

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

July 20, 2014 Newsletter

This week's recipes contain:

Purple Sweet Basil, Barbecue Rosemary (not big enough to use as skewers), Red Russian Kale, Collard Greens, Green Beans, Lettuce, Swiss Chard and New Potatoes

Purple Basil Parmesan Biscuits *www.myrecipes.com*

9 ounces all-purpose flour (about 2 cups)
2 tablespoons sugar
4 teaspoons baking powder
1 teaspoon salt
1/4 cup chilled butter, cut into small pieces
2/3 cup chopped fresh purple basil
1/2 cup finely grated Parmigiano-Reggiano cheese
2/3 cup fat-free milk
1 large egg
Cooking spray

Preheat oven to 425°. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, sugar, baking powder, and salt in a medium bowl, stirring with a whisk. Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in basil and cheese. Combine milk and egg in a small bowl, stirring with a whisk. Add milk mixture to flour mixture; stir just until moist. Turn dough out onto a floured surface; pat to 1-inch-thick circle. Cut with a 2-inch biscuit cutter into 12 biscuits. Place biscuits on a baking sheet coated with cooking spray. Bake at 425° for 15 minutes. Remove from oven, and cool.

Kale, Swiss Chard, Chicken and Feta Salad *www.allrecipes.com*

1/2 cup cider vinegar
2 teaspoons honey
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon dried oregano (optional)
1/2 cup olive oil
1 bunch kale, torn into bite-sized pieces
1 bunch Swiss chard, torn into bite-sized pieces
1 pound grilled skinless, boneless chicken breast, sliced
1 (6 ounce) container crumbled feta cheese, or more to taste
1/3 cup raisins
1/3 cup chopped, toasted walnuts

Whisk the vinegar, honey, salt, pepper, and orega-

no in a bowl until the honey has dissolved. Whisk in the olive oil until evenly blended. Place the kale, Swiss chard, chicken, feta cheese, raisins, and walnuts into a bowl. Toss with the dressing to serve.

Grilled New Potatoes with Parmesan and Herbs *Bon Appetit - June 1997*

1.5 pounds small new potatoes
2 tablespoons olive oil
1/2 cup thinly sliced green onions
1.5 tablespoons chopped Italian parsley
1.5 tablespoons grated Parmesan
2 garlic cloves, finely chopped
1 teaspoon chopped fresh oregano

Cook potatoes in large pot of boiling salted water until tender, about 15 minutes. Drain potatoes; cool. Prepare barbecue (medium heat). Cut potatoes in half; transfer to large bowl. Add 2 tablespoons oil; toss to coat. Grill potatoes until golden, turning occasionally, about 5 minutes. Transfer to bowl. Drizzle 2 tablespoons. Drizzle 2 tablespoons 2 tablespoons oil over. Add remaining ingredients; toss to coat. Season with salt and pepper. Serve warm.

Green Beans with Toasted Walnuts and Dried Cherry Vinaigrette *www.epicurious.com*

1/3 cup extra-virgin olive oil
1/3 cup minced shallots
3 tablespoons plus 2 teaspoons Sherry wine vinegar
2 tablespoons chopped fresh mint
1 1/2 teaspoons coarse kosher salt
1 teaspoon sugar
1/2 teaspoon black pepper plus additional
1/3 cup dried tart cherries
1 1/2 pounds trimmed slender green beans
1/2 cup walnuts, toasted, chopped

Whisk first 6 ingredients and 1/2 teaspoon pepper in small bowl. Mix in dried cherries; set aside. Cover; chill. Bring to room temperature; rewhisk before using. Fill large bowl with water and ice; set aside. Cook green beans in large pot of boiling salted water until crisp-tender, 3 to 4 minutes. Drain. Transfer to



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bowl with ice water; cool. Drain. DO AHEAD: Can be made 1 day ahead. Wrap in paper towels; enclose in resealable plastic bag and chill. Let stand at room temperature 1 hour, then toss green beans, walnuts, and vinaigrette in large bowl. Let stand at room temperature. Transfer to platter and serve.

Kale with Pecans
summertomato.com

1 bunch kale or chard
1/4 cup chopped pecans or pistachios
Extra virgin olive oil
1 garlic clove, minced
Sea salt to taste

Rinse your greens and place them all on a cutting board oriented in the same direction. If the leaves have very thick stems you may want to remove them as explained here. Pile the greens on top of each other. Starting at the tip of the leaves, cut 1 inch strips until you have cut the entire bunch. Using a pan with tall sides and a lid, add the nuts and turn it on medium heat. Lightly toast the nuts, stirring regularly with tongs. After 2-3 minutes, add olive oil to the pan and allow it to heat up. Add your chopped greens to the pan, sprinkle generously with sea salt and toss with tongs. Cover. Stir the greens occasionally so they don't burn, always replacing the lid after stirring. Continue cooking the greens as they wilt and turn dark green. If they start to burn lower the heat, add 1-2 tbsp of water and cover again to steam. Kale is done cooking when it is dark green and the stems are tender. Unlike spinach, it is very difficult to over-cook kale because it retains its crispness very well. Before turning off the heat, use tongs to clear a space in the center of the pan and add your minced garlic in a single layer. Allow the garlic to cook until it becomes fragrant, about 30 seconds, then mix it up with the kale and nuts. Continue to cook greens uncovered for another minute or two. Taste test a leaf for saltiness and adjust to taste (be careful if you are using chard, it is naturally salty and easy to over-season). Serve immediately.

Italian Navy Bean Soup with Rosemary
www.whfoods.com

1 medium onion, diced
1 medium carrot, diced
2 stalks celery, diced
5 cloves garlic, pressed

4 cups chicken or vegetable broth
4 cups kale, minced
1 15 oz can diced tomatoes
2 TBS chopped fresh oregano (or 2 tsp dried oregano)
1 tsp chopped fresh rosemary (or 1/3 tsp dried rosemary)
2 15oz cans navy beans, drained
salt & pepper to taste

Using 5 tablespoons of broth, Healthy Sauté onion, carrot, and celery in large soup pot over medium low heat for 5 minutes, stirring frequently. Add garlic and continue to sauté for another minute. Add rest of chicken or vegetable broth, kale, and tomatoes. If using dried rosemary and oregano, add them now as well. Simmer for 30 minutes over medium heat. Add beans, salt, and pepper. If using fresh herbs, add them now. Cook for several minutes so beans can heat through.

Zesty Mexican Soup
www.whfoods.com

1 medium onion, minced
4 medium cloves garlic, chopped
2 TBS red chili powder
3 cups + 1 TBS chicken or vegetable broth
1 green bell pepper, diced into 1/4-inch pieces
1 small zucchini, diced into 1/4-inch pieces
1 cup finely chopped collard greens
1 15 oz can diced tomatoes
2 cups or 1 15 oz can black beans, rinsed
1 cup frozen yellow corn
1 4 oz can diced green chili
1 tsp dried oregano
1 tsp ground cumin
1/4 cup chopped pumpkin seeds
1/2 cup chopped fresh cilantro
salt and pepper to taste

Heat 1 TBS broth in a medium soup pot. Healthy Sauté onion, garlic, and green peppers in broth over medium heat for about 5 minutes, stirring often. Add red chili powder and mix in well. Add broth and tomatoes. Cook for another 5 minutes and add beans, corn, green chili, oregano, and cumin. Bring to a boil on high heat. Once it begins to boil, reduce heat to medium-low and simmer uncovered for 10 minutes longer. (Simmering uncovered enhances the flavor.) Add zucchini and collard greens and cook for 5 more minutes. Add chopped cilantro, pumpkin seeds, salt, and pepper.