



# Great Basin Basket CSA

Spring 2011 Newsletter

April 27, 2011

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**Welcome** to all of you that have made a choice to join The Great Basin CSA and support local family farms. We are looking forward to an exciting year of growing fresh, healthy and delicious food and sharing our harvest with you. We hope to help broaden your culinary experiences and connect you with your food, your farmer and the seasons. Know that we appreciate your choice to support us and we hope you all enjoy your spring basket.

## **What's in your basket this week:**

Hyrataki (Oyster) Mushrooms

Red Fennel

Carrots

Spinach

Asparagus

Lettuce

Arugula

Green Garlic

Chard

## **Life on the Farm**

Everything is coming to life on the farm with this lovely warm spring weather we are having. The fields are being prepared this week for seeding. We plan on laying over 100,000 feet of new drip tape to irrigate the crops. Drip tape helps us use water efficiently in our dry climate; it minimizes water waste caused by evaporation and delivers the water directly to where it is needed, the plant.

Thirsty for more of the farm? Lattin Farms is now on Twitter and Facebook and we also have our own blog. Check them out for updates, events, recipes and beautiful farm photos.

[www.twitter.com/lattinfarms](http://www.twitter.com/lattinfarms)

[www.facebook.com/lattinfarms](http://www.facebook.com/lattinfarms)

[www.wordpress.com/lattinfarms](http://www.wordpress.com/lattinfarms)

## **Housekeeping Rules**

~Please sign the clipboard and be sure to check that all of your information is correct. You will sign off each week. That way we know who has not picked up their box. Don't forget to return your box each week. Some people bring a basket or box with them so they don't have to bother with remembering to return the box.

~We all understand that once in awhile life happens. If an emergency comes up let Ann know. You can call her at 351-2551 or email her at [louhela.ann@gmail.com](mailto:louhela.ann@gmail.com) If she does not hear from you, your box will become a food donation to a local food closet.

~You are responsible for getting your box picked up in a timely manner each week. If you plan to be out of town, please make arrangements with family or friends to pick up. They will love it.

~ Each week we will offer a few recipes in the news letter. You can also look up past newsletters. This will help you with "what is this? Now what do I do with it?" We will soon have a new look on our website. <http://www.greatbasinbasketcsa.com>

*Great Basin Basket CSA*

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## Recipes:

This week in your basket you are receiving the first of our spring crop. This means beautiful greens and green garlic. Our first batch of carrots have been over-wintered in the hoop houses. They may look a little rough but they should be great for juicing and cooking. Next week our sweet baby carrots should be ready, so you have something to look forward to. When using the green garlic, remember it is milder than normal garlic but more pungent than a green onion. You can use both the white and green parts of the plant. Green garlic is excellent in soups or mixed with roasted vegetables. We're lucky this week to have delicious oyster mushrooms from Nevada Perennials. We have 2 recipes that call for these delicacies below. Enjoy your first basket

### **Warm Swiss Chard and Mushroom Salad**

#### INGREDIENTS:

1 tablespoon olive oil	3 tablespoons balsamic vinegar
2 cloves garlic, minced	12 grape tomatoes, quartered
1 bunch Swiss chard, cut into thin strips	2 tablespoons crumbled blue cheese
5 oyster mushrooms, sliced	1 pinch salt and ground black pepper to taste
1/4 cup chopped onion	

#### DIRECTIONS:

1. Heat the olive oil in a skillet over medium-low heat. Cook the garlic in the oil until just fragrant, about 1 minute. Add the Swiss chard to the garlic and cook until wilted, 3 to 5 minutes; transfer the chard and garlic to a bowl, reserving any liquid in the skillet and returning it to the heat.
2. Cook the mushrooms and onion to the reserved liquid in the skillet until warmed, 2 to 3 minutes. Pour the balsamic vinegar over the mushroom and onion mixture; cook and stir another 2 to 3 minutes; add to the bowl with the chard mixture along with the tomatoes. Gently mix to incorporate. Toss with the blue cheese. Season with salt and pepper to serve.

### **Quick White Bean, Asparagus and Mushroom Cossoulet**

#### INGREDIENTS:

5 Cups Water	½ tsp dried oregano
Fresh Asparagus	2 cans cannellini beans, rinsed and drained
2 tbl. Olive oil	¼ tsp. black pepper
2 cups oyster mushrooms	1/3 cut finely chopped shallots
1/3 cut finely chopped shallots	2 oz. french bread, cut into 1" cubes
6 cloves garlic, minced	½ cup parmesan cheese
¼ cup dry white wine	½ cup Crumbled Goat Cheese
1 ½ vegetable broth	Pizza Crust

#### DIRECTIONS:

1. Lightly steam asparagus, set aside
2. Put 1 tbl. Olive oil in pan. Add mushrooms, shallots and garlic; sauté 8 minutes or until mushrooms are tender. Add wine; cook 3 minutes or until liquid evaporates. Stir in broth, oregano and beans; bring to simmer. Reduce heat to medium, and cook for 12 minutes or until thick and beans are very tender. Stir in black pepper.
3. Place French bread and butter in a food processor and pulse until coarse crumbs form. Add the remaining 1 tbl. Oil and cheese to coarse breadcrumbs, pulse until combined. Stir in asparagus into bean mixture; sprinkle coarse breadcrumb mixture evenly over bean mixture. Broil 3 minutes or until crumbs are golden brown

### **Arugula, Fennel and Orange Salad**

#### INGREDIENTS:

1 Tbl. Honey	2 oranges, peeled and segmented
1 Tbl. Lemon Juice	1 bulb fennel, thinly sliced
½ tsp. Salt	2 tablespoons sliced black olives
½ tsp ground black pepper	
¼ cup olive oil	
1 bunch Arugula	

#### DIRECTIONS:

1. Whisk together the honey, lemon juice, salt and pepper; slowly add the olive oil while continuing to whisk.
2. Place the arugula in the bottom of a salad bowl; scatter the orange segments, fennel, and olives; drizzle with dressing.