep medium-size saucepan or dutch oven, melt butter until it froths then add olive oil. Saute onions until translucent. Add cut squash and saute for 2-3 minutes. Add diced apples and saute another 2-3 minutes. Add all seasonings to cooking mixture. Add water or broth and bring to a boil. Reduce heat to medium-low and cook another 10-15 minutes or until all ingredients have softened. Using an immersion blender, blend ingredients right in the pot until it is fairly smooth. If you do not have an immersion blender, turn off the heat and allow the mixture to cool. Then, add 1-2 cups of mixture at a time to a regular blender and blend until smooth. Serve while hot with a pat of butter on top.

Poblano, Corn and Potato Gratin

www.epicurious.com

- 3 teaspoons olive oil, divided
- 2 large fresh poblano chiles,* stemmed, seeded, cut into 2 x 1/4-inch strips
- 1 1/4 pounds Yukon Gold potatoes, peeled, cut into 1/8-inch-thick rounds
- 1 cup frozen corn kernels, thawed
- 1 cup coarsely grated Oaxaca cheese or whole-milk mozza-

- rella cheese, divided
- 1 1/2 cups half and half
- 2 tablespoons all purpose flour
- 3/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

Preheat oven to 400°F. Rub 9 1/2-inch-diameter deep-dish glass pie dish or cast-iron skillet with 2 teaspoons oil. Heat remaining 1 teaspoon oil in large nonstick skillet over medium-high heat. Add poblano strips and sauté until tender, about 5 minutes. Remove from heat. Arrange 1/3 of potato rounds, overlapping slightly, in prepared pie dish. Sprinkle 1/3 of poblano strips over, then 1/3 of corn and 1/3 of cheese. Repeat with 1/3 of potatoes, 1/3 of poblanos, 1/3 of corn, and 1/3 of cheese. Top with remaining potatoes, poblanos, and corn, reserving remaining 1/3 of cheese. Place pie dish on rimmed baking sheet. Whisk half and half, flour, 3/4 teaspoon salt, and 1/2 teaspoon freshly ground black pepper in small bowl. Pour over potato mixture in pie dish; press potatoes to submerge. Cover dish tightly with foil. Bake 30 minutes. Remove foil; sprinkle remaining cheese over gratin. Continue to bake gratin until potatoes are tender and cheese is golden brown, about 25 minutes longer. Let stand 10 minutes before serving.

Pumpkin Cheesecake

www.pickyourown.com

- 2 cups of fresh cooked pumpkin OR 1 can of commercial canned pumpkin (about 12 ounces)
- 3 packages (8 ounces each) of cream cheese, at room temperature (I used the fat free cream cheese and it tasted GREAT, even my junk-food junkie friends raved about it)
- 2 cup sugar (or 2 cups Splenda; or 1 cup of each)
- 1 teaspoon vanilla extract
- 7 eggs
- A graham cracker pie crust in a 10 inch diameter, 3 inch deep springform cheesecake pan or in two 9-inch deep-dish pie plates, unbaked
- dash salt
- 2 teaspoon ground cinnamon*
- 1/2 teaspoon ground ginger*
- 1/2 teaspoon ground nutmeg* (or substitute 3 teaspoons of

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

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pumpkin pie spice for these spices)
2 cups evaporated milk (I use fat-free)

Preheat oven to 350 F (175 C).

Make a graham cracker crust in one springform cheesecake pan (10 inch diameter, 3 inches deep) OR in two 9 inch deep pie dishes (see this page for instructions - or use a purchased deep dish graham cracker crust). Cream Cheese Layer: In a mixing bowl, combine the 3 packages of cream cheese, 1 cup of sugar, and 1 teaspoon of vanilla extract - mix well! Beat in 4 eggs; (either beat them separately, or directly with the other ingredients) Pour the mixture in the pie crust. Pumpkin Layer: In a large bowl, mix the pumpkin, 1 cup of sugar, a dash of salt, 1 teaspoon ground cinnamon, 1/4 teaspoon ground ginger and 1/2 teaspoon ground nutmeg (or, instead of these spices, separately; just 3 teaspoons of pumpkin pie spice). Light beat 3 eggs and blend them in. Mix in the 2 cups of evaporated milk. Pour the pumpkin mixture over cream cheese layer that is already in the pie crust. Neither stir it in, nor worry about floating it on top. Just gently pour it in. Bake the pumpkin pie in the oven at 350° for about an 70 minutes; possibly another 10 minutes (until it has firmed up). The cream cheese layer will bubble up to the surface some; that's fine; it gives it the characteristic appearance. Cool the pumpkin pie and refrigerate it! It won't really firm up unless you refrigerate it (it IS a cheesecake!)

Pumpkin Cheesecake Crumble Squares

www.epicurious.com

Crust:

1 cup all purpose flour
3/4 cup (packed) golden brown sugar
1/2 teaspoon salt
1/2 cup (1 stick) chilled unsalted butter, diced
1 cup pecan halves (about 4 ounces)
3/4 cup old-fashioned oats

Filling:

1 (8-ounce) package cream cheese, room temperature
3/4 cup canned pure pumpkin
1/2 cup sugar
1 large egg
1 1/2 teaspoons ground cinnamon
1 teaspoon ground ginger

Topping:

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.



1 cup sour cream
2 tablespoons sugar
1/4 teaspoon vanilla extract

For crust: Preheat oven to 350°F. Generously butter 9x9x2-inch metal baking pan. Line rimmed baking sheet with parchment. Using on/off turns, blend first 4 ingredients in processor until coarse meal forms. Add pecans; using on/off turns, process until nuts are chopped. Add oats; process using on/off turns until mixture is moistened but not clumping. Press 3 1/2 cups crumbs onto bottom of prepared square pan (do not clean processor). Transfer remaining crumbs to lined baking sheet. Bake crumbs on sheet until golden, stirring once, about 12 minutes. Cool crumbs. Bake crust until golden, about 30 minutes. Remove from oven while preparing filling. Maintain oven temperature.

For filling: Blend all ingredients in same processor until smooth. Spread filling over warm crust; bake until set, dry in center, and beginning to rise at edges, about 20 minutes. Maintain oven temperature.

For topping:

Mix all ingredients in small bowl. Spread evenly over hot filling. Bake until topping sets and bubbles at edges, about 5 minutes. Cool completely in pan on rack. Sprinkle crumbs over topping; gently press into topping. Cover; chill until cold, about 2 hours. Do ahead Can be made 2 days ahead. Keep chilled. Cut into squares.

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