

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

August 3, 2014 Newsletter

This week's recipes contain:

Green Romaine Lettuce, Green Beans, Green Onions, New Potatoes, Cucumbers, Pickling Cucumbers, Red & Green Mustard Greens, Dinosaur Kale, Barbacue Rosemary and Spanish Mint

Rosemary Fried Eggs with Garlic-Lemon Greens J Weissman | The Slim Palate

For the greens: 1/2 tablespoon butter or ghee
3 cloves garlic, thinly sliced
5 oz greens (about 2.5 cups)
Juice of 1/2 lemon

For the eggs: 2.5 tablespoons butter or ghee
4 eggs
salt and pepper to taste
3 springs Rosemary

Over medium heat, melt the 1/5 TB of butter then add the garlic. Cook until fragrant. Add the greens and cook until wilted. Squeeze the lemon juice over the greens and turn off the heat. Heat the remaining butter, add the rosemary sprigs to the butter, then fry the eggs (don't put the eggs on top of the rosemary. Serve the eggs on top of the wilted greens.

Steam Grilled Green Onions www.allrecipes.com

12 green onions, rinsed, ends trimmed
2 cloves garlic, minced
2 tablespoons butter, cut into small pieces
salt and ground black pepper to taste (optional)

Preheat a grill for medium-low heat. Cut a sheet of aluminum foil to about 12x15 inches. Arrange the green onions side by side in the center of the foil sheet. Sprinkle the onions evenly with the garlic, salt, and pepper. Arrange butter over the onions. Keeping the green onions flat, fold the foil to make a sealed cooking pouch. Place the foil packet on the preheated grill away from the main heat source. Allow the green onions to steam 5 to 7 minutes.

Cucumber Ribbon Salad w/Creamy Dill Dressing J. Weissman | The Slim Palate

1/3 c mayonnaise
2 cloves garlic, grated
2 TB lemon juice

1.5 TB chopped fresh dill
2 cucumbers
Salt and pepper to taste

Mix the mayonnaise, garlic, lemon juice and dill in a small bowl until well combined. With a vegetable peeler, shave the cucumbers into thin ribbons and place them in a large bowl. Add the dressing to the cucumber ribbons and toss to combine. Season with salt and pepper and serve.

New Potatoes with Garlic, Mint and Butter australian.food.com

2 pounds new potatoes
4 tablespoons butter
2 tablespoons finely chopped mint
2 crushed garlic cloves
salt and fresh ground black pepper

Put potatoes in pot with lighted salted water to cover. The potatoes should be cut into approximately 1 to 1.5 inch chunks or whole if they are small enough. Bring the potatoes to the boil. Turn the heat to a very low simmer and cook until fork tender. This could take 30 minutes. Drain and add the butter, mint, garlic and salt and pepper to the pot. With the lid on, toss gently to cover the potatoes with the seasoned butter. Use parsley if you don't have or like mint, or use a mix of both if you wish.

Dinosaur Kale Salad www.marinmamacooks.com

1 bunch dinosaur kale, de-stemmed and thinly sliced
juice of 1 lemon (approximately 3 tablespoons)
3 tablespoons extra-virgin olive oil
2-3 cloves garlic, minced - I always use 3 large cloves
pinch of fine sea salt and freshly ground pepper
pinch of red pepper flakes, to taste
2/3 cup grated Parmesan cheese - you can use more or less here or omit it all together, it's up to you. I just throw in a handful and call it a day

Wash, de-stem and thinly slice your kale. Throw your kale slices into a large bowl. Whisk together in a small bowl or glass measuring cup the following: juice of



Like us on Facebook!!

visit www.jttodfarms.com

1 lemon (3 tablespoons), 3 tablespoons olive oil, 2-3 cloves minced garlic, pinch of fine sea salt, pinch of freshly ground black pepper, pinch of red pepper flakes. Make sure to whisk the ingredients together well. Pour the dressing over the kale and make sure to massage it well so that all the kale absorbs the dressing. When I say, "massage" your kale, I literally mean, get your hands in there and massage it. After your kale is massaged, add the 2/3 cups of parmesan cheese and toss again. Let the kale rest for at least 5 minutes to an hour. This salad can be made hours ahead of time or even the day before.

Romaine, Avocado and Cucumber Salad
fruitguys.com

Vinaigrette:

1/4 cup apple cider vinegar
2 tablespoons extra-virgin olive oil
1 tablespoon Dijon mustard
1 teaspoon brown sugar or honey
1 clove garlic, peeled and minced
1/2 teaspoon salt
Pinch of black pepper

Salad:

1 head of romaine lettuce
1 avocado, peeled, pitted, and thinly sliced
1 cucumber, peeled and thinly sliced
2 ounces goat cheese

Whisk together vinaigrette ingredients. Wash lettuce well and rip into bite-sized pieces. Dry with a salad spinner or blot dry with paper towels. Toss lettuce, avocado, and cucumber with vinaigrette and serve topped with goat cheese to taste. Cook's note: You may add other vegetables of your choosing to this recipe.

Green Beans with butter-toasted Almonds
J. Weissman | the Slim Palate

2 TB butter or ghee, divided
1 pound green beans, stems trimmed
salt and pepper to taste
1/3 c chopped almonds

In a medium sized pan, heat 1 TB butter over medium heat, then add the green beans and season with salt and pepper. Cover and cook for 3 minutes, then shake the pan, cover and cook for another 4 minutes. Reduce the heat to low and continue cooking for 3 - 4

more minutes or until tender. heat the remaining butter in a small skillet over medium heat. When the butter begins to bubble, add the chopped almonds and stir to coat them evenly. Reduce the heat to medium-low and toast the almonds in the butter for about 2 minutes or until they begin to brown. Serve the green beans with the butter toasted almonds on top.

Dinosaur Kale Smoothie
www.wishfulchef.com

3-4 leaves dinosaur kale, washed and chopped
1 valencia orange, peeled (or any juicy orange)
1 cup frozen mango chunks
1 cup water

In a powerful blender, combine lacinato kale, orange, frozen mango and water. Blend on the highest speed until smooth and creamy.

Summer Fruit Salad with Mint
www.foodsfromspain.com

1/2 pound strawberries
2 firm but ripe kiwis
2 ripe peaches
1 TB chopped fresh mint
1/8 c extra virgin olive oil
1 lime (optional)

Wash the strawberries and cut them into quarters. Place them in a bowl. Peel the kiwis and the peaches and dice the flesh into small pieces. Add them to the strawberries. Chop the mint leaves and sprinkle them over the fruit salad. Pour on the extra virgin olive oil and stir gently. Finally, serve the fruit salad in bowls.

Lemon Cucumber Mint Smoothie
www.greenplaterule.com

1 cup coconut water
1/4 cup fresh lemon juice
1/2 avocado
5 large mint leaves
1/2 cucumber, about 3"
4 drops liquid stevia or 1 TB honey or agave
4 ice cubes

Add all the ingredients into a blender. Start on a low speed, slowly increasing to high. Blender until smooth, 1 minute