

# J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

## September 17 & 18, 2011 CSA Newsletter

For our 15<sup>th</sup> 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 Bell Peppers, Green Beans and Asian Eggplant*  
**NEW: Acorn Squash**

**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

### **Acorn Squash Butter**

Kris L | [allrecipes.com](http://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.

### **Dilly Beans**

RIIHI | [www.allrecipes.com](http://www.allrecipes.com)

6 cups water  
1 cup pickling salt  
6 cups distilled white vinegar  
8 heads fresh dill weed  
1/2 cup pickling spice  
1/2 cup mustard seed  
8 dried red chile peppers  
16 cloves garlic, peeled  
1 teaspoon alum  
5 pounds fresh green beans, rinsed and trimmed

Sterilize 8 (1 pint) jars in boiling water for at least 5 minutes.

Combine the water, pickling salt and vinegar in a large pot, and bring to a boil. When it begins to boil, reduce heat to low, and keep at a simmer while you pack the jars.

In each jar place the following: 1 head of dill, 1 tablespoon of pickling spice, 1 tablespoon of mustard seed, 1 dried chile pepper, 2 cloves of garlic, and 1/8 teaspoon of alum. Pack beans into the spiced jars in a standing position.

Ladle the hot brine into jars, leaving 1/2 inch of space at the top. Screw the lids onto the jars, and process in a hot water bath for 6 minutes to seal. Store for at least 2 weeks before eating.

### **Watermelon, Black Bean and Corn Salsa**

[www.watermelon.org](http://www.watermelon.org)

2 cans corn kernels, drained and rinsed or 2 cups fresh  
2 cans black beans, drained and rinsed  
1 piece purple onion, chopped  
2 pieces jalapeno peppers, seeded and chopped

**Check out our Facebook page and our website at [www.jttodfarms.com](http://www.jttodfarms.com)**

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2 cloves garlic, minced  
1/4 cup chopped cilantro  
1 tablespoon ground cumin  
2 teaspoons mild chili powder  
2 pieces juice from 2 fresh limes  
1/4 cup olive oil  
1 dash salt to taste  
3 cups chopped seedless watermelon

If using fresh corn, boil on the cob for 5 minutes then put in an ice bath until cool to the touch. Cut the kernels off the cob.

Mix together all ingredients except watermelon until well combined. Gently fold in watermelon. Chill.

### *Bell Pepper Soup*

[www.theveggietable.com](http://www.theveggietable.com)

1/4 c olive oil  
1 small onion, chopped  
4 large bell peppers (any color\*), seeded and diced  
1 medium potato, diced  
1/2-1 t salt  
1 t red pepper flakes  
1 1/2-2 c vegetable stock

Heat the olive oil in the large saucepan. Add the onion and sauté for 3-4 minutes.

Add remaining ingredients except the stock. Cover, reduce heat, and sauté, stirring occasionally, until the peppers are tender, about an hour.

Pour half of the soup into the blender and purée, followed by the other half. Meanwhile, put the stock in the small saucepan and bring to a simmer. Optional: if you want a smoother soup, you can sieve it at this point.

Return the soup to the saucepan, stir in the stock (use more for a thinner soup), taste, and season.

Serve hot or cold, with any of these toppings: crème fraîche, sour cream, plain yogurt, chives, dill, scallions

### *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.*



### *Apple-Filled Acorn Squash Rings with Curry Butter*

Bon Appétit | November 2001

6 tablespoons (3/4 stick) butter  
1 large onion, chopped  
1 1/2 tablespoons curry powder  
2 Granny Smith apples, peeled, cored, diced  
2/3 cup apple juice  
1/2 cup dried currants  
8 1-inch-thick unpeeled acorn squash rings

Melt 1 tablespoon butter in heavy large skillet over medium heat. Add onion and sauté until tender, about 12 minutes. Add 1 tablespoon curry powder; stir 1 minute. Add apples, apple juice, and currants. Sauté until liquid evaporates, about 6 minutes. Season filling to taste with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate.)

Preheat oven to 350°F. Melt 5 tablespoons butter in small skillet over medium heat. Add 1/2 tablespoon curry powder; stir until fragrant, about 1 minute. Transfer curry butter to bowl. Brush 2 large rimmed baking sheets with some curry butter. Arrange squash in single layer on sheets. Sprinkle with salt and pepper. Scoop filling into center of rings. Drizzle remaining curry butter over squash and filling (mostly on squash). Cover with foil. Bake squash rings until squash is tender when pierced with skewer, about 40 minutes. Using spatula, transfer squash rings with filling to plates.

**For more information and recipes, check out these websites:**

University of Illinois Extension: [urbanext.illinois.edu/veggies/directory.cfm](http://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](http://www.npr.org/2011/06/08/137034621/oh-the-things-you-can-do-with-a-farm-share-box?sc=fb&cc=fp)