

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

September 28, 2014 Newsletter

This week's recipes contain:

Kohlrabi, Eggplant, Spaghetti Squash, Zucchini, Cubanelle Peppers, Tomatillos, Lettuce Red Slicing Tomatoes, Green Beans, Yellow Beans, Purple Beans, Roma Beans and Green Onions

Spaghetti Squash Alfredo J. Weissman | *The Slim Palette*

1 spaghetti squash, cut in half, seeds removed
avocado oil for brushing in not using a pressure cooker
3 TB butter or ghee
2 cloved garlic, minced
1 shallot, minced
8 oz cremini mushrooms, sliced
1/2 c heavy cream or coconut milk
7 basil leaves
1/2 c grated Parmesan cheese

If you have a pressure cooker, fill it with 3/4 c water and place an elevated steamer basket in the bottom. Place the spaghetti squash halves in the steamer basket and cook on high for 8 minutes. If you don't have a pressure cooker, brush the cut sides of the squash with avocado oil, place on a baking sheet and roast in a 400 degree oven for 45 - 50 minutes or until easily pierced with a fork. Once the squash is cooked, scrape out the insides with a fork. Heat the butter or ghee in a medium sized pan over medium heat, add the garlic and shallot and cook until the shallot is soft, about 4 minutes. Add the mushrooms and cook for 5 - 6 minutes, stirring occasionally, then pour in the heavy cream or coconut milk, while scraping the bottom of the pan. Add the spaghetti squash and season with salt and pepper and stir until thoroughly coated. Simmer in the sauce for 3 minutes and then remove from the heat. Foll up the basil leaves and slice thinly, then sprinkle over the squash, along iwth the Parmesan. Stir once more and serve.

Mixed Color Beans with Onions & Peppers www.italianfoodforever.com

1 1/2 Pounds Summer Beans (Any Color)
4 Tablespoons Olive Oil
1 Medium Onion, Peeled & Thinly Sliced
1 Medium Red Bell Pepper, Cored, Seeded, And Thinly Sliced
3 Garlic Cloves, Peeled, And Thinly Sliced
1/2 Teaspoon Anchovy Paste
Finely Grated Zest From 1/2 Lemon
Salt & Pepper To Taste
Pinch Red Pepper Flakes
1/3 Cup Freshly Picked Parsley Leaves

Rinse your beans under cold water, and snap off the pointy ends removing any tough strings that run along the length. Heat a large pot of lightly salted water to boiling, then drop in the beans and cook just until tender crisp, about 3 to 4 minutes. Drain the beans, and immediately drop into a large bowl filled with ice water. In a large skillet, heat the olive oil over medium heat and then add the onions. Cook, stirring often until tender, about 4 to 5 minutes. Add the pepper strips and cook another 2 to 3 minutes or just until they begin to soften. Add the garlic and cook until fragrant, about 1 minute. Move the vegetables to the side of the pan and tip it slightly to allow the oil and vegetable juices to flow to the other side. Add the anchovy paste, lemon zest, red pepper flakes, salt and pepper to the oil and use a spoon to mix well. Drain the beans and pat dry with kitchen towels. Add the beans to the skillet and toss everything together, cooking just until the beans have rewarmed, about 2 minutes. Toss the vegetables with the fresh parsley, and immediately remove from the heat and place in a serving bowl. Serve slightly warm or at room temperature.

Summertime Watermelon & Tomatillo Salad www.patismexicantable.com

4 cups watermelon, cut into bite size chunks or cubes
2 cups, about 1/2 pound tomatillos, husks removed, thoroughly rinsed, quartered and thinly sliced
2/3 cup, about 3 ounces mild feta or queso fresco, crumbled or cut into small dice
1 tablespoon fresh mint leaves, about 5 to 6, chopped
1 tablespoon jalapeño or serrano chile, or to taste (seeding optional)
2 tablespoons fresh squeezed lime juice
1 teaspoon white distilled vinegar
1 teaspoon salt
2 tablespoons olive oil
2 tablespoons vegetable oil

Place the watermelon cubes and tomatillo slices in a large bowl. In a small bowl, add the chopped mint and jalapeno. Squeeze the fresh lime juice on top, stir in the vinegar, sprinkle the salt and mix. Pour the olive oil and vegetable oil, and mix with a whisk or fork until well emulsified. Pour the vinaigrette on top of the watermelon and tomatillos, toss well and sprinkle the cheese on top.



Kohlrabi Home Fries *www.nytimes.com*

1 1/2 to 2 pounds kohlrabi
1 tablespoon rice flour, chickpea flour or semolina
(more as needed)
Salt to taste
2 to 4 tablespoons canola oil or grapeseed oil, as needed
Chili powder, ground cumin, curry powder or paprika to taste

Peel the kohlrabi and cut into thick sticks, about 1/3 to 1/2 inch wide and about 2 inches long. Heat the oil over medium-high heat in a heavy skillet (cast iron is good). Meanwhile, place the flour in a large bowl, season with salt if desired and quickly toss the kohlrabi sticks in the flour so that they are lightly coated. When the oil is rippling, carefully add the kohlrabi to the pan in batches so that the pan isn't crowded. Cook on one side until browned, about 2 to 3 minutes. Then, using tongs, turn the pieces over to brown on the other side for another 2 to 3 minutes. The procedure should take only about 5 minutes if there is enough oil in the pan. Drain on paper towels, then sprinkle right away with the seasoning of your choice. Serve hot.

Grilled Cubanelle Peppers with Cheese *www.foodnetwork.ca*

6 Cubanelle or Anaheim chili peppers cut in half lengthwise, seeds and veins removed
1/2 cup goat cheese crumbled
1 cup shredded jalapeno jack cheese
3 Tbsp roughly chopped cilantro
1/4 cup thinly sliced scallions
1/2 cup roasted corn or you may use drained canned corn or defrosted frozen corn
Salt and pepper to taste
Olive oil for brushing

Cut peppers in half lengthwise and remove seeds and veins. Place the cut peppers on a tray. In a medium bowl, mix together the cheeses, cilantro, scallions, corn and season to taste with salt and pepper. Brush the outside of the peppers with olive oil. Divide the cheese mixture equally into the hollowed peppers. Preheat barbeque to medium heat 350F (175C). Place a grill screen on the barbeque to preheat for 10 minutes. Oil the grill screen to prevent sticking. Place peppers on the oiled grill screen cheese side up. Close the lid of the barbeque and cook the peppers until they are nicely charred and the cheese is golden brown and bubbling. Remove peppers from grill and cool slightly. Serve warm.

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Roasted Zucchini *with Green Onions, Feta and Basil* *www.kalynskitchen.com*

4 medium green zucchini
2 medium yellow summer squash
8-10 green onions
6 cloves garlic, finely minced
1-2 tsp. sea-salt
2 T extra-virgin olive oil
1 cup feta cheese
1/4 cup chiffonade of fresh basil, optional

Preheat oven to 375 F. Wash zucchini and trim off stem ends. Cut zucchini lengthwise down the middle and then cut each piece into half-moon pieces about 1/2 inch thick. (Original recipes cut into lengthwise pieces.) Clean the green onions and slice into diagonal pieces about 2 inches long. Put zucchini and onions into a plastic bowl. Mix together olive oil, salt, and minced garlic and toss with squash. Choose a roasting pan that will hold the vegetables in a single layer, and spray with non-stick spray or mist with olive oil. Arrange vegetables on roasting pan and crumble feta cheese over. Roast about 25 minutes or until the vegetables are barely tender. Stir the vegetable-cheese mixture once or twice during roasting so melted feta is coating some of the squash by the time it's done. Serve hot, with basil or other fresh herbs sprinkled over if desired.

Grilled Eggplant & Tomato Stacks *J. Weissman | The Slim Palette*

1 large eggplant, cut into 1/2 inch slices
2 tb avocado oil
salt and pepper to taste
2 large tomatoes, cut into 1/2 inch slices
4 oz goat brie, sliced
2 TB extra virgin olive oil
2 TB balsamic vinegar
2 tsp chopped fresh thyme

Preheat a gas grill to medium high heat. brush both sides of the eggplant slices with avocado oil and season with salt and pepper. Grill until soft, about 3 - 4 minutes a side. Assemble 2 stack by topping a slice of eggplant with a slice of tomato, then another slice of eggplant, then a slice of cheese, tomato, eggplant, cheese, tomato and eggplant. Drizzle the stacks with olive oil and balsamic vinegar, season with salt and pepper and garnish with thyme.