

# J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

## October 5, 2011 CSA Newsletter

For our 18<sup>th</sup> week of the season, you will find the following in your share boxes:

*White Potatoes, Yellow Onions, Italian Eggplant, Red Leaf Lettuce, Honey Dew Melon, Red Seedless Watermelon, Red Pimento Peppers, Buttercup Squash, Green Beans, Cubanelle Peppers and Swiss Chard*

*NEW: Butternut Squash, Poblano Peppers, Yellow Bell Peppers and Red Roma Tomatoes*

*NEW: Butternut Squash, Poblano Peppers, Yellow Bell Peppers and Red Roma Tomatoes.* Please see previous newsletters for information on Winter Squashes, Peppers and Tomatoes.

### *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 minutes)

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

### *Risotto with Butternut Squash, Leeks, and Basil*

Bon Appétit | December 2010 | Bon Appétit Test Kitchen

3 tablespoons olive oil, divided  
4 cups 1/2-inch cubes peeled butternut squash  
3 cups 1/2-inch-wide slices leeks  
1 tablespoon chopped fresh thyme  
2 cups arborio rice  
4 14-ounce cans (or more) vegetable broth  
1 cup chopped fresh basil  
3/4 cup freshly grated Parmesan cheese plus additional

Heat 2 tablespoons oil in heavy large pot over medium-high heat. Add squash and sauté until beginning to soften and brown around edges, about 5 minutes. Transfer squash to medium bowl.

Reduce heat to medium; add remaining 1 tablespoon oil, leeks, and thyme to same pot and stir until tender but not brown, about 5 minutes. Add rice and stir 1 minute. Add 1 cup broth and simmer until absorbed, stirring frequently, 3 to 4 minutes. Add remaining broth by 1/2 cupfuls, allowing each addition to be absorbed before adding next, stirring often, about 15 minutes. Return squash to pot. Continue to cook until rice is just tender but still very creamy, stirring gently and often, about 10 minutes longer (about 25 minutes total cooking time). Remove from heat. Stir in basil and 3/4 cup freshly grated Parmesan cheese. Season to taste with salt and pepper. Transfer to large bowl and serve with additional Parmesan cheese.

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