

# J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

## July 13, 2014 Newsletter

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This week's recipes contain:

*Green Curly Kale, Swiss Chard, Leaf Broccoli, Lettuce, Green Beans,  
New Potatoes, Green Sweet Basil and Rosemary*

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### *Green Beans with Crisp Shallots* *www.seriousseats.com*

Salt  
1 1/2 pounds green beans  
1 tablespoon olive oil  
1 tablespoon butter  
2 medium shallots, thinly sliced  
Freshly ground black pepper  
1/4 cup sliced almonds, optional

Bring a stockpot of water to a boil and salt it. Fill a large bowl with cold water and lots of ice cubes and keep a colander handy. To trim the beans, snap or cut off the stem end and any brown spots. Cut them into 2-inch pieces or leave them whole. Add the green beans to the boiling water and cook until they just start to get tender but remain quite crunchy, 3 to 5 minutes depending on the size of the beans. Drain the beans and immediately plunge them into the ice water. Let them sit for a minute to cool thoroughly, then drain them. (You can prepare the beans up to a day before finishing the dish; cover well and refrigerate.) Put the oil and butter in a large skillet over medium-high heat. When the butter melts, add the shallots and cook, stirring once or twice, until they're golden brown and crisp, 5 to 10 minutes. Transfer the shallots to a plate lined with paper towels. Leave the fat in the pan. Add the green beans to the skillet, sprinkle with salt and pepper, and cook, stirring occasionally, until the beans are crisp-tender, 3 to 5 minutes. Taste and adjust the seasoning and serve hot or warm with the shallots on top and almonds sprinkled over if you're using them.

### *Baked New Potatoes* *with Sea Salt & Rosemary* *www.jamieoliver.com*

2 pounds new potatoes  
1 tablespoon olive oil  
sea salt  
freshly ground black pepper  
2 sprigs rosemary, leaves picked and bashed

Wash your potatoes and parboil until almost tender. When done, drain them, drizzle with just a little touch of olive oil and roll in a teaspoon of sea salt, a little freshly ground black pepper and the rosemary. Pre-heat the oven to 425°F. Put the potatoes in a roasting tray and cook in the oven for 25 minutes until golden. Or wrap them in tin-foil and throw them on the barbie for the same amount of time.

### *Basil Lemon Granita* *www.myrecipes.com*

4 to 5 lemons (1 1/3 lb. total), rinsed  
2/3 cup sugar  
1/3 cup minced fresh basil leaves  
Preparation

Grate 1 tablespoon peel (yellow part only) from about three lemons. Ream juice from enough lemons to make 3/4 cup. In an 8- or 9-inch square baking pan, mix peel, juice, and 1 1/2 cups water. In a food processor or blender, whirl sugar until very fine. Add basil and whirl until very finely minced. Stir sugar mixture into lemon mixture until sugar is dissolved. Cover and freeze mixture until firm, about 6 hours. Scrape the tines of a fork quickly across frozen mixture to break into fluffy granules. Scoop granita into chilled bowls or wine or sherbet glasses and serve immediately.

### *Swiss Chard & Rosemary Pesto Pasta* *www.washingtonpost.com*

Kosher salt  
10 ounces dried shaped pasta, such as fusilli  
5 to 6 stems dark green Swiss chard (see headnote)  
Several stems flat-leaf parsley  
2 tablespoons packed rosemary leaves  
4 cloves garlic  
2 tablespoons freshly grated Parmigiano-Reggiano cheese, or more as needed  
1/2 cup pine nuts (2.4 ounces)  
1/3 cup extra-virgin olive oil, or as needed  
Freshly ground black pepper

Bring a pot of water to a boil over high heat. Add a



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generous pinch of salt, then the pasta. Cook for 5 minutes less than the package directs (to keep the pasta from getting mushy), taste-testing a piece for al-dente doneness. Meanwhile, separate the chard leaves from their ribs and stems, reserving the stems for another use if desired and stuffing the leaves into a food processor as you work. Pluck enough parsley leaves to yield 1/4 cup packed and enough rosemary leaves to yield 2 packed tablespoons, and place them both in the food processor. Smash and peel the garlic cloves, then place them in the food processor along with the Parmigiano-Reggiano cheese and pine nuts. Pulse until finely chopped; stop to scrape down the sides of the bowl. With the motor running, gradually add the oil to form a well-incorporated pesto. Taste, and add cheese if needed. Season with salt and/or pepper to taste. Drain the pasta, reserving 1/2 cup of the cooking water. Return the pasta to the pot (off the heat). Add all of the pesto and 1/4 cup of the cooking water, tossing to coat evenly. If the pesto seems too thick, stir in some or all of the remaining cooking water. Divide among wide, shallow bowls. Serve right away, with more cheese at the table.

***Kale Basil Salad***  
*[www.straightupfood.com](http://www.straightupfood.com)*

4 cups finely chopped kale  
1 lemon, juiced  
1/2 orange, juiced  
2 tablespoons apple cider vinegar  
1/2 cup finely chopped basil  
1/2 cup diced red bell pepper  
4 teaspoons hulled sesame seeds  
1 cup chopped walnuts

Wash the kale thoroughly, then roll up the leaves together tightly (like a cigar) and chop across the roll, making very fine ribbons. Unravel and place in a bowl. Add the lemon juice, orange juice, and apple cider vinegar, and massage the kale for a couple minutes (so it softens), then set aside. Chop the basil the same way as the kale, and add to the kale mixture. Chop the bell pepper and add as well. Add the sesame seeds and walnuts last, and toss everything together. Notes: You may use pine nuts instead of walnuts and sesame seeds. You may also use other types of kale, as well as collard greens. Diced apples and orange segments can also be added for a sweeter salad.

***Leaf Broccoli & Sausage***  
*[www.lidiasitaly.com](http://www.lidiasitaly.com)*

1 pound Leaf Broccoli  
10 ounces sweet Italian sausage  
6 garlic cloves, crushed  
3 tablespoons olive oil  
1/2 teaspoon salt  
1/4 teaspoon hot pepper flakes  
fresh black pepper  
1 tablespoon water

Preheat the oven to 500 degrees. Wash leaf broccoli in plenty of cold water and drain. Pick the sausage with a fork, set it on a metal plate or skillet, and bake in oven 15 minutes, turning occasionally. Remove to another plate and cool. In a 4-5 quart pot, sauté the garlic gently in oil until golden but not brown. Add the broccoli di rape and, successively, the salt, pepper flakes, fresh black pepper, and water. Mix well, cover, and cook 5-7 minutes. Meanwhile, slice the sausage. Mix lightly with the leaf broccoli. Remove and discard the garlic; serve at once.

***New Potatoes & Green Beans***  
*[kitchen-parade-veggieventure.blogspot.com](http://kitchen-parade-veggieventure.blogspot.com)*

1 tablespoon kosher salt  
1 teaspoon sugar (don't skip, it really makes the difference)  
1 pound very small red or white potatoes, washed well, skins on  
1 pound fresh green beans, stem ends snapped off, broken in half or thirds if long  
Garlic to taste, a clove or two minced very small  
2 tablespoons butter  
Additional salt to taste

**START THE POTATOES** Start the water, salt and sugar to a boil while prepping the potatoes. Add the potatoes as soon as they're prepped, cover and let cook at a slow simmer until nearly done, the actual time will vary based on the size and density of the potatoes but I start checking at about 15 minutes, the potatoes are usually ready after about 20 minutes.

**ADD THE BEANS** Add the beans, return to a boil and cook for about 7 minutes or until the beans are well-cooked but still bright green. Drain the potatoes and beans, then return them to the hot pot to toss with garlic and butter. Add salt if needed.