

# J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

## September 7, 2014 Newsletter

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This week's recipes contain:

*This week the newsletter is the Our Favorite Recipes since the Newsletter Editor will be on the road on Saturday, September 6.*

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### **Mom's Veggie Casserole** G. Todosciuk

1-2 Yellow Summer Squash, sliced  
1-2 Zucchini, sliced  
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1-2 Cusa, sliced  
2-3 Patty Pan Squash, sliced  
1 medium onion, sliced  
Oil of your choice or butter  
Salt and pepper to taste  
2 large tomatoes, sliced  
Cheese of your choice

Using a large, deep skillet or shallow casserole dish, set on medium low heat on burner and add oil. Begin layering using onion first, then squash in any order. Lightly salt and pepper every couple of layers. Finish with sliced tomatoes. Add just a splash of water, cover and cook for 10 to 15 minutes - squash and tomatoes should be tender and hot. Add cheese to top, cover and let cheese melt.

### **Parmesan Zucchini Fries** [www.swansonvitamins.com](http://www.swansonvitamins.com)

1 cup flour (any combination you prefer)  
3/4 cup bread crumbs (recipe calls for Panko style)  
1/4 Parmesan cheese, grated  
1/2 tsp garlic powder  
1/2 tablespoon Italian Spice blend  
2 egg whites, whisked  
1.5 pounds zucchini, cut into strips (sized like fries)

Preheat oven to 425 F. Mix the flour and garlic powder in a Ziploc baggie and add the zucchini strips, shake to coat.

Whisk the eggs in a bowl. In another bowl, mix the bread crumbs, cheese and Italian seasoning together. Remove the zucchini strips from the baggie, shaking off the excess flour. Dunk each strip individually in the egg and then roll in the bread crumb mixture. Place on a cookie sheet and put in the oven for 10 minutes. Flip them over and return to the oven for another 10 minutes.

Serve plain or with a favorite dipping sauce.

### **Roasted Cherry or Grape Tomatoes** gailanng | [www.food.com](http://www.food.com)

"You ain't tasted nothin' till you tasted roasted tomatoes in a balsamic glaze. Adapted from Better Homes and Garden. Note: Cut recipe in half and use disposable aluminum pie pan."

2 pints cherry or grape tomatoes, any color  
1 tablespoon extra virgin olive oil  
2 -4 garlic cloves, minced  
2 tablespoons balsamic vinegar  
2 -3 teaspoons brown sugar ( can sub granulated sugar and optional)  
1/2 teaspoon dried oregano ( or 1 teaspoon fresh oregano or can sub basil or even better, rosemary)  
In a 13x9x2 inch disposable foil pan combine tomatoes, oil, garlic, vinegar, sugar and oregano.

FOR CHARCOAL GRILL: Place foil pan directly over medium coals for 8 to 9 minutes or until tomatoes are wilted, stirring occasionally. Remove from grill.  
FOR GAS GRILL: Preheat grill. Reduce heat to medium. Place pan on grill rack. Cover and grill as above.  
OVEN METHOD: Preheat oven 450 degrees. Cook in oven for 10 to 12 minutes, stirring occasionally.

### **Eggplant Dip** EarlyToBed | [food52.com](http://food52.com)

Roasted eggplants  
Roasted garlic bulb  
1/4 cup toasted sesame seeds  
Olive oil  
Lemon juice  
Salt and pepper to taste

Roast eggplant and garlic over charcoal grill or wood fire. Let cool. Toast sesame seeds until just brown. Peel eggplant and garlic and place in bowl of food processor. In practice, the garlic often isn't peelable, and just needs to be squeezed out from the bulb. Cut off one end of the bulb, and squeeze out the roasted garlic like toothpaste.

Add the rest of the ingredients to food processor bowl and process. Very approximate: 1 table-spoon each of



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olive oil and lemon juice per cup of eggplant. Adjust lemon juice, salt & pepper to taste.

Serve with Sangak bread if you can. Crackers, chips, toasted pita all work well too.

### ***Open Face Cucumber Sandwiches***

*C. Ecarius*

1 loaf of thin rye bread (the tiny loaf usually found at the deli - or the bread of your choice)

1 to 2 cucumbers

Fresh dill

Real mayonnaise

Spread mayo on bread and sprinkle with dill. Slice cucumbers 1/4" thick diagonally. Lay one slice on the bread and sprinkle with more dill. Refrigerate for minimum of 1 hour to let flavors meld. Serve cold.

### ***Yellow Squash Relish***

*www.cooks.com*

8 c yellow squash, thinly sliced

2 c onions, thinly sliced

2 red bell pepper, thinly sliced

2 green bell pepper, thinly sliced (if you don't like green peppers, just add another color)

3 c sugar

2 c white vinegar

2 tsp mustard seed

2 tsp celery seed

Prepare vegetables and salt to taste. Let stand 2 hours and drain. In a large pot, combine sugar, vinegar and spices and bring to a boil. Add vegetables and bring to a boil. Boil for 5 minutes. Pour into hot jars and seal.

### ***Sweet Spiced Zucchini Pickles***

*eatdrinkandbemary.wordpress.com*

4 cups zucchini (and/or cuza), cut into 1" cubes

2 cups white vinegar

1 1/2 cups granulated sugar

2-4 cinnamon sticks

20-40 whole cloves

Wash the zucchini. Cut the ends off and remove the seeds, then cut the zucchini into 1" cubes. Soak the zucchini cubes in ice water for two to four hours.

About 45 minutes before ready to begin canning, set a

large pot of water on the stove to boil. See sterilization tips above. Bring the vinegar, sugar, cinnamon sticks and cloves to a boil and continue boiling for approximately 10 minutes. Place the zucchini in the hot jars, ladle the hot brine over the zucchini, make sure that a cinnamon stick gets into every jar, and immediately put the lid on.

When enough jars are lidded to begin the seal bath, place them in the large pot of boiling water. When the water begins to reboil, start timing. Boil the jars for 5-10 minutes (depending on jar size or whichever set of guidelines you decide to listen to). Remove the jars and set aside to cool. The pickles will be good to eat after about 1 week.

They have a taste and texture pretty similar to baked apples. My father's pronounced them the single best reason for planting zucchini.

### ***Scrambled Eggs with Fresh Corn, Goat Cheese, and Oven-Roasted Tomatoes***

*www.thekitchn.com*

2 thick slices of tomato (1/4 to 1/2 inch thick)

olive oil

salt and pepper

1 medium ear corn, with the husk still on

1/2 tablespoon unsalted butter

2 eggs, beaten

2 ounces goat cheese

Heat your oven's broiler on high. Drizzle the tomato slices with a bit of olive oil, coating both sides, and season with salt and pepper. Put them on a baking sheet and broil in the oven for 8 to 10 minutes, until beginning to caramelize on top. While the tomatoes are cooking, microwave the corn (in its husk) for 3 minutes on high. Remove from the microwave and let cool for a few minutes, then strip off the husk and cut the kernels from the cob.

Heat the butter in a nonstick frying pan over medium heat. Add the corn, season with salt and pepper, and cook for 1 minute. Add the eggs and scramble (this shouldn't take more than a minute, although if you like your eggs creamy, you may want to lower the heat and cook them more slowly). Turn off the heat and crumble in the goat cheese.

Use a spatula to transfer the tomato slices to a plate, then top with the eggs. Season with more salt and pepper to taste.