

# J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

## September 14, 2014 Newsletter

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This week's recipes contain:

*Lettuce, Cucumbers, zucchini, Striped Eggplant, Green Beans, Green Onions, Siberian Kale, Red Slicing Tomatoes, Red Grape Tomatoes, Okra and Komatsuna (Japanese Greens)*

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### **PW's Favorite Pizza** *thepioneerwoman.com*

Pizza Dough (your own or store bought)  
1 whole Large Eggplant (or Two Medium Eggplants)  
Kosher Salt, For Sprinkling  
1 pint Grape Tomatoes  
2 cloves Garlic, Minced  
8 oz Fresh Mozzarella Cheese, Sliced Very Thin  
1/2 cup Freshly Grated Parmesan Cheese  
Extra Virgin Olive Oil For Drizzling  
Freshly Ground Black Pepper

Preheat oven broiler. Slice the eggplant thinly. Sprinkle both sides with kosher salt and place into a strainer in the sink. Allow to sit for 20 to 30 minutes. Rinse eggplant lightly in cold water, then pat the slices dry between layers of paper towels. Slice grape tomatoes in half lengthwise and toss into a bowl with minced garlic. Slice mozzarella very thinly. Cut eggplant slices into fourths, and toss with olive oil. Arrange on a baking sheet and place 8 inches under the broiler. Broil for 3 minutes, then toss around and broil another 3 minutes. Remove pan from oven and add tomato/garlic mixture. Broil for 2 to 3 minutes, then remove and set aside. (May do this 1 hour in advance.)

Preheat oven to 500 degrees. Drizzle olive oil on a large baking sheet and use fingers to coat thoroughly. Remove HALF the pizza dough from the bowl. Stretch pizza dough into a large rectangle, pressing with fingers to finish forming. Dough will be very thin. Lightly drizzle a little olive oil on the dough and use fingers to spread. Lay mozzarella slices over the surface of the dough. Spread vegetables all over the surface of the cheese. Top with Parmesan cheese. Bake for 10 to 12 minutes, or until crust is golden brown and the cheese is bubbly. Remove from pan and slice with a pizza cutter. Serve immediately!

### **Tomato and Fried Okra Pizza** *fortheloveofthesouth.com*

#### **Fried Okra:**

2 cups of okra, washed  
2 cups of buttermilk  
1 cup of cornmeal  
¼ cup of all-purpose flour

1 pinch of cayenne  
Vegetable oil (for frying)  
Salt and pepper to taste

Place at least 2 inches of vegetable oil in a large skillet and allow the oil to reach 350 degrees. Pick through the okra, any okra smaller than the size of your pinky, leave whole. Cut any larger than the size of your pinky in half and at an angle. In a bowl, combine the buttermilk and okra. Let sit for at least 5 minutes. Meanwhile, prepare the cornmeal mixture. Combine cornmeal, flour, cayenne, salt and pepper in a shallow dish. Stir ingredients together with a fork. Make sure that you put a good amount of seasoning in at this point, don't be stingy. Drain the okra from the buttermilk and gently roll the okra in the cornmeal mixture. Shake off any excess breading. Carefully place the okra in the hot oil. Let the okra brown on both sides and place on a plate lined with a paper towel to drain. Sprinkle with more salt. Use immediately.

Pizza Dough, divided into 4 portions  
Pizza sauce (your own or store bought)  
2 tomatoes, sliced into rounds  
8 ounces of fresh mozzarella  
1 serving of fried okra, cut at an angle (recipe above)  
Fresh chopped basil and parsley, for garnish  
Salt and pepper  
Parmesan cheese, for serving

Preheat oven to 500 with a pizza stone in the oven. Let the stone preheat for at least 45 minutes in the oven. On a piece of aluminum foil dusted with flour, roll out 1 portion of dough. Create a thin layer of sauce, place tomato rounds on the pizza and place small, marble-sized pieces of mozzarella underneath the tomatoes. Place in oven for 10 minutes. Scatter the fried okra pieces on top of the pizza and season with herbs, salt and pepper. Repeat with the rest of the dough.

### **Sausage Pizza Topped with Crispy Kale** *www.thekitchn.com*

2-3 fresh tomatoes, sliced  
5 large curly kale leaves  
1 to 2 tablespoons olive oil  
1/3 pound sweet Italian sausage  
1 pizza dough, at room temperature  
1/2 pound fresh mozzarella, cut into thin slices



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Preheat oven to 400 degrees. Strip the kale leaves from their stems, rip into 1-inch pieces. Wash and spin dry in a salad spinner or pat very thoroughly with a kitchen towel. In a large bowl, toss them with enough olive oil to lightly coat the leaves (you don't want them to be dripping, just slick). Spread onto a baking sheet, sprinkle with salt, and cook for 12 to 15 minutes, until crispy. Raise the oven temperature to 500 degrees. While the oven is preheating, cook and crumble the sausage in a pan until no longer pink. Set aside. Take the dough out of its packaging (you'll need a dash of flour to keep it from sticking to your hands) and slowly stretch it. I like to drape the dough over the backs of my hands and stretch it from the middle out. You can also pat it out on a cutting board or baking sheet. Either way, you'll need to stop every once in a while and let the dough sit for a second, so it gets used to its new shape. Place the dough on a baking sheet and scatter the tomatoes, then sausage, then mozzarella slices over it. Bake for 12 minutes, or until the crust is brown and the cheese is bubbly. Remove from the oven, pile on the crispy kale, then slice.

### *Greek Salad*

*[thepioneerwoman.com](http://thepioneerwoman.com)*

1 head Romaine Lettuce, Chopped  
4 whole Tomatoes, Cut Into Six Wedges Each, Then Each Wedge Cut In Half  
1 whole (large) Cucumber, Peeled, Cut large chunks  
30 whole Pitted Kalamata Olives, Cut In Half  
6 ounces, weight Crumbled Feta Cheese  
Fresh Parsley, Roughly Chopped  
1/4 cup Olive Oil  
2 Tablespoons Red Wine Vinegar  
1 teaspoon Sugar (more To Taste)  
1 clove Garlic, Minced  
6 whole Kalamata Olives (extra), Chopped Fine  
1/4 teaspoon Salt  
Freshly Ground Black Pepper  
1 whole Lemon, For Squeezing

Add chopped lettuce, tomato wedges, cucumber chunks, onion slices, halved Kalamata olives, half the feta, and parsley to a large bowl. Combine olive oil, vinegar, sugar, garlic, salt, pepper, and chopped olives in a bowl. Whisk together until combined. Taste and adjust seasonings (I almost always add a little sugar.) Pour dressing over salad ingredients, then add salt and pepper. Toss with tongs or clean hands. Just before serving, top with additional feta and squeeze a little lemon juice over the top.

### *Zucchini Pizza Bites*

*[damndelicious.net](http://damndelicious.net)*

tablespoon olive oil  
3 zucchini, cut into 1/4-inch thick rounds  
Kosher salt and freshy ground black pepper, to taste  
1/3 cup marinara sauce  
1/2 cup finely grated mozzarella  
1/4 cup pepperoni minis  
1 tablespoon Italian seasoning

Preheat oven to broil. Heat olive oil in a large skillet over medium high heat. Working in batches, add zucchini and cook, flipping once, until golden, about 1-2 minutes on each side; season with salt and pepper, to taste. Place zucchini rounds onto a large baking sheet. Top each zucchini round with marinara, mozzarella and pepperoni minis. Place into oven and cook until the cheese has melted, about 1-2 minutes. Serve immediately, sprinkled with Italian seasoning, if desired.

### *Green Beans with Creamy Miso Dressing*

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

1/2 lb fresh green beans  
2 tbs white miso  
1 tb neri-goma  
dashi

Wash and sort the beans. Cut or break them in half, or into bite-size pieces. Bring a small pot of lightly salted water to a roiling boil. Boil the beans for 2-3 minutes, or until they turn bright green. They should still be crisp. Drain the beans into a colander and cool with cold running water. To make the sauce, mix the Saikyo miso with the neri goma (roasted white sesame paste). The mixture will be very thick. Gradually add dashi, one tablespoon at a time, until the dressing is the consistency of cream sauce. Arrange beans in a bowl and ladle sauce on top. Garnish with a few white sesame seeds.

### *Komatsuna no ohitashi (stir fried mustard spinach)*

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

Komatsuna is even healthier than spinach. The slightly bitter flavor and crunchy stalks hold up well to stir frying. Use minimal oil to quickly stir fry washed and roughly chopped komatsuna with 1 clove of garlic, salt, and red pepper to taste. As the komatsuna gets hot, splash with sake and cover the skillet. This serves to quickly steam it, and to finish cooking without adding more oil. At the very end, add a few drops of sesame oil for flavor and a nice aroma.