

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

September 12 - 15, 2013 CSA Newsletter

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

*Bicolor Sweet Corn, Celery, Oriental Eggplant, Green Onions, Lettuce, Escarole, Kale
Green Bell Peppers, Howell Melons (Cantaloupe), Tomatoes, Okra, Dill, Pickling Cucumbers
and Daikon Radish*

White Bean and Tuna Salad

www.huffingtonpost.com

(15-ounce) can cannellini beans, rinsed well and drained
2 (5-ounce) cans imported tuna in oil, drained and lightly flaked
2 celery ribs, thinly sliced plus 1/2 cup celery leaves from inner heart
1/2 cup very thinly sliced red onion
1 1/2 lemons
1/4 cup plus 2 tablespoons extra-virgin olive oil
Coarse sea salt
Mix of coarsely cracked black and white pepper
4 small radishes, very thinly sliced
1/2 small cucumber, very thinly sliced
1/2 cup whole flat-leaf parsley leaves

In a large bowl, combine beans, tuna, sliced celery and onion. Squeeze the juice of 1 lemon into bowl; add oil and toss to combine. Season to taste with salt and pepper, adding more lemon juice to taste, if desired. Add radishes and cucumber; toss to combine. Divide salad onto plates and garnish with celery and parsley leaves.

Herbed Sweet Corn and Tomato Salad

www.thekitchn.com

6 ears fresh sweet corn, shucked
4 medium tomatoes, as ripe as possible
1/4 cup (or small handful) fresh mint leaves
1/4 cup (or small handful) fresh mixed herbs — like Italian parsley, basil, rosemary, sage
1 tablespoon olive oil
Kosher salt and fresh black pepper, to taste
3 ounces soft goat cheese, chilled and crumbled

Bring a large pot of water to the boil over medium-high heat. Add the corn and boil for five minutes. Drain and let cool. Meanwhile, chop the tomatoes in quarters and scrape or squeeze out the juices and seeds. (Reserve, if you want, for a future batch of tomato sauce, or to mix into cream cheese for a fresh sandwich spread.) Chop the seeded tomato quarters into a rough dice. Pat dry with a paper towel to remove any extra moisture. When the corn has cooled, stand each ear up in a wide, shallow bowl and slice the corn kernels off with a chef's knife. Toss the corn with the tomatoes. Finely mince the mint

and herb leaves and toss with the vegetables, along with the olive oil. Season to taste with salt and pepper, then crumble in the goat cheese and toss gently. Serve and enjoy!

Sauteed Escarole with Parmesan and Toasted Pine Nuts

www.kalynskitchen.com

1 large head escarole
1 T olive oil (use more or less, depending on your pan)
pinch red pepper flakes (optional)
2 T pine nuts, toasted in dry pan
1 T Parmesan Cheese
sea salt to taste

Cut escarole in half, cutting top-to-bottom through the core. Then lay flat on cutting board and cut off the core end, cutting about an inch above the core to cut off some of the thickest part of the leaves. After core is removed, slice escarole into ribbons just over an inch thick. (You can also chop the ribbons slightly, which I always do because I hate long pieces of greens.) Wash escarole if needed, and dry well. (I used a salad spinner.) Heat a small frying pan, add pine nuts and toast in dry pan until nuts start to slightly brown, shaking the pan all the time the pine nuts are toasting. (You will smell them just before they turn color, which is a signal that it's time to turn off the heat or move the pan away.) This doesn't take more than 2-3 minutes at most. Heat a heavy non-stick pan over medium-high heat, then add olive oil (and red pepper flakes if using) and add escarole a handful at a time, turning over each time you add more. Saute escarole, turning about every minutes, until it's slightly wilted but not completely soft, about 3-4 minutes. Remove escarole to serving dish, season to taste with salt (preferably sea salt), sprinkle with parmesan and sprinkle pine nuts over. Serve immediately. This is best while still hot from the pan.

Cantaloupe Agua Fresca

www.chow.com

Agua fresca means "fresh water" in Spanish

1 ripe cantaloupe, cut into large dice (about 4 cups)
3 cups cold water
2 teaspoons freshly squeezed lime juice (from about 1/2 lime)
2 teaspoons granulated sugar, plus more as needed
Ice

Notice to CSA members:

*Please remember to return the boxes and/or fiber bays that your vegetables are in to us next week when you pick up your next box.
Thank you!*



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Place the cantaloupe, 1 1/2 cups of the water, the lime juice, and measured sugar in a blender and blend on high speed until smooth, about 20 seconds. Strain through a fine-mesh strainer set over a large pitcher or bowl, using a ladle or wooden spoon to press down on the solids (you should have about 2 cups of liquid). Discard the solids. Add the remaining 1 1/2 cups water and stir to combine. Taste and add additional sugar as needed. Refrigerate until cold, at least 1 hour. Serve over ice.

Hot and Sour Chinese Eggplant www.allrecipes.com

2 long Chinese eggplants, cubed
1 1/2 tablespoons soy sauce
1 tablespoon red wine vinegar
1 tablespoon white sugar
1 green chile pepper, chopped
1 teaspoon cornstarch
1/2 teaspoon chili oil, or to taste
2 teaspoons salt
2 tablespoons vegetable oil

Place the eggplant cubes into a large bowl, and sprinkle with salt. Fill with enough water to cover, and let stand for 30 minutes. Rinse well, and drain on paper towels.

In a small bowl, stir together the soy sauce, red wine vinegar, sugar, chile pepper, cornstarch and chili oil. Set the sauce aside. Heat the vegetable oil in a large skillet or wok over medium-high heat. Fry the eggplant until it is tender and begins to brown, 5 to 10 minutes. Pour in the sauce, and cook and stir until the sauce is thick and the eggplant is evenly coated. Serve immediately.

Garlic Okra localfoods.about.com

1 lb. okra
1 clove garlic
2 tsp. canola or grapeseed oil
Sea salt to taste

Trim, rinse, and pat okra dry. Set aside. Peel garlic clove, cut in half lengthwise, and slice as thinly as possible. Heat a large frying pan over medium high heat. Add oil and heat until it shimmers, about 30 seconds. Add garlic and let sizzle until just starting to turn golden, about 1 minute. Add okra, stir to combine, and cover. Cook, shaking pan frequently, until okra is starting to brown on the edges and tender to the bite, about 8 minutes. Sprinkle with salt to taste and serve.

Cucumber Dill Kale Salad www.healthfulpursuit.com

1 cup cooked black beans
2 bunches of kale – yield 4 cups
1/2 English cucumber, sliced with a vegetable peeler
1 whole carrot, diced
4 green onions, diced
1/4 cup extra virgin olive oil
1/4 cup water
1/4 cup apple cider vinegar
3 tbsp fresh dill, minced (or more to taste)
1 tbsp gluten-free mustard
1 tbsp unpasteurized honey see note
1 tbsp red onion
1 garlic clove
1/2 tsp Himalayan rock salt
1 homemade pickle
freshly ground pepper, to taste

Rip kale into bite-sized pieces and steam for 45-60 seconds, just to soften. Drain if needed, and place in a large bowl.

Add remaining prepped salad ingredients and stir to coat.

Store leftovers in the fridge in an airtight container for 1-2 days.

The kale gets a bit wilted at the two day mark, but makes a great filling for sandwiches, wraps, or a topping to scrambled eggs!

For the dressin: add all ingredients to your blender and blend until smooth.

Roasted Peppers chocolateandzucchini.com

- fresh peppers, firm and beautiful

Preheat the oven to 200°C (400°F). Wash and dry the peppers. Line an oven rack with foil. Put the peppers, whole, on the rack, and put the rack into the oven. Leave the peppers in for 30 to 45 minutes, turning them every ten to fifteen minutes so they cook evenly. They will collapse and soften, and their skin will blacken and blister. Take the rack out of the oven, and close the foil onto the peppers, so they are completely enclosed. If you are roasting many, you may want to divide them into two foil packages. Let rest for ten minutes. This step allows the steam from the peppers to loosen the skin, making it easier to remove. Open the foil package. Pull out the stems and peel the skins off the peppers. Slice them open, and use a fork to remove the white inside membranes and the seeds. Cut into strips, and let cool to room temperature before serving. No need for any seasoning in my opinion, but adjust to your own taste with salt, pepper, chili powder...

The amount of peppers to roast really depends on their size and what you'll do with them. One pepper yields about 6 to 8 strips. To add into pasta or a salad, I would suggest roasting one pepper per two or three guests. For an antipasti, I would roast one pepper per guest. Mix and match the colors for a pretty antipasti platter effect!