

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

September 3 & 4, 2011 CSA Newsletter

For our 13TH week of the season, you will find the following in your share boxes:

Radishes, Green Onions, Yellow Summer Squash, Yellow Zucchini, Cusa, Tomatoes, Green Beans, Bicolor Sweet Corn, Green Leaf Lettuce, Purple Beans, Red Seedless Watermelon, Sweet Banana Peppers, Patty Pan Squash, Yellow Beans, Asian Eggplant, Slicing Cucumbers and White Potatoes
NEW: Howell Melons and Red Potatoes

New: Howell Melon is a variety of muskmelon that was developed in Howell, Michigan in the 1950s. The first Howell Melon Festival was in 1960 and the prize that the first Melon Queen won was a trip to Washington, DC and a visit to the White House to meet President Eisenhower. While most people in the US call melons such as the Howell Melons and Honeyrocks cantaloupe, they are actually muskmelons. Muskmelon has a webbed or netted rind while cantaloupes have a hard rind with deep grooves. The bulk of true cantaloupe is grown in Europe.

Storage: Refrigerate and use within 1 to 3 days. DO NOT LEAVE ON THE COUNTER!!!

Canning: No -- Freezing: No -- Drying: No

Uses: alone, in fruit salad, with ice cream (always a favorite at the Melon Festival).

New: Red Potatoes were domesticated over 6000 years ago in the Lake Titicaca area of Peru and Bolivia (in the High Andes) where they had over 200 varieties. They were taken to Europe in the 16th century by the Spanish. They are now considered to be the 4th most important food source in the world today (Wheat, corn and rice are the top 3).

Storage: NOT in the refrigerator and not in plastic. Store in a paper bag and will last 2 to 3 weeks at room temperature.

Canning: Yes (must be pressure cooked) -- Freeze: Blanch 3-5 minutes, ice water bath, drain, pack and freeze -- Dry: Yes

Uses: boiled, steamed, fried, grilled, soups, salads

Tomato Salsa Recipe
www.WasabiBratwurst.com

1½ pounds firm ripe tomatoes, diced
1 jalapeño chile, white ribs and seeds removed, flesh minced

2 serrano chiles, white ribs and seeds removed, flesh minced
½ cup minced red onion
One small garlic, minced
¼ cup chopped fresh cilantro leaves and stems
½ teaspoon kosher salt
⅛ teaspoon cumin powder (optional)
fresh ground pepper, to taste
lime juice, to taste
sugar (optional)

1. Place tomatoes in a colander over the sink (or bowl) and let drain for 20~30 minutes.

2. Discard the juice and transfer tomato to the bowl. Add the rest of the ingredients and stir to combine. For more heat, include both the ribs and seed of the chilies.

3. This is where I add the cumin. Adjust the flavor with lime juice, salt and pepper. Measurement of the lime juice will depend on your preference and also the ripeness of both the tomato and lime. If the tomato is too acidic, add a little sprinkle of sugar to balance things out.

4. The fresh salsa should be covered, and placed in refrigerator for 30 minutes. Doing this will allow the ingredients to marry, creating a more intense and well-incorporated flavor. Serve with chips & guacamole, atop of your favorite grilled fish, burrito, beef tacos or anything for that matter; the possibilities are endless.

Roasted Green Bell Pepper and Roasted Tomato Breakfast Casserole with Feta and Oregano

www.kalynskitchen.com

1 green bell pepper, seeds removed and cut into thin strips
olive oil, for brushing baking pan (or use nonstick spray)
1/2 tsp. dried oregano (optional, but good)
1 cup cherry or grape tomatoes, sliced in half
3/4 cup crumbled Feta cheese
10 eggs

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

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1 tsp. Spike Seasoning
salt and fresh ground black pepper for seasoning eggs

Preheat oven to 375F/190C. Brush baking dish with olive oil, including the sides, or spray with nonstick spray.

Cut out seeds from green pepper, then cut into short thin slices. Put green pepper into baking dish, sprinkle dried oregano over, and roast for 10 minutes. While green pepper roasts, cut cherry tomatoes in half. Break eggs into a bowl and beat until egg yolks and whites are well combined. Season eggs with Spike Seasoning, salt, and fresh ground black pepper. After peppers roast for 10 minutes, add cut cherry tomatoes and stir to combine. Put dish back in oven and roast 15 minutes more, or until tomatoes start to look slightly shriveled. Sprinkle Feta cheese over roasted peppers and tomatoes, then pour beaten eggs over. (I used a fork to stir slightly so the roasted peppers and tomatoes were evenly distributed in the eggs.) Return pan to oven and cook for 25-28 minutes, or until the top is lightly browned and eggs are set. (It will puff up a bit when it cooks, but after it cools for a few minutes the casserole will settle.) Serve hot. This is good served with a dollop of low-fat sour cream or plain yogurt.

Baby Red Potato Salad

www.skinnytaste.com

4 cups baby red potatoes, cut in small pieces
1/2 cup green bell pepper, finely diced
1/4 cup red onion, finely diced
3 scallions, diced
1 tsp dijon mustard
1 tbsp extra virgin olive oil
1 tbsp red wine vinegar
1 tbsp reduced fat mayonnaise
salt and fresh pepper

Boil potatoes in salted water until soft, approx 10 minutes. Drain and let cool.

While the potatoes are boiling, combine red onion, green pepper, mustard, olive oil, vinegar and mayonnaise and season with salt and pepper. Mix well and let the flavors marinate while the potatoes cook. Once the potatoes

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.



are done and cool, mix into the bowl and add scallions and additional salt and pepper to taste. Serve room temperature or refrigerate until ready to serve.

Cantaloupe/Muskmelon Sorbet

The Ultimate Ice Cream Book by Bruce Weinstein

1 small ripe cantaloupe or muskmelon
1/4 cup orange juice
3/4 cup superfine sugar
1/2 teaspoon salt

Remove the rind and seeds from the melon. Cut the flesh into 1/2-inch cubes. You should have about 2 heaping cups of fruit. Place the cut-up melon in a blender with the orange juice, sugar and salt. Blend until the melon is pureed and the sugar has dissolved, about 30 seconds. Cover and refrigerate until cold.

Stir the chilled mixture, then freeze in one or two batches in your ice cream machine according to the manufacturers instructions. When finished, the sorbet will be soft but ready to eat. For firmer sorbet, transfer to a freezer-safe container and freeze at least 2 hours.

Cantaloupe Strawberry Sorbet: Add 1 cup sliced strawberries and 2 tablespoons honey to the blender along with the cantaloupe. If necessary, puree fruit in two or three batches. Proceed with the recipe as directed.

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