

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

September 16, 2011 CSA Newsletter

For our 15th week of the season, you will find the following in your share boxes:

Radishes, Tomatoes, Bicolor Sweet Corn, White Potatoes, Yellow Onions, Yellow Beans, Green Leaf Lettuce, Red Potatoes, Howell Melon, Green Beans and Italian Eggplant
NEW: Acorn Squash and Red Italian Roasting Peppers

NEW: Acorn Squash is one of the varieties of winter squashes, which are high in vitamin A and contain significant amounts of Omega 3. They are members of the Curcubitaceae family, which also includes watermelon, muskmelon and cucumbers. There are many different winter squashes including acorn, buttercup, butternut, delicata, spaghetti, hubbard and pumpkins. Winter squashes originated in the area between Guatemala and Mexico and have been under cultivation for over 10,000 years, although originally they were cultivated for their seeds (the seeds of all winter squashes can be dried and eaten - ie: pumpkin seeds).

Store in a cool, dry and darkened location. Winter squashes can be stored for several weeks. If cut, cover with plastic, store in the refrigerator and use within 1 to 2 days.

Dry: yes (seeds) -- Freeze: yes -- Caned: yes (but must be pressure cooked)

Usage: baked, boiled, roasted

NEW: Red Italian Roasting Peppers. Please refer back to previous newsletters or our website for information on peppers - all pepper varieties originated in S. America.

Acorn Squash Butter

Kris L | allrecipes.com

3 acorn squash, halved and seeded
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1 teaspoon ground ginger
1/2 teaspoon ground cloves
2 1/4 cups brown sugar
1 (12 fluid ounce) can frozen apple juice concentrate, thawed

Preheat an oven to 400 degrees F (200 degrees C). Fill two 9x13-inch baking dishes with 1-inch of water each. Place three acorn squash halves cut-side-down into each baking dish. Bake in the preheated oven until the squash is very tender and the skin begins to separate from the meat, about 1 hour. Remove, discard the water, and set aside until cool enough to handle. Scoop the acorn

squash flesh from the skins and into a blender. Add the cinnamon, nutmeg, ginger, and cloves. Puree until thick and smooth. Scrape the squash into a heavy-bottom pot, and stir in the brown sugar and apple juice concentrate. Cook and stir over medium-low heat until thickened, 40 to 45 minutes. Cool completely before packing into freezer-safe containers. Store in the freezer up to 6 months.

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

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 Sweetener (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.

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

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

September 16, 2011 CSA Newsletter

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
barbecue 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 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
approx 1 teaspoon dried red pepper flakes, (to taste)
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.

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.



Zucchini Dill Pickles

www.gardenguides.com

2 lbs small zucchini (white, green, yellow)
2 med onions
1/4 cup Kosher or Pickling salt
Ice water
2 cups cider vinegar
2 cups water
1 tablespoon sugar
1 tablespoon mustard seed
4 dill heads or 1/4 cup dill seed
4 garlic cloves, sliced thin
1 bundles dill leaves or 4 teaspoons dill weed

Trim the ends from the zucchini and slice about 3/8" thick. Slice the onions about 1/4" thick (so you have onion rings).. Layer in a bowl with salt (zucchini/onions/salt, repeat) and cover with ice water, cover with plate to weight and let sit for 2 hours, then drain. Mix the vinegar, sugar, water and mustard in large pan. Bring to a boil, then simmer for 5 minutes. Remove pan from heat, add the dill heads, zucchini and onions. Cover and let sit for 2 hours, stirring occasionally. Fill a canning kettle with water and bring to a boil. Sterilize 4 pint jars and scald 4 lids and rings. Bring the zucchini mixture back to a boil and stir in the garlic and dill leaves. Ladle into hot sterilized jars, cover with lids and rings. Process in hot water bath for 10 minutes. Store for 1 week at room temperature before using. If any jars don't seal, store in the refrigerator and use within 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