

# J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

## October 5, 2014 Newsletter

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This week's recipes contain::

*Purple Beans, Leaf Lettuce, Bok Choy, Green Cabbage, Italian Eggplant, Butternut Squash, Jalapeno Peppers, Kohlrabi, Red Tomatoes, Zucchini and Siberian Kale.*

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### *Home-Style Green Bean Casserole*

*www.southernliving.com*

1 1/2 pounds fresh green and/or purple beans, trimmed  
2 tablespoons butter  
1/4 cup all-purpose flour  
1 1/2 cups 2% reduced-fat milk  
1/2 cup nonfat buttermilk  
1 tablespoon Ranch dressing mix  
2 teaspoons chopped fresh thyme  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1 teaspoon butter  
1 (8-oz.) package sliced fresh mushrooms  
Vegetable cooking spray  
1 cup French fried onions, crushed  
1/2 cup panko (Japanese breadcrumbs)  
2 plum tomatoes, seeded and chopped

Preheat oven to 350°. Cook green beans in boiling salted water to cover in a Dutch oven 4 to 6 minutes or to desired degree of doneness; drain. Plunge into ice water to stop the cooking process; drain and pat dry. Melt 2 Tbsp. butter in Dutch oven over medium heat; whisk in flour until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in 1 1/2 cups milk; cook, whisking constantly, 3 to 4 minutes or until sauce is thickened and bubbly. Remove from heat, and whisk in buttermilk and next 4 ingredients. Melt 1 tsp. butter in a medium skillet over medium-high heat; add mushrooms, and sauté 6 to 8 minutes or until lightly browned. Remove from heat; let stand 5 minutes. Gently toss mushrooms and green beans in buttermilk sauce. Place in a 13- x 9-inch or 3-qt. baking dish coated with cooking spray. Combine French fried onions and next 2 ingredients; sprinkle over green bean mixture. 5. Bake at 350° for 25 to 30 minutes or until golden brown and bubbly. Serve immediately.

### *Grilled Eggplant Tortas*

*www.foodandwine.com*

1/2 cup canola oil  
1 1/2 tablespoons ground cumin  
Kosher salt  
Freshly ground pepper  
2 medium Italian eggplant, sliced crosswise 1/4 inch thick  
1 Hass avocado

1 tablespoon fresh lime juice  
4 soft buns, toasted  
Shredded cabbage, cilantro leaves and jarred pickled jalapeños and carrots, for serving

Heat a grill pan. In a large bowl, whisk the oil with the cumin and season with salt and pepper. Add the eggplants to the bowl and toss to evenly coat. Working in batches, grill the eggplants over moderate heat, turning, until tender, about 5 minutes per batch. In a small bowl, mash the avocado with the lime juice. Spread the mashed avocado on the bottom buns. Top with the eggplants, cabbage, cilantro and pickled jalapeños and carrots, close the buns and serve.

### *Zucchini and Potato Minestra*

*www.lidasitaly.com*

10 cups chicken stock  
½ ounce porcini mushrooms, dried about 2/3 cup  
3 tablespoons extra-virgin olive oil  
2 large Yukon Gold or Idaho potatoes, peeled and cut into 1/2-inch cubes (about 3 cups)  
2 small leeks, white parts only, trimmed and chopped  
2 medium carrots, trimmed, peeled, and coarsely shredded salt  
2 fresh or dried bay leaves  
freshly ground black pepper  
1 pound zucchini, washed and cut into 1/2-inch cubes  
1 cup arborio rice, or other short grain rice  
½ cup fresh Italian Parsely, chopped  
¼ cup Parmigiano-Reggiano, freshly grated

Pour 1 cup of the hot stock over the dried porcini mushrooms in a small bowl. Let stand until the porcini are softened, about 20 minutes. Drain the porcini, straining the soaking liquid through a coffee filter or a sieve lined with a double thickness of cheesecloth. Pour the strained soaking liquid into the remaining stock. Rinse the soaked mushrooms thoroughly to remove any sand and grit. Drain the mushrooms well and chop them fine. Heat the olive oil in a deep, heavy 4- to 5-quart pot over medium heat. Add the potatoes and cook, stirring occasionally, until they begin to stick and are lightly browned, about 5 minutes. Stir in the leeks and carrots, and season the vegetables lightly with salt, and cook, stirring, until the leeks are softened, 2 to 3 minutes. Pour in the hot stock and bay leaves. Bring to a boil, scraping up the bits of potato that stick to the pot. Adjust the level of heat to



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simmer and season the soup lightly with salt and pepper. Cover the pot and simmer 15 minutes. Stir in the zucchini cover the pot, and continue cooking until the potatoes and zucchini are very tender, about 15 minutes. Stir in the rice. Cook, stirring well, until the rice is al dente - tender but still firm, about 14 minutes. Remove the bay leaves. Stir the parsley into the soup and check the seasoning, adding salt and pepper if necessary. Ladle the soup into warm bowls and sprinkle each serving with some of the grated cheese.

### *Kale 'N' Apples*

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

1 bunch kale, rib removed and chopped  
2 tart apples, diced  
1/2 onion, diced  
2 T olive oil  
2 T balsamic vinegar  
1/4 cup apple cider  
2 T lemon juice  
1/4 cup diced fennel (optional)

In a pot, saute onions and fennel in oil (about 5 minutes). Add kale, apples, lemon juice, and apple cider. Stir and cover until kale begins to wilt (about 3 minutes). Turn off the burner and toss with balsamic vinegar.

### *Greek Style Kohlrabi Pie*

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

2 pounds kohlrabi  
3 tablespoons extra virgin olive oil  
1 medium or large onion, finely chopped  
2 large garlic cloves, minced  
Salt and freshly ground pepper to taste  
1/3 cup chopped fresh dill  
1/4 cup chopped fresh Italian parsley  
3 large eggs, beaten  
5 ounces feta cheese, crumbled  
12 sheets phyllo dough (1/2 pound)  
1 tablespoon unsalted butter, melted (optional)

Peel the kohlrabi, making sure to remove the fibrous layer right under the skin, and grate using a food processor fitted with the grater attachment. Heat 1 tablespoon of the olive oil in a large, heavy skillet over medium heat and add the onion. Cook, stirring often, until it is tender, about 5 minutes. Add a generous pinch of salt, stir together, and stir in the garlic. Cook, stirring, until fragrant, about 30 seconds, and stir in the kohlrabi. Add another tablespoon of olive oil if necessary. Cook, stirring often, until the mixture is very tender and beginning to color, about 10 minutes. If there is a lot of liquid in the pan from the kohlrabi, turn up the

heat and cook, stirring, until it boils off. Add salt and pepper to taste. Stir in the kohlrabi greens, dill and parsley, and set aside. Preheat the oven to 375 degrees. Brush a 10-inch tart pan or cake pan with olive oil. Beat the eggs in a large bowl, and beat in the crumbled feta. Stir in the kohlrabi mixture and combine well. Line the pan with 7 pieces of phyllo, brushing each piece with olive oil, or a combination of olive oil and melted butter, and turning the dish after each addition so that the edges of the phyllo drape evenly over the pan. Fill with the kohlrabi mixture. Fold the draped edges in over the filling, then layer the remaining 5 pieces on top, brushing each piece with olive oil. Tuck the edges into the sides of the pan. Make a few slashes in the top crust so that steam can escape as the pie bakes. Note: If making a gratin, use a 2-quart baking dish, brush with olive oil and fill with the kohlrabi mixture. Bake the pie for 50 minutes, until the crust is crisp and dark golden brown. Serve hot, warm or at room temperature.

### *Braised Bok Choy and Tomatoes*

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

2 teaspoons extra-virgin olive oil  
4 cloves garlic, thinly sliced  
1 2-pound head bok choy, trimmed and thinly sliced  
2 large tomatoes, chopped  
1/4 cup coarsely chopped pitted Kalamata olives  
1/4 teaspoon salt  
2 slices whole-grain bread, toasted and finely chopped  
1/3 cup finely shredded Gruyere or Swiss cheese

Place oil and garlic in a large high-sided skillet or Dutch oven over medium heat and cook until the garlic is sizzling and fragrant, about 3 minutes. Add bok choy, tomatoes and olives; cover and cook, stirring occasionally, until the bok choy is tender, 8 to 12 minutes. Stir in salt; top with bread and cheese, cover and cook until the cheese is melted, about 1 minute.

### *Caramelized Butternut Squash*

*J. Weissman | The Silm Palette*

1 1/2 lbs butternut squash, peeling and cut into 1 inch cubes  
2 1/2 TB melted ghee or avocado oil  
salt and pepper to taste  
1 TB chopped fresh thyme

Preheat oven to 400. Line a baking sheet with aluminum foil. Toss the butternut squash with the ghee or oil, salt and pepper and thyme. Pout the squash onto the baking sheet and roast for 40 - 45 minutes. If it's not crispy and caramelized enough for you, broil for 3 to 4 minutes or until desired crispiness is achieved.