

# J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

## September 20, 2014 Newsletter

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This week's recipes contain:

*Lettuce, Green Beans, Purple Beans, Yellow Beans, Slicing Tomatoes, Green Onions, Green Cabbage, Bok Choi, Eggplant, Zucchini, Kale and Bell Peppers*

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### *Mixed Green Bean Salad* J. Weissman | *The Slim Palate*

1/2 lb green beans, stems removed  
1/2 lb yellow beans, stems removed  
1/2 lb purple beans, stems removed  
3 TB extra virgin olive oil  
2 TB white wine vinegar  
2 tsp brown mustard  
1 shallot, thinly sliced  
2 TB fresh minced parsley  
salt and pepper to taste

In a steamer basket over a pot of boiling water, steam the beans for 4 minutes, then plungethem into an ice water bath and place them in a large bowl. Combine the olive oil, vinegar and mustard in a small bowl and whisk to combine. Pour the vinaigrette over the beans, add the shallot and parsley, season with salt and pepper and toss well.

### *Zucchini, Eggplant and Tomato Gratin* [www.simplyrecipes.com](http://www.simplyrecipes.com)

3 Tbsp olive oil  
1 large onion  
1 red, orange, or yellow bell peppers  
1 medium eggplant  
1 large zucchini  
2 medium sized tomatoes  
3 cloves of garlic, peeled and smashed  
1 1/2 teaspoons salt  
2 Tbsp chopped fresh parsley  
2 ounces Provolone cheese, sliced or grated  
3 Tbsp grated Parmesan cheese

In a large sauté pan heat 2 Tbsp of the olive oil on medium high heat. Add the sliced onions and cook until lightly browned, stirring frequently, about 10 minutes. Add the sliced bell peppers and continue to cook with the onions until the bell peppers are softened and the onions are well browned, about 5 to 6 minutes more. When done, transfer the onions and bell peppers into a large gratin pan or casserole dish. While the onions and peppers are cooking, slice the eggplant and zucchini in 1/4-inch thick round slices. You'll also want to slice the tomato into 1/4-inch

thick slices, but depending on how big your tomato is, you may need to cut the tomato in half or in quarters first. All of the sliced vegetable pieces should be about the same size to make it easier to layer them in an attractive manner. Preheat the oven to 350°F (175°C). Spread the cooked onions and bell peppers in an even layer at the bottom of the gratin dish. Place the mashed garlic on top of the onions and peppers. Arrange the slices of the eggplant, zucchini, and tomato on top of the cooked onions and peppers, alternating the vegetables, in an attractive pattern, stacking them and fanning them across the surface of the dish. Preheat the oven to 350°F (175°C). Spread the cooked onions and bell peppers in an even layer at the bottom of the gratin dish. Place the mashed garlic on top of the onions and peppers. Arrange the slices of the eggplant, zucchini, and tomato on top of the cooked onions and peppers, alternating the vegetables, in an attractive pattern, stacking them and fanning them across the surface of the dish.

### *Stir Fried Cabbage with Green Onions* [www.epicurious.com](http://www.epicurious.com)

2 teaspoons cornstarch  
3 tablespoons canned chicken broth  
1/4 cup vegetable oil  
1 garlic clove, minced  
4 cups shredded Napa cabbage  
2 tablespoons soy sauce  
1 1/2 tablespoons distilled white vinegar  
1 teaspoon sugar  
3 green onions, sliced

Dissolve cornstarch in 1 tablespoon broth in small bowl. Set aside. Heat oil in wok or heavy large skillet over high heat. Add garlic and sauté until golden, about 1 minute. Add cabbage and soy sauce and stir-fry until cabbage is tender, about 1 minute. Add remaining 2 tablespoons broth, vinegar and sugar to wok and continue to stir-fry 1 minute. Add green onions and cornstarch mixture and continue to stir-fry until cabbage is coated and slightly brown, 1 minute.



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## ***Bok Choy, Kale and Fried Garlic Fried Rice***

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

Note: For best results, use day-old cooked rice that has been stored in the refrigerator overnight. If cooking same day, cook the rice then spread it in an even layer on a wide plate or rimmed baking sheet. Let cool for at least 1 hour before stir-frying. Once cooled completely, extra garlic can be stored in a sealed container at room temperature for up to 2 months.

- 1 whole head of garlic, peeled
- Kosher salt
- 1/4 cup vegetable oil
- 3 cups day-old cooked jasmine or short grain rice
- 2 cups chopped kale (about 4 ounces)
- 2 cups chopped bok choy (about 4 ounces)
- 1 Thai bird's eye chili, finely minced
- 1/4 teaspoon ground white pepper
- 1 teaspoon soy sauce

Transfer garlic to the bowl of a food processor or mini food processor. Pulse until garlic is very finely chopped but not a paste, about 12 short pulses, scraping down sides as necessary. Set aside 2 teaspoons and toss remaining garlic with a pinch of salt in a small bowl. Set a fine mesh strainer over a heat-proof bowl. Heat oil in a small saucepan over medium heat until shimmering. Add garlic and cook, stirring. Garlic should maintain a gently bubble. If bubbling vigorously, reduce heat. Cook until garlic is light golden brown, 6 to 8 minutes, then immediately strain. Transfer garlic to a paper towel-lined plate to cool. Reserve fried garlic and oil separately (see note above). Heat 1 tablespoon garlic oil in a wok over high heat until smoking. Add the kale and bok choy, season with salt, and stir-fry until the vegetables are bright green and barely wilted, about 1 minute. Transfer to a bowl and set aside. Heat 1 more tablespoon garlic oil in the wok over high heat until smoking. Add reserved raw minced garlic and bird's eye chili and cook, stirring, until fragrant, about 15 seconds. Add rice and stir immediately, breaking up any large chunks and adding remaining garlic oil as necessary to prevent sticking. Season rice with salt and white pepper, then add soy sauce. Return kale and bok choy to rice and toss to combine. Transfer to warm serving bowl and sprinkle generously with fried garlic. Serve immediately.

## ***Easy Refrigerator Pickled Green Beans***

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

Enough green beans to fill 3 quart jars, tightly packed  
5 cups white vinegar

- 1 1/2 cup water
- 1/4 cup kosher or pickling salt (do not use iodized table salt)
- 1/4 cup coconut sugar
- 1 large head of garlic
- Fresh dill tops or sprigs
- Black peppercorns
- red pepper flakes, if desired
- habaneros, if desired

Wash 3 pint jars with lids in very hot, soapy water and rinse well. Snap the tops off of the green beans. Divide garlic between the three jars, dropping it into the bottom of each jar. To each jar also add a sprig of dill, a few peppercorns, the red pepper flakes and the habanero (if desired). Tightly pack green beans into jars and set aside. Bring the vinegar, water, salt, and sugar to a boil in a non-reactive saucepan. Pour hot vinegar liquid over the beans and screw lids on. Allow to cool. Store in the refrigerator, they will be ready to eat in a day or two and will keep refrigerated for several weeks. This recipe will work for other vegetables too. Try it with carrots, onions, zucchini, peppers, cucumbers.

## ***Zucchini-Oat Dark Chocolate Chip Cookies***

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

- 1 1/2 cups all-purpose flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/2 cup (1 stick) butter, softened
- 3/4 cup granulated sugar
- 1 large egg
- 3/4 teaspoon vanilla extract
- 1 1/2 cups shredded zucchini (1 medium)
- 1 cup quick oats
- 1 cup chopped nuts
- 1 pkg Dark Chocolate chips

Preheat oven to 350° F. Lightly grease baking sheets. Combine flour, cinnamon and baking soda in small bowl. Beat butter, sugar in large mixer bowl until well combined. Add egg and vanilla extract, beat well. Add zucchini; gradually beat in flour mixture. Stir in oats, nuts and morsels. Drop by rounded teaspoon 2 inches apart onto prepared baking sheets. BAKE for 9 to 11 minutes or until light golden brown around edges. Cool on baking sheets for 2 minutes; remove to wire rack to cool completely. Store in tightly covered container at room temperature.