

# J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

## October 3 - 6, 2013 CSA Newsletter

For our 17th week of the season, you will find the following in your share boxes:

*White Potatoes, Green Onions, Broccoli, Lettuce, Tomatoes, Italian Eggplant, Green Bell Peppers, Jalapeno Peppers, Cilantro, Acorn Squash and Seeded Red Watermelon*

### *Garlic Dill New Potatoes*

[www.allrecipes.com](http://www.allrecipes.com)

8 medium red potatoes, cubed  
3 tablespoons butter, melted  
1 tablespoon chopped fresh dill  
2 teaspoons minced garlic  
1/4 teaspoon salt

Place the potatoes in a steamer basket, and set in a pan over an inch of boiling water. Cover, and steam for about 10 minutes, until potatoes are tender but not mushy.

In a small bowl, stir together the butter, dill, garlic, and salt. Transfer the potatoes to a serving bowl, and pour the seasoned butter over them. Toss gently until they are well-coated.

### *Parmesan-Roasted Broccoli* Barefoot Contessa | Back to Basics

2 pounds broccoli  
2 garlic cloves, peeled and thinly sliced  
Good olive oil  
3/4 teaspoons kosher salt  
1/4 teaspoon freshly ground black pepper  
1 teaspoons grated lemon zest  
1 tablespoons freshly squeezed lemon juice  
1 1/2 tablespoons pine nuts, toasted  
1/6 cup freshly grated Parmesan cheese  
1 tablespoons julienned fresh basil leaves Preheat the oven to 425 degrees F.

Cut the broccoli florets from the thick stalks, leaving an inch or two of stalk attached to the florets, discarding the rest of the stalks. Cut the larger pieces through the base of the head with a small knife, pulling the florets apart. You should have about 8 cups of florets. Place the broccoli florets on a sheet pan large enough to hold them in a single layer. Toss the garlic on the broccoli and drizzle with 5 tablespoons olive oil. Sprinkle with the salt and pepper. Roast for 20 to 25 minutes, until crisp-tender and the tips of some of the florets are browned. Remove the broccoli from the oven and immediately toss with 1 1/2 tablespoons olive oil, the lemon zest, lemon juice, pine nuts, Parmesan, and basil. Serve hot.

### *Eggplant and Country Bread Lasagna* [www.lidiasitaly.com](http://www.lidiasitaly.com)

3 1/2 pounds medium eggplant

2 cups flour, for dredging  
1/2 cup canola oil, for frying, or more if necessary  
1/2 teaspoon salt, or more if necessary  
2 tablespoons soft butter, for the baking pan  
12 slices day-old country bread, from a 1 1/2-pound loaf  
6 cups Tomato sauce  
2 cups Grana Padano, or Parmigiano-Reggiano, grated

Trim the stem and bottom end of the eggplants. Peel off all the skin, if it is tough or, with tender eggplant, remove ribbons of peel, in a striped pattern. With a sharp chef's knife, cut all the eggplant lengthwise into slices, about 1/3-inch thick. Toss a few slices at a time in the flour (in a large bowl or on a tray) to coat completely on both sides; shake off the excess and pile in another bowl or tray. Pour 2 or 3 tablespoons of the canola oil into the skillet and tilt it so the entire bottom is coated with a thin film of oil. Set the pan over medium-high heat for a couple of minutes. Lay a batch of eggplant slices into the pan with plenty of space between them. You want to brown the pieces quickly, with minimal oil, so keep the heat up but don't let the oil smoke or the vegetables burn. Fry the slices for about 2 minutes until lightly colored on the underside, then flip them over and fry 2 minutes on the second side. Drain the slices on sheets of paper towel and sprinkle with a couple pinches of salt while hot. Brown the remaining floured eggplant in batches, adding oil to the pan as needed. Remove to paper towels and salt them right away, using about 1/2 teaspoon for all the slices. Arrange a rack in the center of the oven and preheat to 400°. Cut the crusts off the bread slices. If they are soft and fresh, you can dry them briefly in the oven but don't let them get crisp or brown. Butter the bottom and sides of the baking pan generously. Spread a cup of the tomato sauce in a thin layer in the bottom of the pan. Cover the bottom with a single layer of bread slices. Trim the slices and cut them in pieces so they fit close together and lie flat (but you don't have to fill every small crack or hole). Spoon about 2 cups of sauce onto the bread and spread it evenly. Make a layer of zucchini (or sautéed eggplant), using half the slices. You can lay them crosswise or lengthwise in the pan, whichever way fits best. Overlap the slices as necessary to make an even layer that completely covers the sauce. Press down gently to condense the lasagna and make more room in the pan, then sprinkle 1 cup of grated cheese evenly over the top. Now repeat the layering: Arrange another layer of bread slices and trimmed pieces. Cover the bread with 2 more cups of sauce, spread evenly. Lay out the rest of the zucchini (or eggplant) slices in an overlapping layer. Spread the remaining tomato sauce, about a cup, in a thin layer. Sprinkle another cup of cheese (or more!) in a generous layer over the top of the lasagna. Cut a sheet of aluminum foil about 2 feet long — preferably from a wide roll of heavy duty foil.

## Notice to CSA members:

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



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1 teaspoon chopped, fresh rosemary  
1/4 cup grated Parmesan

Press the foil so it hugs the sides of the pan and bend it to make a “tent” over the lasagna that doesn’t touch the surface anywhere. Bake the lasagna covered for about 45 minutes, giving the zucchini plenty of time to cook. Remove the pan from the oven and carefully unfold the foil from the sides of the pan and lift it off completely. Don’t get burned by the pan or the steam that is released—keep your face and hands out of the way. And don’t let the foil mess up the cheesy topping! (In a glass casserole, you should be able to see the sauce bubbling up around the sides of the pan.) Return the lasagna to the oven and bake for another 15 to 20 minutes, or until the top is deep golden-brown. Let the casserole settle for a few minutes before serving (it will stay hot for some time). Cut in squares or rectangles of whatever size you like and lift out individual pieces with an angled spatula.

### **Honey Mustard Salmon Salad** [www.wholefoodmarket.com](http://www.wholefoodmarket.com)

2 tablespoons organic honey mustard  
2 tablespoons plain nonfat yogurt  
1 (6 ounce) can wild Alaskan pink salmon, drained  
1 green bell pepper, chopped  
1 rib celery, thinly sliced  
1/4 cup finely chopped red onion

In a large bowl, whisk together honey mustard and yogurt. Add salmon, pepper, celery and red onion and stir gently until combined.

### **Watermelon Waldorf Salad** [www.watermelon.org](http://www.watermelon.org)

2 cups cubed watermelon (about 1/2-inch cubes)  
1/2 cup sliced celery  
1/2 cup seedless red grape halves  
Dash of salt  
1/4 cup Greek yogurt  
2 tablespoons sliced almonds, toasted

Stir together watermelon, celery, and grapes in bowl. Just before serving, stir salt into yogurt for dressing. You may want to add a little water to lighten the thickness. Pour mixture over fruit and stir until coated. Sprinkle with almonds.

### **Penne with Acorn Squash and Pancetta** [www.thekitchn.com](http://www.thekitchn.com)

1 acorn squash  
1 small head of garlic\*  
1/2 pound penne  
2 teaspoons olive oil, plus more for coating squash & garlic  
1/2 pound pancetta, sliced 1/4-inch thick and diced  
1/4 cup chicken or vegetable stock

Preheat the oven to 400° F. Slice the squash in half and remove the seeds with a spoon. Cut each half crosswise into wedges, about 1/2-inch thick. Toss the wedges with a splash of olive oil until coated, and spread on a baking sheet. Season with salt and pepper. Slice the top off of the garlic head so that the tops of the cloves are exposed. Drizzle on a bit of olive oil, sprinkle with salt and pepper, and wrap in aluminum foil. Place on the edge of the baking sheet with the squash. Bake the squash and garlic for about 30 minutes, turning the squash once, until both are soft and slightly caramelized. (Depending on how big the head of garlic is, it may take longer. Leave it in the oven while you peel and chop the squash.) Allow the squash to cool slightly. In the meantime, bring a pot of water to boil (for the pasta). Then, peel each wedge of squash and cut into large chunks. Heat the 2 teaspoons of olive oil over medium heat in a medium stock pot or large, wide sauce pan (you’ll add the pasta to this pan at the end). Sauté the pancetta until most of the fat is rendered and the meat is crispy, about 15 minutes. About halfway through, cook the pasta, making sure to salt the water. When the pancetta is finished cooking, remove with a slotted spoon and set aside. Deglaze the pan with the broth, scraping up any brown bits on the bottom. Stir in the rosemary and about four cloves of the roasted garlic, mashing them up in the liquid with the back of a spoon or spatula. Add the chunks of squash and pancetta to the pan. Drain the pasta, reserving about 1/2 cup of the cooking water, and add the pasta to the squash/pancetta mixture. Toss everything to coat, then stir in the Parmesan. Add a bit of the pasta water if the mixture seems too dry.

### **Gazpacho with Jalapeno** [www.epicurious.com](http://www.epicurious.com)

3 1/2 cups (or more) tomato juice  
8 tomatoes (about 18 ounces), seeded, cut into 1/4-inch pieces  
1 English hothouse cucumber, cut into 1/4-inch pieces  
1 bell pepper, cut into 1/4-inch pieces (about 1 cup)  
1 medium onion, chopped  
1/4 cup chopped fresh cilantro  
1/4 cup chopped fresh parsley  
3 tablespoons fresh lemon juice  
1 green onion, minced  
1 1/2 teaspoons minced seeded jalapeño chili  
2 garlic cloves, minced

Combine 1 cup tomato juice, half of tomatoes, half of cucumber, and half of bell pepper in blender. Puree until smooth. Pour into large bowl. Stir in remaining tomatoes, cucumber, and bell pepper; add onion, cilantro, parsley, lemon juice, green onion, jalapeño, and garlic. Transfer 1 cup mixture to blender. Add 2 1/2 cups tomato juice to blender and puree. Pour back into large bowl and stir to combine. Thin with additional tomato juice, if desired. Season with salt and pepper. Cover; chill 2 hours. (Can be made 1 day ahead. Keep chilled.)