

Great Basin Basket CSA

Spring 2011 Newsletter

May 11th, 2011



Welcome

Snow, rain, hail, sunshine, wind.... a sampling of the weather we faced today. You have to love northern Nevada weather. It does present many challenges for farmers in the area. This is why we are grateful for your subscription to this program. With the money we receive from your membership at the beginning of the season, we can invest in planning for and protecting from erratic weather conditions with such structures as hoop-houses and row covers. The structures also help us get fresh produce to you as early in the season as possible.

What's in your basket this week:

Lemon Balm	Organic Baby Carrots
Nasturtium Flower	Organic Asparagus
Organic Lettuce	Organic Spinach/Kale
Organic Green Garlic	Organic Rubarb
Organic Beets	

Farmer Spotlight : Nevada's Own Sierra Edibles



The Sierra Edible family is a frequent contributor to the Great Basin CSA program. The beautiful mushrooms that you have received the past 2 weeks have come from their farm in the beautiful Smith Valley. Dan and Rachel McClure along with their two sons grow the largest variety of tomato, veggie, herb and edible flower starts in the eastern Sierras.

Nevada's Own is Northern Nevada's largest Perennial production nursery and the first to be able to ship plant material out of state. While our focus over the years has been on ornamental premium hardy perennials, we have been growing and supplying local restaurants, CSA's and individuals with mushrooms, herbs, edible flowers and greens for a few years now. We have named our edible line *Sierra Edibles* for easier identification. We have more than one location and are in the process of an organic certification for one of them. Our small children (8 & 2) are involved in every aspect of our business and therefore while we are not currently certified organic, we practice safe and responsible means of growing to ensure the safety of our children and our land because we love them both (kids & land) and because it is the right thing to do. Supporting your family entirely on farming is not for the timid or easily dismayed, but for us it a way to do what we love and spend as much time as possible with our children. Eat well. Live well. sierraedibles.com

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Recipes:

You have a few goodies to look forward to in this week's spring basket, namely, rhubarb! The majority of the rhubarb you will receive is green, this does not mean that it is un-ripe; it is just the variety of rhubarb we grow best. It tastes just the same as the red variety you find in the store and can be cooked the same way. We love it chopped into ½ inch pieces and popped in the microwave or cooked on the stovetop until the rhubarb breaks down into a sauce. If you have about 2 cups of chopped rhubarb cook it with about ¼ cup of sugar, or to your taste. Then enjoy it as a tangy desert or as a topping on custard, yogurt or ice cream. We have added a recipe for rhubarb muffins that asks for similar amounts of rhubarb as you have in your box.

Lemon Balm is a tasty lemon-mint flavor herb. It is wonderful in both sweet and savory dishes.

Rhubarb Nut Muffins

1 ½ cups flour
¾ cup brown sugar
½ tsp baking soda
1/3 tsp salt
1/3 cup oil
1 egg, lightly beaten
½ cup buttermilk
1 tsp vanilla
1 cup diced rhubarb
½ cup nuts

Topping:

¼ cup brown sugar
¼ cup nuts
½ tsp cinnamon

Preheat oven to 350 degrees F
Combine dry ingredients.
Combine the oil, eggs, buttermilk and vanilla, stir into the dry ingredients until JUST moistened.
Fold in rhubarb and nuts.
Sprinkle topping on after 15 minutes of baking.
Bake for a total of 20-25min

Lemon Balm Appetizers

1 cup chicken, cooked
1/2 cup low-fat mayonnaise or salad dressing
1/4 celery, diced
Fresh ground pepper
2 Tbsp. lemon balm, minced
Whole lemon balm leaves
1 clove garlic, minced

Mix all ingredients together in a medium bowl. Chill until just before serving. Spoon onto crackers or toasted French bread slices. Garnish with fresh whole leaves.

Makes 6 serv

Kale and Spinach Turnovers

2 teaspoons olive oil
1 cup chopped onion
1 garlic clove, chopped
1 small bunch Kale
Handful Spinach
1/2 teaspoon freshly ground black pepper
1/4 teaspoon salt
1/8 teaspoon ground nutmeg
3/4 cup (3 ounces) crumbled feta cheese
1 (11.3-ounce) can refrigerated dinner roll dough
Cooking spray
2 1/2 tablespoons grated fresh Parmesan cheese

Preheat oven to 375°.

Heat olive oil in a large skillet over medium-high heat. Add onion; sauté 10 minutes or until tender and lightly browned. Add garlic; sauté 2 minutes. Add kale and spinach; sauté 8 minutes or until kale is tender. Stir in pepper, salt, and nutmeg. Remove from heat; cool slightly. Stir in feta. Separate dough into 8 pieces. Roll each dough piece into a 5-inch circle. Spoon about 1/3 cup kale mixture on half of each circle, leaving a 1/2-inch border. Fold dough over kale mixture until edges almost meet. Bring bottom edge of dough over top edge; crimp edges of dough with fingers to form a rim. Place turnovers on a baking sheet coated with cooking spray. Lightly coat turnovers with cooking spray; sprinkle each turnover with about 1 teaspoon Parmesan. Bake at 375° for 18 minutes or until golden brown. Let stand at least 5 minutes before serving; serve warm or at room temperature.