

# J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

## September 22, 2011 CSA Newsletter

For our 16<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 Seedless Watermelon, Howell Melon, Green Beans, Acorn Squash and Italian Eggplant*  
**NEW: Red Pimento Peppers**

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

***Roasting sweet and hot peppers at home is remarkably easy.***

**Roasting Peppers:** Roasting sweet and hot peppers at home is remarkably easy. Liven up Mexican dishes, sandwiches, antipasto platters, and salads with sweet, freshly roasted peppers.

1. Preheat your oven's broiler.
2. Use two teaspoons of vegetable oil for each pepper. Avoid extra-virgin olive oil as its smoke point is low and will burn when broiled. Coat each pepper evenly with oil. A pastry brush is useful, but fingers will work in a pinch. Make sure to coat inside the folds of each pepper.
3. Arrange the peppers on a baking sheet and place the baking sheet on the highest rack in your oven.
4. Keep a watchful eye on the peppers. When dark splotches begin to appear on the peppers, remove the baking sheet from the oven.
5. The peppers will be very hot. Using tongs, carefully turn each pepper over. Once all of the peppers are turned, return the sheet to the oven.
6. When the tops of the peppers begin to darken again, remove them from the oven and place them into a large bowl. Cover the bowl with plastic wrap, making sure that it is sealed air-tight all the way around. The steam from the trapped hot peppers will loosen the skins.
7. Once the peppers are cool enough to handle (probably about 15 to 20 minutes), pull the stems out of each pepper.
8. Hold one end of the pepper down on a flat surface and gently peel the skin off of each pepper. The skin should slide off fairly easily.
9. Lift each pepper up and hold it with one hand, while using your other hand to squeeze down the pepper's

length. The bulk of the seeds and pulp should drop out the bottom.

10. With the backside of the knife, slit open the side of each pepper and spread them out (ribbed side up). With the dull side of your knife, scrape off any of the ribs or membrane that remains in the pepper.

### ***Roasted Red Pepper Cream Sauce***

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

- 2 large colored sweet peppers (bell, Italian Roaster, etc)
- 2 tablespoons minced garlic
- 1/4 cup fresh basil
- 3 tablespoons extra virgin olive oil
- 2 cups half-and-half
- 1/4 cup grated Romano cheese
- 4 tablespoons butter
- salt and pepper to taste

Preheat broiler. Lightly coat the red peppers with olive oil. Grill peppers under the broiler until the skin is blackened, and the flesh has softened slightly. Place peppers in a paper bag or resealable plastic bag to cool for approximately 45 minutes. Remove the seeds and skin from the peppers (the skin should come off the peppers easily now). Cut peppers into small pieces.

In a skillet, cook and stir the garlic, basil, and red peppers in 3 tablespoons olive oil over medium heat. Cook for 10 minutes, so that the flavors mix. Place mixture in blender (careful it is hot), and puree to desired consistency. Return puree to skillet, and reheat to a boil. Stir in the half-and-half and the Romano cheese; cook and stir until the cheese melts. Add the butter, and stir until melted. Season with salt and pepper to taste. Simmer for 5 minutes.

### ***Three-Cheese Baked Eggs with Roasted Peppers***

Gourmet | November 2001

- 3 medium colored sweet peppers (bell, Italian roasters, etc)
- 1/4 cup plus 2 tablespoons all-purpose flour

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

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1 teaspoon salt  
3/4 teaspoon baking powder  
9 large eggs  
3 tablespoons unsalted butter, melted  
1 1/2 cups coarsely grated extra-sharp Cheddar (6 oz)  
1 cup whole-milk ricotta (8 oz)  
1 cup grated Parmigiano-Reggiano (2 oz)  
3 scallions, finely chopped (1/2 cup)  
Garnish: thin slivers of scallion greens

Roast peppers on racks of gas burners over high heat, turning with tongs, until skins are blackened, 10 to 12 minutes. (Or broil peppers on a broiler pan about 5 inches from heat, turning occasionally, about 15 minutes.) Transfer to a bowl and cover tightly with plastic wrap, then let stand 20 minutes. When cool enough to handle, peel peppers, discarding stems and seeds, and cut into 1/3-inch dice.

Preheat oven to 350°F.

Sift together flour, salt, and baking powder into a small bowl. Beat eggs in a large bowl with an electric mixer at medium-high speed until doubled in volume, about 3 minutes. Add butter, flour mixture, and cheeses and mix well at low speed, then stir in peppers and scallions.

Pour into a buttered 10-inch (6-cup) glass pie plate and bake in middle of oven (or lower third of oven if baking with bacon) until top is golden brown and a tester comes out clean, 30 to 35 minutes. Let stand 5 minutes before serving.

### *Roasted Peppers, Onion, and Eggplant* Gourmet | March 2000

3 large colored sweet peppers (bell, Italian roaster, etc)  
3 small Italian eggplants (1 lb total), halved lengthwise  
2 1/2 tablespoons extra-virgin olive oil  
1 large sweet onion, halved through root end and cut into 1/2-inch wedges  
Sea salt

Preheat oven to 400°F. Place whole peppers in one third of an oiled, large 1-inch-deep baking pan. Brush cut sides

### *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.*



of eggplants with 1/2 tablespoon oil and arrange next to peppers in pan. Toss onion with 1 tablespoon oil and spread in remaining third of pan.

Roast vegetables, turning peppers occasionally, until skins of peppers blister on all sides, about 40 minutes. Transfer peppers to a bowl, cover, and let steam 10 minutes. Continue roasting eggplants and onion until tender and browned, 20 to 30 minutes more, and keep warm, covered.

Peel peppers and cut into 1/2-inch-thick strips, discarding stems and seeds. Season vegetables with sea salt and pepper. Serve eggplants topped with peppers and onion. Drizzle with remaining oil and season with sea salt.

### *Watermelon Mignonette Sauce* [www.watermelon.org](http://www.watermelon.org)

1 tablespoon coarsely ground black peppercorns  
1/4 cup aged balsamic vinegar  
1 cup watermelon puree  
2 tablespoons finely chopped shallots  
1 dash salt to taste

Combine all ingredients and chill. Serve with chilled oysters or clams on the half shell.

This elegant mignonette sauce is a great pairing with oysters or clams, but is also wonderful over grilled salmon or shrimp.

**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)