

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

October 17 - 20, 2013 CSA Newsletter

For our 19th week of the season, you will find the following in your share boxes:

Bicolor Sweet Corn, Butternut Squash, White Potatoes, Italian Eggplant, Green Bell Peppers, Zucchini, Green Beans Tomatoes, Poblano Peppers, Daikon Radish and Watermelon

Butternut Squash Lasagna

Barbara Seelig Brown : Cooking Light : March 2003

Cooking spray
3 cups chopped onion
10 cup fresh spinach
3/4 cup (3 ounces) shredded sharp provolone cheese
1/2 cup chopped fresh flat-leaf parsley
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
2 large eggs
1 (15-ounce) carton part-skim ricotta cheese
1 (15-ounce) carton fat-free ricotta cheese
3 cups diced peeled butternut squash
6 cups Smoky Marinara
12 oven-ready lasagna noodles (such as Barilla)
1 cup (4 ounces) grated fresh Parmesan cheese

Preheat oven to 375°. Heat a large Dutch oven coated with cooking spray over medium-high heat. Add onion; sauté 4 minutes or until tender. Add spinach; sauté 1 1/2 minutes or until spinach wilts. Combine provolone, parsley, salt, pepper, eggs, and ricotta cheeses in a large bowl. Place squash in a microwave-safe bowl. Cover and cook on high 5 minutes or until tender. Coat the bottom and sides of 2 (8-inch-square) baking dishes with cooking spray. Spread 1/2 cup Smoky Marinara in the bottom of one prepared dish. Arrange 2 noodles over sauce; spread 1 cup cheese mixture over noodles. Arrange 1 1/2 cups squash over cheese mixture; spread 3/4 cup sauce over squash. Arrange 2 noodles over sauce; spread 1 cup cheese mixture over the noodles. Arrange 1 1/2 cups onion mixture over cheese mixture; spread 3/4 cup sauce over spinach mixture. Arrange 2 noodles over sauce; spread 1 cup Smoky Marinara evenly over noodles. Sprinkle with 1/2 cup Parmesan. Repeat procedure with remaining ingredients in remaining pan. Cover each pan with foil. Bake at 375° for 30 minutes. Uncover and bake an additional 30 minutes.

Potato and Sweet Corn Fritter

www.manyfacesofpotatoes.com

12oz Potatoes
7oz Sweetcorn
1 Small onion, diced
1 Garlic clove, crushed
1/2 tsp Oregano
2oz Grated cheese

1 Egg, beaten
Salt and pepper

Heat 1tbs of oil in a frying pan, add the onion and garlic and fry very gently until soft – stir frequently until lightly coloured and remove from the heat. Coarsely grate the potatoes, and mix with the drained sweetcorn, oregano, beaten egg and seasoning, then add the cooked onion and garlic. Heat the remaining oil the pan, divide the mixture in half and add to the pan making oval shaped cakes. Use a spatula to level and shape the cakes. Cook gently for about 10 minutes until brown on the bottom and almost cooked through, making sure the fritters are loose, so as not to stick. Remove from the heat, sprinkle each fritter with grated cheese and place under preheated medium/hot grill until golden brown.

Eggplant Parmesan Pizza

Eating Well | July/August 2008

1 small eggplant, (about 12 ounces)
Yellow cornmeal, for dusting
1 pound Easy Whole-Wheat Pizza Dough, or other prepared dough (recipe follows)
3/4 cup prepared marinara sauce
2 tablespoons chopped fresh basil
1 medium clove garlic, minced medium clove garlic, minced
3/4 cup thinly shaved Parmigiano-Reggiano cheese, (see Tip)

Preheat grill to medium-high. Cut eggplant into 1/2-inch thick rounds. Grill, turning once, until marked and softened, 4 to 6 minutes. Let cool slightly, then thinly slice into strips. Reduce heat to low. Sprinkle cornmeal onto a pizza peel or large baking sheet. Roll out the dough (see Tip) and transfer it to the prepared peel or baking sheet, making sure the underside of the dough is completely coated with cornmeal. Slide the crust onto the grill rack; close the lid. Cook until lightly browned, 3 to 4 minutes. Using a large spatula, flip the crust. Spread marinara sauce on the crust, leaving a 1-inch border. Quickly top with the eggplant, basil and garlic. Lay the Parmigiano-Reggiano shavings on top. Close the lid again and grill until the cheese has melted and the bottom of the crust has browned, about 8 minutes.

Stir-Fried Peking Lamb with Peppers and Green Beans

www.foodandwine.com

1 tablespoon dry sherry or rice wine
5 teaspoons soy sauce

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!

- 1 1/2 teaspoons cornstarch
- 1/2 pound boneless leg of lamb, cut into thin strips
- 3 tablespoons hoisin sauce
- 1 1/2 tablespoons rice vinegar
- 1 teaspoon chile-garlic paste
- 1/2 teaspoon sugar
- 2 1/2 tablespoons vegetable oil
- 2 large garlic cloves, minced
- 6 ounces green beans, cut into 1 1/2-inch pieces (1 1/2 cups)
- 1/2 medium onion, thinly sliced
- 1 small bell pepper, thinly sliced
- 1 medium leek, white part only, cut into 2-inch lengths and thinly sliced lengthwise

In a bowl, mix the sherry with 2 teaspoons of the soy sauce and the cornstarch. Add the lamb and stir to coat. In a bowl, combine the hoisin sauce, vinegar, chile-garlic paste, sugar and the remaining tablespoon of soy sauce. In a wok, heat 2 tablespoons of oil over high heat until smoking. Add the garlic; stir-fry until fragrant, 15 seconds. Add the lamb; cook, stirring, until lightly browned, 3 minutes; transfer to a plate. Add the remaining 1/2 tablespoon of oil to the wok. Add the beans and stir-fry until crisp-tender, about 4 minutes. Add the onion and cook until softened, 2 minutes. Add the pepper and leek and cook, stirring occasionally, until the leek is lightly browned, about 3 minutes. Add the hoisin-vinegar sauce to the wok and cook just until bubbling. Return the lamb to the wok and stir-fry until heated through. Transfer to a platter and serve.

Chocolate Zucchini Cake

www.simplyrecipes.com

- 2 1/2 cups regular all-purpose flour, unsifted
- 1/2 cup cocoa
- 2 1/2 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 3/4 cup soft butter
- 1 cup white granulated sugar
- 1 cup brown sugar
- 3 eggs
- 2 teaspoons vanilla
- 2 teaspoons grated orange peel
- 3 cups coarsely shredded zucchini
- 1/2 cup milk
- 1 cup chopped walnuts or pecans
- 2 cups powdered sugar
- 3 Tbsp milk
- 1 teaspoon vanilla extract

Preheat the oven to 350°F. Set the shredded zucchini to drain in a sieve over a bowl. If no moisture drains out and the zucchini



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feels dry, sprinkle some water over it and let the excess drain. Vigorously whisk together the flour, cocoa, baking powder, soda, salt, and cinnamon in a bowl, and set aside. With a mixer, beat together the butter and the sugars until smooth. Add the eggs to the butter and sugar mixture one at a time, beating well after each addition. With a wooden spoon, stir in the vanilla, orange peel, and zucchini. Alternately stir in the dry ingredients and the milk into the zucchini mixture, including the nuts with the last addition. Spray the inside of a 10-inch bundt pan or tube pan lightly with cooking spray (or grease with butter). Wipe off the excess. Pour in the batter and use a rubber spatula to level the top of the batter. Bake in the oven for about 50-55 minutes or until a wooden pick inserted in the center comes out clean (test at 45 min). Cool in pan 15 minutes; turn out on wire rack to cool thoroughly. Make the glaze by mixing together the glaze ingredients. You can easily do this by hand with a whisk or a spoon. If the glaze is too runny, add some more powdered sugar. If too thick, add more milk. Drizzle glaze over cake.

Roasted Daikon Radish, Carrots and Peppers

www.feastie.com

- 1 daikon radish, scrubbed and sliced into 1/4" rounds
- 2 carrots, peeled and cut into 1/4" rounds
- 1/2 bell pepper, thinly sliced
- 1 shallot, thinly sliced
- 1 tbsp extra virgin olive oil
- salt and pepper to taste
- 1/8 cup balsamic vinegar

Preheat oven to 400 degrees. Combine the veggies and olive oil, place on a baking sheet. Season with salt and pepper. Roast for 25 to 30 minutes, stirring once or twice until tender. Drizzle the veggies with balsamic vinegar and return to the oven. Roast for another 5 minutes. Toss well and serve.

Corn and Tomato Salad

www.foodandwine.com

- 1 poblano pepper
- 3 cups fresh corn kernels
- 1.5 tablespoons extra virgin olive oil
- 1 small zucchini, cut into 1/2" dice
- 2 scallions, thinly sliced crosswise
- 1 garlic clove, minced
- 1 teaspoon chopped thyme or lemon thyme
- 3/4 pint cherry tomatoes, halved
- 1.5 tablespoons cilantro
- salt and pepper to taste

Roast poblano until charred, let cool, discard skin and seeds, chop into 1/2" dice. Remove corn from cob. Heat olive oil, add corn and zucchini until lightly browned, about 5 minutes. Add poblanos, scallions, garlic and thyme and cook, stirring, 2 minutes. Transfer to bowl and cool to room temp. Stir in the tomatoes and