

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

September 29, 2011 CSA Newsletter

For our 17th week of the season, you will find the following in your share boxes:

White Potatoes, Yellow Onions, Italian Eggplant, Green Leaf Lettuce, Howell Melon, Red Seedless Watermelon, Red Pimento Peppers, Jalapeno Peppers, Green Beans and Swiss Chard
NEW: Honey Dew Melon, Blue Kabosha Squash, Buttercup Squash, Tomatillo Tomatoes and Pink Cherry Tomatoes

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Sweet and Spicy Roasted Kabosha Squash

Maki | www.justhungry.com

Maki: I hesitated to put this recipe up, because it's not the prettiest thing in the world. But it's so tasty, dead easy to make, and of this season - so, here it is. You do need to use kabocha-type squash for this ideally, though butternut should work too. You will need a dense, starchy and sweet squash. Don't use regular pumpkin, which is too watery and lacks sweetness.

1/2 small to medium sized kabocha squash
3 Tbs light brown, natural cane, or muscovado sugar, plus a bit more for sprinkling
1/2 tsp ground cayenne pepper or hot chili powder, more or less to taste
1/2 tsp ground cumin
1/4 tsp ground cinnamon
1/4 tsp ground nutmeg
1/4 tsp salt
1 Tbs soy sauce
Oil for drizzling - pumpkin seed oil is preferred, or use toasted sesame oil, argan oil, or walnut oil (see notes)

Preheat the oven to 200°C / 400°F. Line a baking sheet or two with silicon baking liner or parchment paper. De-seed and cut the squash into slices about 1/2 cm or 1/4 inch thick. (Use a sturdy knife for cutting squash or pumpkin, on a stable surface, and be careful!)

Combine all the dry ingredients. Toss the squash slices in this until coated thoroughly. Add the soy sauce and toss well again. Spread the slices in a singler layer on the baking sheet. Drizzle over them with the oil, and optionally sprinkle more sugar on them. Bake in the preheated oven for 15 minutes, then turn over, drizzle with more oil and sprinkle more sugar, and bake for an additional 10-15 minutes. Serve hot or at room temperature.

Notes: Toasted pumpkin seed oil (Kürbiskernöl) is a mainly Austrian speciality, though they make it here in Switzerland too. It's very nutty and dark, and is ter-

rific in dressings and marinades. Toasted sesame seed oil or walnut oil can be substituted, or even expensive argan oil. Instead of cinnamon, nutmeg and cumin, you can use a 'pumpkin pie seasoning' mix (or if you are in the Germanic parts of the world, a Lebkuchen mix would do too.)

Candied Kabocha Squash and Blue Cheese Pasta

Katerina | www.dailyunadventuresincooking.com

2 cups peeled kabocha squash cut into 1cm cubes
1 tablespoon oil
1 tablespoon honey
4 tablespoons butter
1/2 onion, finely diced
4 tablespoons flour
4 cups milk
1 bay leaf
1/2 cup blue cheese, crumbled
4 cups dry pasta of your choice, I used shells
green onions, finely sliced for garnish
chili oil, for garnish

To Candy the Squash (*): Steam the squash until just cooked through and put on a tea towel to dry and cool slightly. Once cooled for about 10 minutes, heat a large skillet to medium heat and add oil and then honey. Stir the honey with a wooden spoon to distribute and then add the squash tossing a few times. Allow the squash to crisp up on one side and then toss again. Remove from the heat and reserve.

To Make the Sauce: Melt butter in a medium sauce pan over medium low heat. Sweat the onions in the butter until nice and soft. Add the flour and stir to combine with a wooden spoon or whisk. Cook, over medium low heat, stirring regularly for 3 minutes. Whisk in milk 1/2 cup at a time. Add bay leaf and bring to a simmer, stirring regularly cook for 10 minutes. Stir in blue cheese in a few batches. Taste, and add a big grind of fresh pepper and add salt if necessary.

Bringing it all Together: Cook the pasta in salted boiling water until al dente. Fold the sauce into the pasta and then fold in the squash. Pour into a baking dish and bake at 375F until just browning on the top - about 15 minutes. Serve hot,

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topped with green onions, drizzled with chili oil and serve extra on the side.

(*) If you aren't feeling the fuss, just roast or steam the squash and toss it in. The texture and extra sweetness may be lost but it will still be delicious.

Roasted Cherry Tomatoes

Bon Appetit Magazine | Sakata Seeds

2 pounds cherry tomatoes, halved
1/4 olive oil
4 shallots, minced
2 teaspoons balsamic vinegar
1/4 teaspoon dried crushed red pepper
2 tablespoons chopped fresh marjoram

Preheat oven to 375.

Mix tomatoes, oil, shallots, vinegar and crushed red pepper in a baking dish. Roast uncovered until tomatoes are very tender and juicy, stirring occasionally, about 45 minutes. Stir in marjoram. Season with salt and pepper. Serve on toasted bread.

Tomatillo Chicken Stew Recipe

Elise | simplyrecipes.com

Tomatillo Sauce:

1 1/2 lbs tomatillos
1-2 jalapeño peppers, or 2-3 serrano peppers, chopped
1 clove garlic, chopped
1 teaspoon salt
2 Tbsp lime (or lemon) juice
Pinch of sugar

Stew:

2 lbs boneless, skinless chicken, cut into 1-inch cubes
Salt and pepper
Olive oil
2 yellow onions, chopped
2 cloves garlic, minced
1 teaspoon ground cumin
1 teaspoon ground coriander
1 1/2 cup chicken stock
2 cups tomatillo sauce

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.



1 teaspoon dry oregano or 1 tablespoon fresh, chopped
1/2 cup packed chopped cilantro

Make the tomatillo sauce. Remove the papery husks from the tomatillos and rinse well. Cut the tomatillos in half and place them cut-side down on an aluminum foil-lined roasting pan. Broil for 5-7 minutes until blackened in spots. Let cool enough to handle. Place the tomatillos, any juice they have released, chile peppers, garlic, salt, lime juice and sugar in a blender, and pulse until well blended. If you make ahead, refrigerate until needed.

Heat a couple tablespoons of olive oil in a large, thick-bottomed pot on medium high heat. Pat dry the cubed chicken with paper towels. Sprinkle salt and pepper over them. Brown both sides in skillet. Remove the chicken pieces from the pan and lower the heat to medium. There should be a nice layer of browned bits left in the pan.

Add the onions to the pan, and a tablespoon or two more olive oil if needed (likely). Add ground cumin and coriander. Cook a few minutes, stirring occasionally until onions are softened and the browned bits from the chicken have been picked up by the onions and are no longer sticking to the pan. Add the garlic and cook for 30 seconds more, until fragrant. Add the browned chicken, the tomatillo sauce, chicken stock, and oregano to the pan. Stir to combine. Bring to a boil and reduce to a simmer. Cook, partially covered, for 20 minutes until chicken is cooked through. Add the cilantro to the stew in the last minute or so of cooking.

Serve over white rice, accompanied with sour cream if desired. The stew will thicken as it cools.

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