

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

September 8, 2011 CSA Newsletter

For our 14TH week of the season, you will find the following in your share boxes:

Radishes, Yellow Summer Squash, Yellow Zucchini, Cusa, Tomatoes, Bicolor Sweet Corn, Green Leaf Lettuce, Red Seedless Watermelon, Red Potatoes, Howell Melon, Pickling Cucumbers, White Potatoes, Green Bell Peppers and Jalapeno Peppers.
NEW: Yellow Onions and Pink Italian Eggplant

New: Pink Italian Eggplant are native to India and Pakistan and were domesticated over 4,000 years ago. They were introduced to China approximately 500 BC and the Chinese hybridized many different shapes and colors. Were brought to Europe in the 9th to 12th centuries by the Moors. During the early middle ages, eggplant was thought to cause insanity. It was introduced to the US in 1806 by Thomas Jefferson.

Storage: Refrigerate and use within 4 to 5 days.

Canning: Yes -- Freezing: blanch 4 min, ice water bath, drain, pack and freeze -- Dry: Yes

Uses: grilling, frying, baking, stewing, dips

New: Yellow Onions. Onions have been cultivated for over 5000 years. Originally from Asia and the Middle East, the Egyptians used them as currency to pay the workers who built the pyramids and placed them in the tombs of their kings. Columbus brought them to the West Indies and their cultivation spread throughout the Americas.

To Store: store in baskets or paper - refrigerate after cutting

Freezing: Yes. Chop/slice, place on cookie sheet, put in freezer. When frozen, place in plastic bag and store in freezer. Good for up to 6 months.

Drying: one method - chop, put on a cookie sheet, put in oven at 180 degrees, leave until dry. Note: this will take hours. Cool, place in sealed container.

Eating: raw, cooked in almost anything you'd like.

Breakfast Lasagna
www.watermelon.org

4 cups corn flakes
2 cups minced watermelon
2 cups fresh blueberries or sliced strawberries
2 cups vanilla yogurt

Place 1/3 of the corn flakes in an even layer in the bottom of an 8 X 8 serving dish. Mix together the watermel-

on, blueberries and yogurt and spoon half of it over the corn flake layer evenly. Sprinkle another layer of the corn flakes over the yogurt and then layer the remaining yogurt over that. Sprinkle the remaining corn flakes evenly over the top.

Eggplant Marinara Flatbread

www.eipicurius.com | Bon Appétit | October 2010

4 tablespoons (about) olive oil, divided
6 1/3- to 1 1/2-inch-thick eggplant rounds (3 to 4 inches in diameter; from 1 large)
1 loaf ciabatta or pain rustique, cut horizontally in half, trimmed to 9-inch length
1 1/4 cups purchased fresh marinara sauce
2 ounces soft fresh goat cheese
1/3 cup chopped fresh basil plus 6 whole leaves (for garnish)
1 cup coarsely grated mozzarella cheese (about 4 ounces)

Preheat oven to 400°F. Heat 2 tablespoons oil in large skillet over medium-high heat. Sprinkle eggplant with salt and pepper. Place in skillet. Cover. Cook until tender, turning, 10 minutes. Transfer to plate. Brush cut side of bottom half of bread with rest of oil. Cook in skillet, cut side down, until golden, 1 minute. Place bread, cut side up, on baking sheet. Spread with 3/4 cup sauce. Crumble goat cheese over; sprinkle with chopped basil. Top with eggplant. Mound mozzarella on eggplant; spoon remaining sauce over. Bake bread until topping is hot and crust is crisp, about 12 minutes. Cut into 6 pieces. Garnish with basil leaves

Pear-Jalapeno Slaw

www.jalapenomadness.com

1 large pear
1 jalapeno pepper
2 tablespoons fresh cilantro, coarsely chopped
Salt to taste

Peel the pear and remove stem. Grate the pear through your slaw grater, but stop before you hit the core. Do all sides and set into a mixing bowl. Grate the jalapeno pepper all the way up to the stem and toss away the stem. Add to bowl. Add cilantro and salt to taste. Mix well.

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

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September 1, 2011 CSA Newsletter

Serve! We added ours over the tops of our turkey burgers, as you can see.

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.



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