

# J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

## August 17, 2014 CSA Newsletter

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This week's recipes contain:

*Red Grape Tomatoes, Radishes, Green Onions, Lettuce, Zucchini, Yellow Summer Squash, Cuza, Oriental Eggplant, Pickling Cukes, Cucumbers, Jalapeno, Green Curly Kale and Bi-Color Sweet Corn*

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### *Stuffed Grape Tomatoes* K. Gehringer

Grape Tomatoes  
Pieces of Mozzarella small enough to fit  
inside a grape tomato  
Basil or Spinach, chopped into small pieces  
Olive Oil  
Balsamic Vinegar

Have the same number of grape tomatoes and pieces of cheese. Cut the top off the grape tomatoes and use a melon baller to scoop out the seeds. Stuff with a piece of cheese and pieces of the basil or spinach. Set upright in a bowl and drizzle with olive oil and balsamic vinegar.

### *Vinaigrette Marinated Squash Noodles* J. Weismann | *The Slim Palate*

1/4 cup extra virgin olive oil  
1/4 cup white wine vinegar  
1/2 shallot, minced  
1 teaspoon Dijon mustard  
generous pinch of salt  
1 yellow squash  
1 zucchini  
1 tablespoon capers (optional)  
pepper to taste

In a small bowl, whisk the olive oil, vinegar, shallot, mustard and salt until well combined. Wight a vegetable spiral slicer or the julienne setting on a mandoline, make noodles out of the yellow squash and zucchini. In a large bowl, add the zucchini noodles, yellow squash noodles and capers, then pour the vinaigrette marinade over them and stir until thoroughly coated. Refrigerate for at least 2 hours and up to 24 hours. Before serving, mix some freshly ground pepper into the noodles.

### *Corn and Radish Salad* [www.marthastewart.com](http://www.marthastewart.com)

4 ears corn  
6 radishes, trimmed, halved, and thinly sliced  
1 jalapeno chile, finely chopped (ribs and seeds removed for less heat, if desired)  
2 tablespoons fresh lime juice

1 tablespoon olive oil  
Coarse salt

In a large pot of boiling salted water, cook corn until fragrant and tender, 8 to 12 minutes. Remove ears, and hold under cold water until completely cool. Working in a large bowl, slice kernels from cob (to yield about 2 cups). Toss with radishes, jalapeno chile, lime juice, and olive oil. Season generously with coarse salt. Serve chilled or at room temperature.

### *Oriental Eggplant with Spicy Garlic Sauce* [www.steamykitchen.com](http://www.steamykitchen.com)

2 tablespoons cooking oil, divided  
3 small eggplants cut into long strips  
2 cloves garlic, finely minced  
1 red chile pepper, finely diced  
1 tablespoon ginger, finely minced  
1 stalk green onion, chopped  
1 tablespoon soy sauce  
1 tablespoon black vinegar  
1/2 teaspoon sugar

In a wok or saucepan over high heat, add 1 tablespoon of the cooking oil and swirl to coat wok. When wok is hot, add eggplant in a single layer. Cook 1 minute and flip over each piece so they cook evenly. Cook another 2-3 minutes, flipping occasionally.

Push eggplant aside in wok and add 1 tablespoon cooking oil. Add garlic, red chile peppers, ginger and green onion. Stir these aromatics until they become fragrant. Combine aromatics with eggplant and stir fry for one minute. Add soy sauce, black vinegar and sugar and stir to combine all. Serve immediately.

### *Herby Cucumber Salad* [www.myrecipes.com](http://www.myrecipes.com)

1/4 cup plain low-fat yogurt  
2 tablespoons coarsely chopped fresh dill  
1 tablespoon coarsely chopped fresh parsley  
2 tablespoons fresh lemon juice  
1 tablespoon extra-virgin olive oil  
1 1/2 teaspoons coarsely chopped mint  
2 teaspoons Dijon mustard  
1/4 teaspoon sugar



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- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 garlic clove
- 5 1/2 cups thinly sliced cucumber (about 2 large)
- 2 1/2 cups thinly sliced red onion

Combine the first 11 ingredients in a food processor or a blender, and process until well blended. Combine the cucumber and onion in a large bowl. Drizzle with yogurt mixture, and toss to coat.

### ***Kale Apple Smoothie***

*[www.realsimple.com](http://www.realsimple.com)*

- 3/4 cup chopped kale, ribs and thick stems removed
- 1 small stalk celery, chopped
- 1/2 banana
- 1/2 cup apple juice
- 1/2 cup ice
- 1 tablespoon fresh lemon juice

Place the kale, celery, banana, apple juice, ice, and lemon juice in a blender. Blend until smooth and frothy.

### ***Spaghetti with Kale and Tomatoes***

*[www.realsimple.com](http://www.realsimple.com)*

- 6 ounces whole-grain spaghetti or your favorite spaghetti
- 2 tablespoons olive oil
- 1 medium red onion, thinly sliced
- 2 cloves garlic, chopped
- kosher salt and black pepper
- 1 bunch kale, thick stems removed and leaves torn into bite-size pieces (about 8 cups)
- 2 pints grape tomatoes, halved
- 1/3 cup chopped roasted almonds
- 1/4 cup grated pecorino (1 ounce), plus more for serving

Cook the pasta according to the package directions. Reserve 1/4 cup of the cooking water; drain the pasta and return it to the pot. Meanwhile, heat the oil in a large skillet over medium-high heat. Add the onion, garlic, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Cook, stirring occasionally, until beginning to brown, 4 to 5 minutes. Add the kale and cook, tossing frequently, until tender, 2 to 3 minutes. Add the tomatoes and cook, tossing frequently, until the tomatoes begin to soften, 1 to 2 minutes more. Add the kale mixture, almonds, pecorino, and reserved cooking water to the pasta and toss to combine. Serve with additional pecorino.

### ***Dilled White Bean & Grape Tomato Salad***

*[www.bonappetit.com](http://www.bonappetit.com)*

- 2 15-ounce cans cannellini (white kidney beans), rinsed, drained
- 2 1/2 cups halved grape tomatoes (about 12 ounces) or cherry tomatoes
- 2/3 cup diced red onion
- 1/4 cup chopped fresh dill
- 1/4 cup extra-virgin olive oil
- 3 tablespoons fresh lemon juice
- 1 tablespoon balsamic vinegar
- 2 garlic cloves, pressed

Toss all ingredients in large bowl. Season with salt and pepper. Let marinate at room temperature 1 hour. **DO AHEAD** Can be made 1 day ahead. Cover and chill. Bring salad to room temperature before serving.

### ***Corn-on-Corn Corn Bread***

*[www.midwestliving.com](http://www.midwestliving.com)*

- 2 ears of fresh corn or approx 1 cup kernels
- 1 cup all-purpose flour
- 1 cup yellow, blue or white cornmeal
- 1/4 c packed light brown sugar or 3 tb granulated sugar
- 1 tablespoon baking powder
- 1/2 teaspoon kosher salt or salt
- 1/4 teaspoon ground cumin or chili powder
- 1 cup buttermilk, sour milk\* or milk
- 2 eggs, lightly beaten
- 2 tablespoons butter or margarine, melted
- 2 tablespoons corn oil or vegetable oil
- 1 cup shredded aged white extra-sharp cheddar cheese, sharp cheddar or fontina cheese (4 ounces)

If husks have not been removed from corn, remove and discard. Use a vegetable brush to remove silks; rinse. Holding the ear at an angle, use a sharp knife to cut down across the tips of the kernels at two-thirds depth; do not scrape. Measure 1 cup fresh sweet corn kernels. Grease a 9x9x2-inch square or 9x1-1/2-inch round baking pan; set aside. In a medium bowl, stir together flour, cornmeal, brown sugar, cumin, baking powder, and salt; set aside. In a small bowl, whisk together the buttermilk, eggs, butter and corn oil. Add buttermilk mixture all at once to cornmeal mixture. Stir just until moistened (batter should be slightly lumpy). Stir in corn and cheese. Pour batter into prepared pan. Bake in a 400 degree f oven 20 to 25 minutes or until edges are golden brown and a wooden toothpick inserted near the center comes out clean. Cool slightly; serve warm.