

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

August 10, 2014 Newsletter

This week's recipes contain:

Green Beans, New Potatoes, Kohlrabi, Bi-color Sweet Corn, Curly Green Kale, Lettuce, Green Sweet Basil, Oriental Eggplant, Pickling Cukes and Green Onions

Spinach Kale Bites *skinnysupper.blogspot.com*

1 1/2 cup spinach chopped
1 cup kale chopped
1/2 cup ricotta
1/2 cup onion diced
4 garlic cloves minced
1/2 cup white cheddar cheese shredded
1 cup cauliflower riced
2 tbsp fresh parsley chopped
1 egg beaten
1/2 tsp basil
1/2 tsp oregano
1/2 tsp black pepper
salt to taste

Blanche the spinach and kale in hot water. Drain and squeeze out excess water. In a large bowl add all of the ingredients. Mix well. Roll into balls, makes about 24. place on a nonstick or sprayed cookie sheet. Bake at 425 for 30 minutes.

Cucumber-Lime Granita *www.myrecipes.com*

1 tablespoon grated lime rind
1/2 cup fresh lime juice
3/4 cup sugar
1 cup water
1/4 teaspoon salt
3 mint sprigs
1 pound chopped cucumbers

Combine first 5 ingredients in a small saucepan over medium heat; bring to a boil. Cook 1 minute; remove from heat. Add mint; let stand 10 minutes. Discard mint. Place juice mixture and cucumber in a blender; process until smooth. Cool completely. Pour mixture into an 11 x 7-inch baking dish. Cover and freeze for 45 minutes; scrape with a fork. Freeze. Scrape mixture every 45 minutes until completely frozen (about 3 hours). Remove from freezer; scrape with a fork until fluffy.

Sweet Corn Smoothie *food52.com*

Note, I used a full fat yogurt and coconut milk

2-1/2 cups fresh sweet corn kernels (3 medium cobs)
1 vanilla bean, split and scraped
1 teaspoon fresh grated ginger
3/4 cup honey flavor Greek yogurt
1/2 cup coconut milk
1 cup chunks of pineapple
1 cup chunks of mango
1 small banana
3 tablespoons honey - plus more, if needed after testing for sweetness
2 cups ice

Shave off the corn kernels - position the cob on the end of a bowl and run a knife down the sides to get all the kernels and its juice. Add the vanilla bean - split lengthwise and with the tip of a knife scrape the seeds from the bean into the bowl. Add grated ginger. Place into a blender. Add the honey, coconut milk, pineapple, mango, banana and honey. Blend till smooth. Taste for sweetness and add more honey, if needed. Add ice cubes and blend. Serve in a chilled glass - optional, grate a little fresh nutmeg over the top.

Mixed New Potato Salad *www.thekitchn.com*

1 tablespoons chunky kosher salt
1.5 pounds mixed red and white new potatoes
1/8 cup sour cream
1/8 cup buttermilk or plain yogurt
1 tablespoons mayonnaise
1 tablespoons honey, warmed
2 large shallots or green onions, thinly sliced
Salt and freshly ground black pepper
2 cups fresh basil leaves, loosely packed

Bring a large pot of water to the boil and add the salt. Cook the potatoes for 10 to 15 minutes or until just tender. Drain and, as quickly as possible, while they're still hot, chop in half and put in a large bowl. Whisk the sour cream, buttermilk, mayonnaise and honey together. Add salt and pepper to taste, and adjust the



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dressing as necessary for your taste as well with more buttermilk, mayonnaise, or honey. Toss the potatoes with the dressing, shallots and basil. Refrigerate. Serve cold, warm, or hot.

Pear Gorgonzola Salad *skinnmysupper.blogspot.com*

1 - 2 bunch(es) lettuce (can also be kale, spinach, or whatever type of greens you prefer)

1 pear
1/2 cup gorgonzola
1/4 cup walnuts
1/4 cup raisins
1/2 cup green beans
1.5 tbsp lemon juice
1.5 tsp honey
1 tsp- 1 tbsp olive oil : it really doesn't need it hahaha if

you want less fat! :) I use about 1.5 tsp

1 tsp lemon zest
1/4 tsp chopped fresh thyme, dry will also work
dash pepper
dash salt

Wash and dry all fruits and veggies. Blanche green beans. Boil water add green beans cook for 2 minutes. Drain water. Add green beans to ice water to cool. Drain and dry green beans. Layer Salad leaves, green beans, walnuts, gorgonzola, and raisins. Add thinly sliced pears on top. In a small bowl add salad dressing ingredients and mix mix mix. Serve dressing on side or add to salad and toss.

Sweet Corn Ice Cream *www.thekitchn.com*

1 cup heavy cream
1 1/2 cups milk
2 ears sweet corn, shucked, kernels reserved, cobs chopped into 1-inch hunks
1/2 vanilla bean or 1/2 teaspoon vanilla extract
6 egg yolks
1/3 cup plus 1/4 cup sugar

In a small saucepan over medium heat, combine the cream, milk, corn cobs, and vanilla bean (if using vanilla extract, add later). Bring to a simmer. Stir to dissolve sugar. Gently cook for 10 minutes. Remove corn cobs with a slotted spoon. Whisk the egg yolks and 1/3 cup sugar together in a bowl until pale yellow. Slowly whisk in the hot cream mixture. Whisk until

well combined and smooth. Return the mixture to the saucepan and stir over low heat for 1 minute, until it coats the back of a spoon. Strain the custard through a fine sieve. Stir in the vanilla extract, if using. In a small saucepan, bring 1/2 cup water, 1/4 cup sugar and the corn kernels to a simmer, cooking until kernels are soft, about 10 minutes. Remove from heat and add the corn mixture to the custard. Allow it to cool in a bowl with a piece of plastic wrap against the top to prevent a skin from forming. When cool, process in an ice cream maker according to the manufacturer's directions.

San Francisco Farmer's Market Kohlrabi Slaw *www.thekitchn.com*

3 medium kohlrabi, peeled, stems trimmed off, grated
1/3 purple cabbage, shredded
2 carrots, grated
1/2 red onion, grated
1/4 cup golden raisins
1 tbsp sugar
1 tsp salt
1 tbsp cider vinegar
4 tbsp chopped cilantro
1/4 cup mayonnaise (or more, if you prefer)

Combine all ingredients in a bowl and mix well. Chill for several hours before serving.

Five Spice Eggplant Rounds *J. Weissman | The Slim Palate*

2 medium eggplants
4 cloves garlic, left in skins
2 tablespoons melted ghee or avocado oil
2 teaspoons Chinese five-spice powder
salt and pepper to taste

Slice the eggplants about 1/2 inch thick, the slice each garlic clove in half, leaving them in their skins. Line a baking sheet with aluminum foil, spread the eggplant rounds in an even layer on the baking sheet and scatter the garlic cloves around the eggplant. Drizzle the melted ghee or avocado oil all over, the sprinkle with the Chinese five-spice powder and salt and pepper. Broil for 6 to 7 minutes, then flip the eggplant rounds and broil for an additional 3 to 4 minutes or until nicely browned on the outside and tender in the middle.