

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

October 24 - 27, 2013 CSA Newsletter

For our 20th and last week of the season, you will find the following in your share boxes:

Butternut Squash, Orange Kabocha Squash, Sweet Dumpling Squash, White Potatoes, Leaf Lettuce, Turnips, Tomatoes, Jalapeno Peppers, Tomatillos, Anaheim Peppers, Green Bell Peppers, Red Seedless Watermelon and Italian Eggplant

Eggplant and Tomato Stew

www.chow.com

- 3 pounds Italian Eggplant
- 1 cup canola oil
- 1 cup finely diced red onion
- 1 cup finely diced red bell pepper
- 1/3 cup sherry vinegar
- 3 cups peeled and diced tomatoes, seeds removed
- 2 tablespoons whole cumin, toasted and ground
- 1 tablespoon whole coriander seed, toasted and ground
- 1/4 cup finely chopped cilantro

Wash the eggplants and cut them in half lengthwise. Slice them into half rounds about 1/4 inch thick, then salt the pieces, set them in a colander to drain, and place a weight on them (a small bowl works) for 15 minutes to 1 hour. Pat them dry with paper towels before using. In a large frying pan, heat 1/3 cup of the oil over medium-high heat, and cook a third of the eggplant in the oil until golden brown. Repeat with the remaining eggplant in two more batches, using 1/3 cup oil for each batch. After all the eggplant is cooked, place it on a plate and set aside. Add the onion and red pepper to the pan, and cook over medium heat until soft and caramelized, about 5 minutes. Pour off the excess oil, then add the sherry vinegar to the pan, scraping up any of the browned bits that have adhered to the bottom with a wooden spoon. Cook until the vinegar has evaporated, then add the tomatoes. Cook the tomatoes over low heat until they are thickened and saucy. Add the cumin and coriander, then return the eggplant to the pan and continue cooking on low heat for about 10 minutes. Season with salt and freshly ground black pepper, and stir in the cilantro.

Green Chile Enchiladas

www.simplyrecipes.com

- 1 1/2 pounds tomatillos
- 3 cloves garlic, still in their peels
- 2 jalapenos
- Salt
- 3-4 large Anaheim chiles
- 12 corn tortillas
- Canola or grapeseed oil
- 1/2 pound to a pound Monterey Jack cheese, grated
- Sour cream
- Cilantro

Prepare the tomatillo sauce. Remove the husks from the tomatillos. Rinse off the tomatillos. Cut them in half and place them cut-side

down on a roasting pan lined with aluminum foil. Place the garlic and jalapeños on the pan with the tomatillos. Broil on the top rack on the oven for 5-7 minutes until the tomatillos are lightly charred. Remove from the oven and let cool to touch. Remove garlic from the garlic skins, discard the skins. Cut open the jalapeños and remove and discard the seeds and the stems. Place tomatillos, cooked garlic, the jalapeños, and 1 teaspoon of salt in a blender, pulse until well puréed. Set aside. (You can make several days in advance and store in the refrigerator.) Prepare the Anaheim chiles. If you have a stove-top gas burner, you can roast the chiles directly over the flame of the burner (see How to roast chile peppers over a gas flame), otherwise use a broiler and broil the chiles in a roasting pan, turning them until they are blackened all over. Place the blackened chiles in a small brown paper bag. Close the bag and let sit for at least 5 minutes. Then remove the chiles from the bag and peel off and discard the blackened skin. Slice open the chiles and remove and discard the seed pod, any seeds (they're hot!) and the stems. Slice the chiles into strips. Cook the tortillas. Heat a couple tablespoons of canola or grapeseed oil in a frying pan (cast iron works well) on medium high heat. Once the oil is hot, add a corn tortilla to the pan. The tortilla should sizzle as it hits the pan. Turn it over and let it cook until little pockets of air start to bubble up in the tortilla. Then use a metal spatula to remove the tortilla from the pan, shaking off any excess oil, to a plate lined with paper towels. Continue to the tortillas this way, adding more oil as needed, separating the tortillas that are cooling with paper towels. Preheat the oven to 350°F. Spread a little of the tomatillo sauce in the bottom of a 9x13 casserole pan. One by one, place a little grated cheese and a strip or two of green chiles in the center of the tortillas, roll them up, and place them in the casserole. Once you have filled the casserole with the rolled tortillas, spread the remaining tomatillo sauce over them, and sprinkle with the remaining cheese. Bake for 15 minutes at 350°F, until cheese is melted.

Roasted Winter Squash and Mozzarella Quesadillas

www.fruitsandveggiesmorematters.org

- 6 cups butternut squash, cubed
- 1 1/2 cups red or green peppers
- 1 Tbsp garlic, diced
- 1 Tbsp olive oil
- salt and pepper to taste
- 1 1/2 cups mozzarella cheese, fat-free, shredded
- 6 8-inch whole wheat tortillas
- 1/2 cup green onions, trimmed and sliced thin
- 3 Tbsp cilantro, chopped
- 6 Tbsp onion, diced
- 3/4 cup tomatoes, diced

Preheat oven to 400 degrees Fahrenheit. Mix the butternut squash, red

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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pepper, and garlic with olive oil and salt and pepper. Spread vegetables on a cookie sheet and roast for 20 minutes until they are cooked and slightly caramelized. While the squash mixture is cooking, combine the diced tomatoes and onions. Add 1 Tbsp of cilantro. Set aside to be used as salsa. Spread out tortillas on parchment-lined baking sheets. Place 1/4 cup mozzarella on one-half of each tortilla. Distribute roasted squash mixture evenly on top of the cheese, followed by green onions and remaining cilantro. Fold tortillas in half to form quesadillas. Place in a 200 degrees Fahrenheit oven for 5 minutes, until the cheese is melted. Serve with fresh salsa on the side of the quesadilla.

Sweet Potato & Turnip Mash with Sage Butter

www.eatingwell.com

- 1 pound sweet potatoes, peeled and diced
- 8 ounces turnips (about 2 medium), peeled and diced
- 3 large cloves garlic
- 30 fresh sage leaves, divided (12 whole, the rest cut into strips)
- 2 tablespoons butter
- 1 teaspoon kosher or sea salt
- 1/2 teaspoon coarsely cracked pepper

Place potatoes, turnips, garlic and 12 sage leaves in a medium saucepan and cover with water. Bring to a boil. Reduce the heat to medium-low, cover, and simmer until the vegetables are fork-tender, 12 to 15 minutes. Drain. Return the vegetables to the pan and keep covered. Heat butter in a small skillet over medium-high heat. As it melts and turns lightly brown, add the strips of sage and allow them to crackle and flavor the butter, about 1 minute. Pour the sage and butter over the vegetables and smash with a potato masher. Stir in salt and pepper and serve.

winter Squash Risotto

www.eatingwell.com

- 5 cups reduced-sodium chicken broth, or vegetable broth
- 2 tablespoons extra-virgin olive oil
- 3 medium shallots, thinly sliced
- 3 cups chopped peeled butternut, hubbard, red kuri or kabocha squash (1/2-inch pieces)
- 2 cups shiitake mushroom caps, thinly sliced
- 1/2 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/8 teaspoon crumbled saffron threads, (optional)
- 1 cup arborio rice
- 1/2 cup dry white wine, or dry vermouth
- 1/2 cup finely grated Parmigiano-Reggiano cheese

Place broth in a medium saucepan; bring to a simmer over medium-high heat. Reduce the heat so the broth remains steaming, but is not simmering. Meanwhile, heat oil in a large saucepan over medium heat. Add shallots; cook, stirring, until fragrant, about 1 minute. Stir in squash and mushrooms; cook, stirring often, until the mushrooms give off their

liquid, about 5 minutes. Add thyme, salt, pepper and saffron (if using); cook for 30 seconds. Add rice; stir until translucent, about 1 minute. Add wine (or vermouth) and cook, stirring, until almost absorbed by the rice, about 1 minute. Stir in 1/2 cup of the hot broth; reduce heat to a gentle simmer and cook, stirring constantly, until the liquid has been absorbed. Continue adding the broth 1/2 cup at a time, stirring after each addition until all the liquid has been absorbed, until the rice is tender and creamy, 30 to 40 minutes total. (You may have some broth left.) Remove from the heat and stir in cheese.

Balsamic Glazed Potatoes

www.marthastewart.com

- 1 1/2 pounds potatoes, cut into no larger than 1" cubes
- 3/4 cup low-sodium chicken broth
- 1/4 cup balsamic vinegar
- 8 garlic cloves, smashed
- 5 sprigs thyme
- Coarse salt and ground pepper

Preheat oven to 425 degrees. In an 8-inch square baking dish, combine potatoes, broth, vinegar, garlic, and thyme; season with salt and pepper. Bake until potatoes are tender and liquid is reduced to a glaze, about 1 1/4 hours, tossing twice.

Maple & Roasted Garlic Squash

www.feastie.com

- 2 1/2 tablespoons extra virgin olive oil, divided
- 1 teaspoon cinnamon
- 1 tablespoon maple syrup
- 1 clove garlic
- salt & pepper
- 1 teaspoon tahini
- 1 tablespoon plain greek yogurt
- 1 1/2 tablespoons coconut milk (full fat, from can)

Preheat oven to 375 degrees and grease a baking sheet. Arrange squash wedges on the baking sheet and drizzle with 2 tablespoons of the olive oil, cinnamon, maple syrup and salt & pepper. Cut off tip of garlic clove, drizzle a drop of olive oil on top, wrap in aluminum foil and place on baking sheet as well. Bake for 40 minutes, until squash is fork tender. Remove from oven and let cool. Once cool, remove flesh from the peel of the squash and place in a food processor. Remove garlic from aluminum foil, discard the peel and place the roasted clove in the food processor as well. Add remaining ingredients and puree until smooth (3-5 minutes), stopping to scrape down the sides once or twice. Serve warm in a bowl drizzled with a touch more maple syrup.