

Great Basin Basket CSA

Spring 2011 Newsletter

May 25th, 2011



Welcome

It's always an exciting time around the farm when the farmers markets start for the season. This year, we're lucky to have a chance at an early start with the Carson City Mini-Market at the Greenhouse Nursery. We'll have seasonal produce as well as all our delicious breads, jams, and canned goods, including Lattin Farm's famous pickles! It's a nice market to visit, with a couple of vendors from California who already have tree fruit and strawberries! Nevada's Own is also there with their beautiful tomato plants of all varieties including Cherokee purple and German striped. While you're there the nursery is a great place to visit to get everything for your garden. We love heading to markets because it's our chance to meet our customers face to face. It's great to hear how you are doing and what you are looking forward to this season. The mini-market will be at the Nursery for 2 more weeks before we move to the usual spot at 3rd Ave. and Curry Street on June 11th. Keep an eye out for our other popular markets in Reno, Sparks and Fallon also starting in June.

Please take note that our regular CSA driver Mike has left to do humanitarian work in Joplin Missouri to help with the aftermath of the tornado. We don't know how long he will be away but we send with him all our wishes and support for all the good work he is doing. In the mean-time we will have a substitute driver so please be patient if there are any delays or mix-ups. Please let us know if you have any problems and we will do our best to remedy them

What's in your basket this week:

Organic Green Garlic	Organic Carrots
Organic Radish	Head Lettuce
Arugula	Hiratake Mushrooms
Cilantro	Oregano

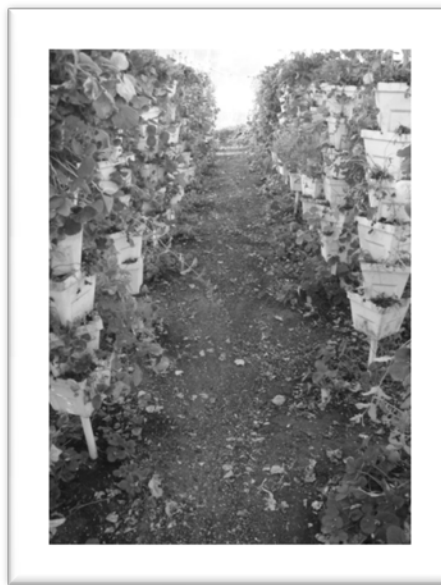
Organic Cherry Bell Radish

Organic Kale Mixed Bag

Red Mustard

Farmer Spotlight – Pioneer Farms

When leaving a message for Scott at Pioneer Farms you first hear his voicemail say that he is likely out pulling weeds, picking lettuce or weighing pumpkins and will have to call you back. That pretty much sums up Scott, he is passionate about growing fresh, sustainable, pesticide-free produce, herbs and salad mixes. Pioneer Farms is also known for breeding and growing some of the largest and heaviest pumpkins around. The farm is nestled on the outskirts of Fallon, surrounded by large trees and dotted with edible and non-edible blooms. Every turn you make brings you to another surprise, whether it is giant pumpkins peeking out behind the vines, rows of beautiful melons, or collections of new and fantastic greens



such as kamatsuna and romanesco. More recently, Scott has been experimenting with vertical strawberries with great success (see picture). This week Scott is sending arugula and head lettuce with your boxes. Check out the Pioneer Farms website for more great pictures and information on the farm. pioneerfarmsnv.com

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Recipes:

This week in your basket you should find some beautiful red mustard greens. Like, kale, cabbage and collard greens, they are from the Brassica family. Often found in Chinese, Japanese and Indian cooking, the leafy green has a distinctive peppery taste. When they are tasted raw, the mustard flavor is evident, when cooked the taste is more like spinach with more body.

Arugula and Carrot Salad with Walnuts and Cheese

Ingredients:

- 2 cups arugula
- 1 cup grated carrots
- 1 tablespoon broken walnuts (1/2 ounce)
- 1/4 cup grated Parmesan or crumbled blue cheese (1 ounce)
- 1 tablespoon finely chopped fresh tarragon

For the dressing:

- 1 tablespoon fresh lemon juice
- 1 tablespoon sherry vinegar
- 1 teaspoon balsamic vinegar
- Salt to taste
- 1 teaspoon Dijon mustard
- 1 small garlic clove, pureed or finely minced (optional)
- 1/4 cup extra virgin olive oil
- 2 tablespoons walnut oil

Combine the arugula, carrots, walnuts, cheese and tarragon in a salad bowl.

In a small bowl or measuring cup, combine the lemon juice, vinegars, salt and mustard. Whisk together, and add the garlic.

Whisk in the oils.

Shortly before serving, toss the salad with the dressing.

Mustard Greens Recipe

Ingredients:

- 1/2 cup thinly sliced onions
- 2 cloves garlic, minced
- 1 Tbsp olive oil
- 1 bunch mustard greens, washed and torn into large pieces
- 2 to 3 Tbsp chicken broth or vegetable broth
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon dark sesame oil

Method

In a large sauté pan, sauté onions in olive oil over medium heat until the onions begin to brown and caramelize, about 5 to 10 minutes. Add the minced garlic and cook a minute more, until fragrant.

Add the mustard greens and broth and cook until the mustard greens are just barely wilted. Toss with sesame oil. Season with salt and pepper.

Cilantro Chutney

Ingredients:

- 1 bunch fresh cilantro, leaves picked from stems
- 2 green Chile pepper
- 2 tablespoons minced fresh ginger root
- 2 tablespoons lemon juice
- 2 tablespoons tomato sauce
- 1 tablespoon water, or as needed
- 1 teaspoon cumin seeds

Method

Blend the cilantro, ginger, cumin, green Chile pepper, lemon juice, and tomato sauce in a food processor or blender until finely ground. Stir water into the mixture to give a sauce-like consistency as desired

Kale and Potato Soup

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 medium onion, chopped
- 4 large garlic cloves, minced
- Salt, preferably kosher salt, to taste
- 1 3/4 to 2 pounds starchy potatoes (such as Idaho potatoes), peeled and thinly sliced
- A bouquet garni made with a bay leaf, a couple of sprigs each parsley and thyme, and a Parmesan rind
- 1 pound kale, stemmed and washed thoroughly
- Freshly ground pepper

Method

Heat one tablespoon of the oil over medium heat in a large, heavy soup pot, and add the onion. Cook, stirring, until tender, about five minutes. Add the garlic and 1/2 teaspoon salt. Cook, stirring, until fragrant, about 30 seconds to a minute. Stir in the potatoes, the bouquet garni and two quarts of water. Bring to a boil, add salt, reduce the heat, cover and simmer 30 to 40 minutes until the potatoes are falling apart. Remove the bouquet garni.

While the soup is simmering, prepare the kale. Stack the leaves, about six or eight to a stack, roll them up tightly and slice crosswise into very thin filaments.

When the potatoes have begun to fall apart, mash them in the pot with a potato masher or blend the soup with a hand blender. Stir the kale into the soup, and simmer 10 to 15 minutes, uncovered. The kale should be tender but should not become a drab olive green, if possible. Taste, adjust salt and add pepper. Stir in the remaining olive oil, and serve with crusty bread.