

Great Basin Basket CSA

Spring 2011 Newsletter

May 4th, 2011



Welcome

For some of you this is your first basket of the season, we would like to extend a special welcome to you and to thank you for supporting local family farms through this wonderful program. For the rest of you, we hoped you enjoyed your first basket and are well on your way to cooking and eating with the seasons.

What's in your basket this week:

Haritaki (Oyster) Mushrooms

Oregano Organic Baby Carrots

Nasturtium Flower Organic Asparagus

Organic Lettuce Organic Kale

Organic Green Garlic Organic Juicing Carrots

Life on the Farm

Lattin Farms has paired up with Utah State University to set up a hoop house research trail on the farm. The trial will be focused on comparing tomato growth inside and outside hoop houses designed by the USU Ag Department. Bill Mewaldt of Garden of Edith Nurseries, our neighbor across the street and frequent contributor to the box program, has been experimenting with his own curly top-resistant varieties of tomatoes. Curly top is one of the most prominent diseases that affect tomatoes grown in Northern Nevada. Bill's seed varieties will also be included in the trial, their resistance to curly top inside and outside the hoop houses will be assessed. We hope that the results from this study will help small Northern Nevada farmers make informed decisions about their growing options making them more successful and competitive in local markets. We have added pictures of the hoop house trial on the Lattin Farms facebook page and our blog.

Housekeeping Rules (for those who missed them last week)

~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 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.

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Recipes:

From now on we will identify what goes in your basket as certified organic or not. Please note that not all the farmers that we work with are certified organic. We take priority over small local family farms that are good stewards of the land over anything that is only labeled organic but is from an unknown source. Many non-organic farmers grow in an organic manner but choose not to be certified. In the following newsletters we will be showcasing our farmers and their operations so you can get a feel of where your food comes from and how it is grown.

In this week's basket we have included edible nasturtium flowers. They are an extremely versatile flower and can be used in risottos, soups, and salads. They are also great stuffed and can be used to make infused vinegar. We hope you enjoy exploring all the wonderful ways of using them.

Also gracing your box are more juicing-carrots. The little guys have been working so hard since February through snow, wind, and hail, so we are grateful for their continued production. We have included some sweet baby spring carrots as well for cutting and snacking. Spring is always a time for abundant greens. You will find 2 different types of lettuce to decorate your dinner tables.

Spring Nasturtiums and Organic Arugula with Citrus Zest

Spice up salads this season with spring nasturtiums! The lovely flowers have a slight peppery taste and spicy notes to them. They also contain Vitamin C. They're from the watercress family and add a similar tangy flavor to pasta salads, soup garnishes and both fruit and vegetable dishes. One salad combination could be arugula, nasturtiums, carrots, clementines, sprouts, and a splash of citrus zest and olive oil with lemon pepper to taste. These delicate yellow and orange flowers need to be washed and soaked before eating.

Simplest way to use green garlic: substitute for regular garlic. "I chop it up like a green onion, then I use it sparingly, raw, and abundantly cooked. The beginning of a soup, hummus or egg salad, thrown in with the onions at the beginning of many dishes that start with cook the chopped onions in oil or butter..." —Julia from Mariquita Farms. <http://www.mariquita.com/>

Kale and Carrot Soup

- 2 cloves of fresh garlic
- ½ to 1 small onion, peeled and chopped
- 1-1 inch cinnamon stick
- 2 whole bay leaves
- 1 to 1 ½ cups chopped carrots
- 2 cups cleaned and torn kale
- 1 medium partially cooked sweet potato, peeled and cubed

Sauté first six ingredients until tender but not brown, approximately 5 minutes. Add carrots and 1 cup of water. Cook until carrots are tender. Season with salt and pepper. Add Kale, sweet potato and 1 cup water. Cook until Kale is wilted but still bright in color. Sweet Potato will break up slightly (or you can smash about half of the sweet potato) and thicken broth. Remove the whole cinnamon stick and bay leaves before eating.

Asparagus and Mushroom Puff Pastry Pie

- 1/4 cup butter
- 1 bunch of fresh asparagus, cut into 1 inch pieces
- 3 cloves garlic, diced
- ½ cup of sliced fresh mushrooms
- 1/2 cup prepared hollandaise sauce
- 1 (17.25 ounce) package frozen puff pastry, thawed (this recipe has been halved, so only use one sheet or frozen pie dough)

Preheat the oven to 400 degrees F (200 degrees C). Melt the butter in a large skillet over medium heat. Add the asparagus, and cook for about 10 minutes. Stir in the mushrooms and garlic; cook and stir until the mushrooms are tender. Set aside. Prepare the hollandaise sauce according to package directions. Stir into the asparagus and mushrooms. Lay one sheet of puff pastry out flat in the bottom of a 8x8 inch baking dish, letting any extra dough go up the sides. Spread the asparagus mixture evenly over the dough. Top with the other sheet of pastry, and pinch the edges together to seal. Bake for 25 to 30 minutes in the preheated oven, until pastry is golden brown. Cool for a few minutes before slicing and serving.