

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

August 24, 2014 Newsletter

This week's recipes contain:

Bicolor Sweet Corn, Oriental Eggplant, Green Onions, Summer Squash, Zucchini, Cusa, Cucumbers, Lettuce, Green Curly Kale, Red Grape Tomatoes and Red Slicing Tomatoes

Golden Summer Squash and Corn Soup *Eating Well | July/August 2009*

- 1 tablespoon extra-virgin olive oil
- 1 medium shallot, chopped
- 2 medium summer squash, (about 1 pound), diced
- 3 teaspoons chopped fresh herbs, such as thyme or oregano, divided
- 1 14-ounce can reduced-sodium chicken broth, or vegetable broth
- 1/4 teaspoon salt
- 1 cup fresh corn kernels, (from 1 large ear; see Tip)
- 1 teaspoon lemon juice
- 1/4 cup crumbled feta cheese

Heat oil in a large saucepan over medium heat. Add shallot and cook, stirring, 1 minute. Add squash and 1 teaspoon herbs and cook, stirring occasionally, until the squash starts to soften, 3 to 5 minutes. Add broth and salt; bring to a boil. Reduce heat to a simmer and cook until the squash is soft and mostly translucent, about 5 minutes more. Transfer to a blender and puree until smooth. (Use caution when pureeing hot liquids.) Return the soup to the pan and stir in corn. Bring to a simmer over medium heat and cook, stirring occasionally, until the corn is tender, 3 to 5 minutes more. Remove from the heat; stir in lemon juice. Serve garnished with the remaining 2 teaspoons herbs and feta.

Zucchini Brownies *www.allrecipes.com*

- 1/2 cup vegetable oil
- 1 1/2 cups white sugar
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 1 1/2 teaspoons baking soda
- 1 teaspoon salt
- 2 cups shredded zucchini
- 1/2 cup chopped walnuts
- 6 tablespoons unsweetened cocoa powder
- 1/4 cup margarine
- 2 cups confectioners' sugar
- 1/4 cup milk
- 1/2 teaspoon vanilla extract

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch baking pan. In a large bowl, mix together the oil, sugar and 2 teaspoons vanilla until well blended. Combine the flour, 1/2 cup cocoa, baking soda and salt; stir into the sugar mixture. Fold in the zucchini and walnuts. Spread evenly into the prepared pan. Bake for 25 to 30 minutes in the preheated oven, until brownies spring back when gently touched. To make the frosting, melt together the 6 tablespoons of cocoa and margarine; set aside to cool. In a medium bowl, blend together the confectioners' sugar, milk and 1/2 teaspoon vanilla. Stir in the cocoa mixture. Spread over cooled brownies before cutting into squares.

Fresh Corn Pudding *www.allrecipes.com*

- 1/2 cup butter
- 2 eggs, beaten
- 2 teaspoons salt
- 2 tablespoons white sugar
- ground black pepper to taste
- 2 cups milk
- 3/4 cup all-purpose flour
- 2 cups fresh corn

Preheat oven to 350 degrees F (175 degrees C). Place butter in a 9x13 inch baking pan and set in oven to melt. In a medium bowl, whisk together eggs, salt, sugar, pepper, milk and flour. When mixture is smooth, stir in corn. Remove pan from oven when butter is melted. Pour butter into corn mixture and stir well. Pour corn mixture into baking pan. Bake in preheated oven for 1 hour or until set in center and golden brown on top.

Chinese Eggplant with Spicy Garlic Sauce *www.spicy-spatula.com*

- 2 Chinese Eggplant, cut into matchstick-like pieces (don't cut them any smaller than 1/2 inch or it won't hold its shape when it's cooked.)
- 1/2 tbsp minced garlic
- 1/2 tbsp minced ginger
- 1/2 tbsp finely chopped scallion
- 1/2 tbsp thin-sliced long green hot peppers
- 1 tbsp soy sauce
- 1 tbsp Chinese cooking wine



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1 tbsp black (Chinkiang) vinegar (brands like Lee Kum Kee or Koon Chun)
1 tsp Huy Fong's garlic chili sauce
1/2 tsp sugar

Optional but highly recommend:
2 tbsp Doubanjiang

Heat 2 tbsp of oil on medium-high heat, twirl the pan around a couple of times so the oil gets spread throughout the cooking surface. Cook the eggplant pieces in a single layer for 1 minute, then flip them over and cook for another minute. Make some room in the middle of the pan by pushing the eggplant to the sides. Then add 1 tbsp of oil in the middle, add the garlic, ginger, scallion, and hot peppers. Cook until fragrant, about 1 minute. Then stir the eggplant into the mix and let it cook for another 2-3 minutes until the eggplant starts to soften. Add the soy sauce, black vinegar, cooking wine, doubanjiang, and sugar. Stir to make sure the all the sauces are integrated. Serve immediately.

Kenyan Style Kale and Tomatoes *www.wholefoodsmarket.com*

2 teaspoons expeller-pressed canola oil
1 yellow onion, chopped
1 jalapeño, seeded and finely chopped (optional)
3 ripe but firm tomatoes, chopped
2 bunches kale or collard greens (about 1 pound to tal), ribs removed, leaves thinly sliced
2 tablespoons lemon juice
1/4 teaspoon fine sea salt
1/4 teaspoon ground black pepper

Heat oil in a large pot over medium heat. Add onion and jalapeño (if using) and cook, stirring often, until softened and golden brown, 7 to 8 minutes. Add tomatoes and cook until collapsed and juicy, about 10 minutes more. Add kale, 1/2 cup water, lemon juice, salt and pepper, toss once or twice, cover and simmer, stirring occasionally, until kale is tender, 10 to 15 minutes. Spoon into bowls and serve.

Castellan with Mascarpone and Roasted Grape Tomatoes *www.epicurious.com*

2 pints grape tomatoes or cherry tomatoes, halved lengthwise
1 lb castellane pasta or medium (regular) shells

1 1/4 cups mascarpone cheese (from a 1-lb container)
2 oz finely grated Parmigiano-Reggiano (1 cup)
1/4 cup minced fresh chives

Put oven rack in upper third of oven and preheat oven to 400°F. Line a large shallow baking pan with foil and butter foil. Arrange tomatoes, cut sides up, in pan and sprinkle with 1/2 teaspoon salt and 1/4 teaspoon black pepper. Roast until slightly plumped, 15 to 20 minutes. Cook pasta in a 6- to 8-quart pot of boiling salted water, stirring occasionally, until al dente, about 12 minutes. Reserve 1 1/2 cups pasta cooking water, then drain pasta well and transfer to a large bowl. Add mascarpone and stir until melted. Add reserved cooking water, tomatoes, half of parmesan, 3 tablespoons chives, 3/4 teaspoon salt, and 1/2 teaspoon black pepper and toss well, then cool to warm. Butter a 3-quart (13- by 9-inch) gratin or other shallow baking dish. Toss pasta mixture again, then spoon into gratin dish. Sprinkle remaining parmesan over top. Bake pasta until golden and bubbly, 18 to 20 minutes. Sprinkle with remaining tablespoon chives.

The Ultimate Garden Veggie Smoothie *www.all-smoothie-recipes.com*

1/2 cucumber, peeled
4 cherry tomatoes
1/2 zucchini, peeled
1/2 tbsp honey
1/2 mango, pitted
1/2 cup water, you can also use almond milk
Add ice if desired

Blend in your blender until smooth and enjoy!

Caprese Salad *(awesome with fresh tomatoes)*

Large slicing tomato
Fresh mozzarella
Basil
Extra Virgin olive oil
Balsamic Vinegar

Slice the tomatoes and then the fresh mozzarella (as many slices as the tomatoes). Lay them in a serving dish, alternating between tomatoes and cheese. Sprinkle with olive oil and vinegar. If using fresh basil, cut finely. Sprinkle over tomatoes and mozzarella. Cover and let set in refrigerator for at least 1 hour.