

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

September 1, 2011 CSA Newsletter

For our 13TH week of the season, you will find the following in your share boxes:

Radishes, Green Onions, Yellow Summer Squash, Yellow Zucchini, Cusa, Tomatoes, Green Beans, Bicolor Sweet Corn, Green Leaf Lettuce, Purple Beans, Red Seedless Watermelon, Patty Pan Squash, Asian Eggplant, Red Potatoes, Howell Melon, Slicing Cucumbers and White Potatoes
NEW: Green Bell Peppers, Jalapeno Peppers and Pink Grape Tomatoes

NEW: Grape Tomatoes were originally developed in Southeast Asia as an alternative to cherry tomatoes; they have a thicker skin, lower water content and an intense sweetness. The seeds were first imported into the US in 1996 from Taiwan. They come in a variety of colors, including yellow, pink, red and black.

Store unwashed and at room temperature. Do not store in plastic. Use within 4 to 5 days.

Canning: possible, check online -- Freezing: yes -- Drying: yes

Usage: in salads, by themselves, with mozzarella, olive oil and basil

NEW: Bell Peppers have been under cultivation for over 9000 years, originating in Central and South America. Green peppers are almost always an immature red, yellow or orange pepper. Colored peppers have a much sweeter flavor than green peppers. Paprika can be prepared from red bell peppers.

Store unwashed peppers, wrapped in damp paper towels in your refrigerator and use within 7 to 10 days.

Dry: yes -- Freeze: yes -- Canned: yes

Usage: raw, in sauces, salads, stuffed, with dip

NEW: Jalapeno peppers are a small chili peppers that was originally domesticated in Mexico. They can range from mild to hot, with the majority of the heat in the seeds and ribs.

Store unwashed peppers, wrapped in damp paper towels in your refrigerator and use within 7 to 10 days.

Dry: yes -- Freeze: yes -- Canned: yes

Usage: raw, in sauces, salads, stuffed, with dip

NOTE ON PEPPERS: if you find that you aren't going

to use some of your peppers in the near future, simply wash, take out the stem and seeds, cut into strips or quarter, put in a plastic bag and freeze. You won't be able to add them to a veggie plate, but they will work perfectly for cooking. Simply remove the needed amount, slice or dice while about half frozen and add to your recipe.

Tomato Salsa Recipe

www.WasabiBratwurst.com

1½ pounds firm ripe tomatoes, diced
1 jalapeño chile, white ribs and seeds removed, flesh minced
2 serrano chiles, white ribs and seeds removed, flesh minced
½ cup minced red onion
One small garlic, minced
¼ cup chopped fresh cilantro leaves and stems
½ teaspoon kosher salt
⅛ teaspoon cumin powder (optional)
fresh ground pepper, to taste
lime juice, to taste
sugar (optional)

1. Place tomatoes in a colander over the sink (or bowl) and let drain for 20~30 minutes.

2. Discard the juice and transfer tomato to the bowl. Add the rest of the ingredients and stir to combine. For more heat, include both the ribs and seed of the chilies.

3. This is where I add the cumin. Adjust the flavor with lime juice, salt and pepper. Measurement of the lime juice will depend on your preference and also the ripeness of both the tomato and lime. If the tomato is too acidic, add a little sprinkle of sugar to balance things out.

4. The fresh salsa should be covered, and placed in refrigerator for 30 minutes. Doing this will allow the ingredients to marry, creating a more intense and well-incorporated flavor. Serve with chips & guacamole, atop of your favorite grilled fish, burrito, beef tacos or anything for that matter; the possibilities are endless.

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

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Roasted Green Bell Pepper and Roasted Tomato Breakfast Casserole with Feta and Oregano

www.kalynskitchen.com

1 green bell pepper, seeds removed and cut into thin strips
olive oil, for brushing baking pan (or use nonstick spray)
1/2 tsp. dried oregano (optional, but good)
1 cup cherry or grape tomatoes, sliced in half
3/4 cup crumbled Feta cheese
10 eggs
1 tsp. Spike Seasoning
salt and fresh ground black pepper for seasoning eggs

Preheat oven to 375F/190C. Brush baking dish with olive oil, including the sides, or spray with nonstick spray.

Cut out seeds from green pepper, then cut into short thin slices. Put green pepper into baking dish, sprinkle dried oregano over, and roast for 10 minutes. While green pepper roasts, cut cherry tomatoes in half. Break eggs into a bowl and beat until egg yolks and whites are well combined. Season eggs with Spike Seasoning, salt, and fresh ground black pepper. After peppers roast for 10 minutes, add cut cherry tomatoes and stir to combine. Put dish back in oven and roast 15 minutes more, or until tomatoes start to look slightly shriveled. Sprinkle Feta cheese over roasted peppers and tomatoes, then pour beaten eggs over. (I used a fork to stir slightly so the roasted peppers and tomatoes were evenly distributed in the eggs.) Return pan to oven and cook for 25-28 minutes, or until the top is lightly browned and eggs are set. (It will puff up a bit when it cooks, but after it cools for a few minutes the casserole will settle.) Serve hot. This is good served with a dollop of low-fat sour cream or plain yogurt.

Baked Zucchini Chips

Kris Rizzo

2 medium zucchini, cut into 1/4-inch slices
1/2 cup seasoned dry bread crumbs
1/8 teaspoon ground black pepper
3 tablespoons grated Parmesan cheese (other favorite hard cheese)

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.



Onion and/or garlic powder to taste
salt to taste
2 eggs

Preheat the oven to 475 degrees

In one small bowl, stir together the bread crumbs, pepper, salt, onion and garlic powder and cheese. Place the eggs in a separate bowl. Dip zucchini slices into the eggs, then coat the bread crumb mixture. Place on a greased baking sheet.

Bake for 5 to 8 minutes in the preheated oven (until golden brown), then turn over and bake for another 5 to 10 minutes, until browned and crispy.

Corn Fritters

S. Brewer

2 cups flour
1 tablespoon baking powder
1.5 teaspoons salt
2 tablespoons sugar
4 eggs yolks
2 tablespoons melted butter
4 beaten eggs whites
2 cups corn

Mix dry ingredients. Beat egg yolks, add yolks and milk to dry ingredients. Blend in butter. Add egg whites and corn. Cook on medium high until golden brown (like pancakes).

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