

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

October 7 & 8, 2011 CSA Newsletter

For our 18th 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, Green Bell Peppers, Green Beans, Tomatoes, Jalapeno Peppers, Cubanelle Peppers and Red Italian Roaster Peppers.
NEW: Butternut Squash and Blue Kabosha Squash

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Please see previous newsletters for information on Winter Squashes.

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.

Sweet and Spicy Roasted Kabosha Squash

Maki | www.justhungry.com

Maki: I hesitated to put this recipe up, because it's not the prettiest thing in the world. But it's so tasty, dead easy to make, and of this season - so, here it is. You do need to use kabocha-type squash for this ideally, though butternut should work too. You will need a dense, starchy and sweet squash. Don't use regular pumpkin, which is too watery and lacks sweetness.

1/2 small to medium sized kabocha squash
3 Tbs light brown, natural cane, or muscovado sugar, plus a bit more for sprinkling
1/2 tsp ground cayenne pepper or hot chili powder, more or less to taste
1/2 tsp ground cumin
1/4 tsp ground cinnamon
1/4 tsp ground nutmeg
1/4 tsp salt
1 Tbs soy sauce
Oil for drizzling - pumpkin seed oil is preferred, or use toasted sesame oil, argan oil, or walnut oil (see notes)

Preheat the oven to 200°C / 400°F. Line a baking sheet or two with silicon baking liner or parchment paper. De-seed and cut the squash into slices about 1/2 cm or 1/4 inch thick. (Use a sturdy knife for cutting squash or pumpkin, on a stable surface, and be careful!)

Combine all the dry ingredients. Toss the squash slices in this until coated thoroughly. Add the soy sauce and toss well again. Spread the slices in a single layer on the baking sheet. Drizzle over them with the oil, and optionally sprinkle more sugar on them. Bake in the preheated oven for 15 minutes, then turn over, drizzle with more oil and sprinkle more sugar, and bake for an additional 10-15 minutes. Serve hot or at room temperature.

Notes: Toasted pumpkin seed oil (Kürbiskernöl) is a mainly Austrian speciality, though they make it here in Switzerland too. It's very nutty and dark, and is terrific in dressings and marinades. Toasted sesame seed oil or walnut oil can be substituted, or even expensive argan oil. Instead of cinnamon, nutmeg and cumin, you can use a 'pumpkin pie seasoning' mix (or if you are in the Germanic parts of the world, a Lebkuchen mix would do too.)

Eggplant Lasagne

PattiCake B | www.food.com

Note: You can replace the sauce recipe with your own sauce or canned sauce.

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

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2 large eggplants, peeled, sliced lengthwise into 1/4 inch noodle-like strips
cooking spray (olive oil spray is best)
salt and pepper
1 1/2 lbs ground sirloin or 1 1/2 lbs turkey breast or 1 1/2 lbs Italian sausage
2 tablespoons olive oil
2 onions, chopped
3 cloves chopped garlic
1 red pepper, chopped
1 (16 ounce) package sliced mushrooms
2 tablespoons italian seasoning (or mix of oregano, basil and thyme)
1 teaspoon fennel seed (optional)
salt and pepper
1 teaspoon red pepper flakes (if you dare!) (optional)
1 (10 ounce) package frozen chopped spinach
1 cup red wine (optional)
1 (28 ounce) can tomato sauce (or large jar sugar free sauce if you can find it)
1 (15 ounce) can diced tomatoes (for less sugar, 3 chopped roma tomatoes)
2 cups low-fat ricotta cheese
2 eggs
3 green onions, chopped
3 cups shredded lowfat mozzarella cheese
1/2 cup parmesan cheese

Preheat oven to 425 degrees.

Spray cookie sheet, arrange eggplant slices and season with salt and pepper. Cook slices 5 minutes on each side. Remove from oven. Lower oven temp to 375.

Brown meat, onion and garlic in olive oil for 5 minutes. Add red pepper and mushrooms, and cook 5 minutes. Add spinach, tomatoes, spices and wine and simmer for 5-10 minutes. Blend ricotta, egg and onion mixture.

Spread 1/3 of meat sauce in bottom of 9" x 13" glass pan. Layer 1/2 eggplant slices, 1/2 ricotta, 1/3 mozzarella and parmesan. Repeat. Add last layer of sauce, then mozzarella and parmesan on top.

Cover with foil and bake at 375 degrees for 1 hour. Remove foil and bake or broil another 5-10 minutes until

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.



cheese is browned. Let it rest 10 minutes before slicing, if you can wait that long!

Watermelon Rind Pickles

www.watermelon.org

8 cups water
2 tablespoons coarse salt
5 cups peeled watermelon rind (leave a thin layer of pink), cut into 1/2 X 2 inch pieces
1 1/2 cups granulated sugar
1 cup cider vinegar
1 teaspoon colored peppercorns
8 pieces whole cloves
1/2 teaspoon pickling spice
2 pieces long slices fresh gingerroot

In large pot, bring water and salt to boil over medium high heat. Add rind pieces and boil until tender, about 5 minutes. Strain. Transfer rinds to a large metal bowl.

In saucepan, combine sugar, cider vinegar, peppercorns, cloves, pickling spice and gingerroot. Bring to a boil over medium high heat, stirring until sugar dissolves. Simmer for 15 minutes, until slightly reduced. Pour over watermelon rinds in bowl. Place plate over top to keep rinds submerged in liquid. Cover and refrigerate for one day. Transfer to a glass jar and keep sealed in the refrigerator for up to 2 weeks.

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