

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

September 10 & 11, 2011 CSA Newsletter

For our 14th week of the season, you will find the following in your share boxes:

Radishes, Yellow Summer Squash, Yellow Zucchini, Cusa, Tomatoes, Bicolor Sweet Corn, Green Leaf Lettuce, Red Potatoes, Howell Melon, Pickling Cucumbers, White Potatoes, Patty Pan Squash, Green Beans, Asian Eggplant and Sweet Banana Peppers
NEW: Yellow Onions and Green Bell Peppers

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: Yellow Onions. Onions have been cultivated for over 5000 years. Originally from Asia and the Middle East, the Egyptians used them as currency to pay the workers who built the pyramids and placed them in the tombs of their kings. Columbus brought them to the West Indies and their cultivation spread throughout the Americas.

To Store: store in baskets or paper - refrigerate after cutting

Freezing: Yes. Chop/slice, place on cookie sheet, put in freezer. When frozen, place in plastic bag and store in freezer. Good for up to 6 months.

Drying: one method - chop, put on a cookie sheet, put in oven at 180 degrees, leave until dry. Note: this will take hours. Cool, place in sealed container.

Eating: raw, cooked in almost anything you'd like.

Eggplant Marinara Flatbread

www.eipicurius.com | Bon Appétit | October 2010

4 tablespoons (about) olive oil, divided
6 1/3- to 1/2-inch-thick eggplant rounds (3 to 4 inches in diameter; from 1 large)
1 loaf ciabatta or pain rustique, cut horizontally in half, trimmed to 9-inch length
1 1/4 cups purchased fresh marinara sauce
2 ounces soft fresh goat cheese

1/3 cup chopped fresh basil plus 6 whole leaves (for garnish)
1 cup coarsely grated mozzarella cheese (about 4 ounces)

Preheat oven to 400°F. Heat 2 tablespoons oil in large skillet over medium-high heat. Sprinkle eggplant with salt and pepper. Place in skillet. Cover. Cook until tender, turning, 10 minutes. Transfer to plate. Brush cut side of bottom half of bread with rest of oil. Cook in skillet, cut side down, until golden, 1 minute. Place bread, cut side up, on baking sheet. Spread with 3/4 cup sauce. Crumble goat cheese over; sprinkle with chopped basil. Top with eggplant. Mound mozzarella on eggplant; spoon remaining sauce over. Bake bread until topping is hot and crust is crisp, about 12 minutes. Cut into 6 pieces. Garnish with basil leaves

Honey Glazed Roasted Vegetables

www.eggplantrecipes.net

1/4 cup Honey
1/4 cup Olive Oil
3 tablespoons Balsamic Vinegar
1 Garlic Clove, peeled and crushed
Salt, Pepper, and Dried Thyme, to taste
4-6 cups mixed halved Red Potatoes, sliced Zucchini, thickly sliced Onions, Red Peppers, Carrots, Sweet Potatoes, sliced Eggplant

Preheat oven to 400 F. Combine honey, olive oil, balsamic vinegar, crushed garlic, salt, pepper, and thyme in small bowl. Mix well. Arrange red potatoes, zucchini, onions, red peppers, carrots, sweet potatoes, and eggplant in roasting pan. Brush honey mixture over vegetables. Bake 30 minutes. Stir occasionally

Vanilla-Melon Smoothies

Celia Barbour | Oprah.com | O July 2007

1 cantaloupe or honeydew , peeled, seeded, cut into chunks and chilled
1 whole banana , peeled
1/2 cup vanilla yogurt

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1/2 teaspoon vanilla extract

In a blender, combine melon, banana, yogurt and vanilla extract. Blend until smooth. (This may need to be done in batches.) Pour melon mixture into glasses. Serve immediately.

Zenith Green Bean Salad makeeverydayraw.blogspot.com

1 pound of Green beans washed and cut
1/4 cup sesame oil
2 Tablespoons of Tamari or Bragg's Liquid Aminos
1/4 Teaspoon of Chili Flakes
1 Teaspoon of Liquid Sweetner (agave, maple syrup, etc.)
1 Teaspoon of Sesame Seeds

Essentially you are making a sesame soy vinaigrette and tossing the washed and cut green beans in it. Let this mixture sit and marinate for a few hours in the fridge the extra time it takes to sit is worth it.

Fresh Corn Taco John Mitzewich | americanfood.about.com

2 ears fresh sweet corn, husk and silk removed
2 tbsp vegetable oil
8 oz chopped cooked pork, chicken, or beef (leftover barbe
cue is perfect!)
1/2 lime, juiced
1/2 cup prepared salsa
1/4 tsp ground chipotle pepper
salt and fresh ground black pepper to taste
1/3 cup chopped fresh cilantro leaves
6 flour or corn tortillas

Over a large bowl, carefully shave the corn kernels off the cob. Add the oil to a large skillet, and heat over med-high flame until hot. Add the corn and chopped meat. Cook for about 3 minutes - just time enough to heat the meat and slightly caramelize the corn. Add the lime juice, salsa, chipotle, and, salt and fresh ground

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.



black pepper. Cook for 2 minutes. Turn off the heat, and stir in the cilantro. Transfer into a bowl, and wipe out the pan with a paper towel. If desired, warm the tortillas in the pan for a minute per side, and serve filled with the corn mixture.

Spicy Tomato Jam Diana Rattray | southernfood.about.com

3 pounds tomatoes, peeled, cored, coarsely chopped*
3/4 teaspoon ground cinnamon
1/4 teaspoon ground allspice
1/2 teaspoon ground ginger
1/2 teaspoon ground cumin
3/4 cup granulated sugar
1 teaspoon dried red pepper flakes, more or less, as desired for heat
3 tablespoons lemon juice

Drop the tomatoes in boiling water and boil for 2 to 3 minutes, or until skin begins to split, then drop in ice water and let cool slightly. Skin should be easy to remove. Combine the tomatoes, spices, sugar, pepper flakes, and lemon juice in a saucepan. Bring to a simmer over medium heat and reduce heat to low. Cook, uncovered, until very thick, about 1 1/2 hours. Stir occasionally to check for thickening and to prevent scorching. Makes about 2 to 2 1/2 cups.

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