

Great Basin Basket CSA

Spring 2011 Newsletter

June 1, 2011



Welcome

We would like to apologize for the mix-up on the list of box contents in the newsletter last week. Oftentimes we have last-minute changes to the box and sometimes this isn't communicated to everyone before the newsletter is printed, especially on the somewhat hectic delivery day. Please consider the newsletter list to be slightly flexible, however, do not hesitate to let us know if you feel you have something that might be missing. It does happen and we will make sure you receive your missing produce the next week. We hope you enjoyed last week's box despite the confusion. Thank you for your patience.

"When you have the best and tastiest ingredients, you can cook very simply and the food will be extraordinary because it tastes like what it is... As community, we share not only a commitment to protect our natural resources, but an appreciation of the value of food itself, a love for its taste and beauty and the deep pleasure it can bring by connecting us to time and place, the seasons, and the cycle of nature."

Alice Waters, *The Art of Simple Food*

If you haven't checked out "The Art of Simple Food" by Alice Waters this CSA basket season is the perfect time. Beyond the fact that she cherishes green garlic (which we hope you are learning to cherish just as much), Alice Waters has been considered one of the first to introduce the slow/local/sustainable food movements to America. Her book is not just a cookbook but a how-to on everything from stocking your kitchen to buying the correct appliances all within her philosophy of local, seasonal food being essential for healthy, delicious meals.

What's in your basket this week:

Organic Green Garlic	Lettuce
Organic Radish	Beet greens mix
French Thyme	Small Clam Mushrooms
Salad Mix	Bok Choy

Life on the Farm

With the hope of some better weather to come (we think that we all deserve it) we have started to plant tomatoes, melons, eggplant, and peppers outside. Last week we successfully planted over 1000 tomato plants. Here's hoping that the weather will cooperate and we will have a bountiful tomato season for us all to enjoy. There is nothing quite like Lattin Farm's organic tomatoes right off the vine.

Recipes:

This week in your box you should find bok choy and beet tops. Bok choy is an Asian cabbage and has all those antioxidant-rich phytonutrients that the brassicas are known for. Enjoy it lightly charred whole or halved and drizzle with soy sauce, top with chopped scallions. Beet Tops are delicious and should be eaten as a vegetable on their own. Use beet tops as you would other leafy greens like chard, spinach or kale. Steam beet tops and season with a little butter. Toss some into a pot of soup, stew or pasta dishes. You can also sauté beet tops in a little olive oil and garlic and add nuts and raisins if you like. We have included a salad mix in your box as well. In the mix you will find carrots, green onions and turnips. The turnips are sweet and a little spicy like a radish and can be cut up and tossed with some lettuce along with the carrots and green onions. The turnip tops are also good in a salad or cooked up with your green mix.

We hope you're not too tired of green garlic yet. It is such a versatile product that can be used in any recipe that asks for garlic and in other ways too. We have added two recipes that include green garlic so you can use up any you have hiding in the fridge.

Wilted Watercress with Roasted Garlic

2 green garlic, chopped
1 - 1/2 tbsp olive oil, divided
1 bunch of watercress, cut into 3" pieces

Preheat oven to 400 f. Place garlic on foil; drizzle with 1/2 tbsp oil. Wrap garlic in foil; roast until soft, about 20 minutes. Heat remaining oil in large pot over medium-high heat. Add watercress and garlic with oil from foil packet. Sauté until watercress is wilted, about 2 minutes. Season with salt and pepper. Transfer watercress to bowl and serve.



Beet Greens and Potato Hash

- 1 pound red boiling potatoes or baby Yukon golds, cut in small dice (about 1/2 inch)
- 1 generous bunch of beet greens, stemmed and cleaned in 2 changes of water
- 2 tablespoons extra virgin olive oil
- 2 garlic cloves, minced
- 1 teaspoon fresh thyme leaves
- Salt and freshly ground pepper
- 1 tablespoon vinegar — sherry, red wine or Champagne

Place the diced potatoes in a steamer above an inch of boiling water. Cover and steam for 10 minutes. Add the beet greens to the steamer, and steam for five minutes until wilted; turn them halfway through so they cook evenly. Turn off the heat underneath the steamer. With tongs, remove the greens to a bowl, and rinse them with cold water. Drain, squeeze out excess water and chop. Set the potatoes aside.

Heat the olive oil over medium heat in a large, heavy nonstick skillet. Add the potatoes, turn the heat to medium-high, and cook, stirring from time to time, until the potatoes are lightly browned, about five minutes. Stir in the garlic, greens, thyme, salt and pepper. Cook, stirring often, for another five minutes, pressing the mixture down into the pan so the edges brown. Taste, and adjust salt and pepper. Stir in the vinegar if using. Serve, topped with a poached egg if desired.

Warm Bok Choy, Beet and Feta Salad

- 4 small beets, trimmed, leaving 1 inch of stems attached
- 4 cloves garlic, chopped, divided
- 1 teaspoon olive oil
- 3 heads baby bok choy, chopped
- 2 tablespoons peanut oil
- 1 1/2 teaspoons butter
- 1/3 cup crumbled feta cheese

Preheat an oven to 425 degrees F (220 degrees C). Place the beets, 1/4 of the chopped garlic, and the olive oil on a piece of heavy aluminum foil; fold the foil around the beets into a sealed packet.

Roast beets in the preheated oven until easily pierced with a fork, 40 minutes to 1 hour. Let beets cool just

until they can be handled, then rub with a paper towel to remove skins. Chop into 1/2-inch cubes; set aside. Heat the peanut oil and butter in a heavy skillet over medium-high heat. Cook and stir bok choy and the remaining garlic together until bok choy is slightly softened but still crunchy, about 5 minutes. Remove from heat; stir in the beets and the feta. Serve warm.

Green Garlic, Potato and Leek Soup

- 3/4 pound green garlic (weight includes stalks)
- 2 tablespoons extra virgin olive oil
- 1 pound leeks, rinsed and sliced
- 1 small celery rib, sliced (about 1/4 cup)
- 1 pound Yukon gold or russet potatoes, peeled and diced
- 1 1/2 quarts water, vegetable stock or chicken stock
- A bouquet garni made with a bay leaf and 2 sprigs each thyme and parsley
- Freshly ground pepper
- 1/4 cup chopped fresh flat-leaf parsley, chervil or tarragon

Trim off the tough green ends of the garlic bulbs. If the garlic has formed cloves, separate them and remove the thick shells from the tender cloves. If it has not formed cloves, just remove the outside layers. Chop coarsely. You should have about 1 cup chopped green garlic. Heat the olive oil in a large, heavy soup pot over medium heat. Add the leeks, green garlic, celery and 1/2 teaspoon salt. Cook gently for five to 10 minutes until the vegetables have softened but not colored. Add the potatoes, water, bouquet garni and salt to taste. Bring to a boil, reduce the heat, cover and simmer 30 minutes. Purée the soup using an immersion blender. Alternatively, purée in a standing blender working in 1 1/2-cup batches; pull a towel tightly over the top, rather than a tight-fitting lid, to prevent splashes. Put through a medium strainer, pressing the soup through with the back of a ladle or with a pestle. Reheat, taste and adjust salt. Add freshly ground pepper. Ladle into soup bowls, and sprinkle chopped fresh parsley, chervil or chopped fresh tarragon over each serving. Alternatively, chill and serve cold. You can thin out if you wish with milk or stock.