

# Great Basin Basket CSA

Spring 2011 Newsletter

June 15, 2011



## Welcome

For those of you who only receive baskets every second week, you are missing out on half of the newsletters. Not to worry, every newsletter can be found on our website: [www.greatbasinbaskets.com](http://www.greatbasinbaskets.com)

It is amazing how the good weather brings a burst of growth to everything on the farm. If you look away for only a minute, it seems like everything doubles in size by the time you look again. Where only a few weeks ago it felt like we only had a few things barely ready, it is now going to be tough to keep up with everything. It seems like everyone is in a better mood, even in town where there are an exceptional number of smiles and hellos. We hope the sunny days and good, fresh food put an extra spring in your step for the remainder of the spring.

## What's in your basket this week:

Organic Green Onions	Organic Lettuce
Farao Cabbage	Organic Spinach
Organic Arugula	Organic Bok Choy
Hiratake Mushrooms	Oregano

## Recipes

In this week's basket you will find half a head of the lovely farao cabbage from Pioneer Farms. It is an attractive, deep green cabbage with short, dense cores filled with tender, thin, crisp, peppery-sweet leaves. Cabbage is an excellent source of vitamin C. It also contains significant amounts of glutamine, an amino acid that has anti-inflammatory properties. It is used in many international cuisines including Chinese, Indian, Eastern European and Middle Eastern.

The arugula you will find in the basket is from Pioneer Farms. It is a leafy green herb of the mustard family. Arugula is related to both the radish and watercress,

and the flavor of the leaves is similarly hot and peppery. Native to the Mediterranean region, arugula has been grown as a vegetable since the Roman era. The Romans ate the leaves as a vegetable, used the seeds to flavor oil, and made aphrodisiac and medicinal compounds from the plant.

Arugula is very low in calories and is a good source of vitamins A and C, folate, calcium, and magnesium. It can be eaten raw, added to salads with other salad greens, or cooked. It is excellent sautéed lightly in olive oil or steamed and added to pasta dishes. Arugula can also be made into pesto and served with pasta or potatoes or as an accompaniment to roasted or grilled meats.

It is worth noting that the older the leaves, the more intense the flavor. Younger leaves are tender and have a milder taste and therefore are best for salads. Older leaves may be slightly bitter and are more appropriate for sautéing or steaming.

## Spinach and Goat Cheese Quesadillas

1 bunch spinach, stemmed  
1 tablespoon extra virgin olive oil  
1 to 2 garlic cloves (to taste), minced  
Salt and freshly ground pepper  
4 corn tortillas  
2 ounces goat cheese, crumbled (1/2 cup)

1. Wash the spinach but do not dry. If using bunch spinach, chop coarsely. Heat the olive oil over medium heat in a large, heavy frying pan. Add the garlic. Cook until fragrant, about 30 seconds, then stir in the spinach. Raise the heat, and stir just until the spinach wilts. Remove from the heat. Press down on the spinach with the back of your spoon, and drain off any water in the pan. Season to taste with salt and pepper.
2. Place a corn tortilla in a pan. Top with half the spinach, and spread in an even layer. Sprinkle on half of the cheese. Turn the heat to medium-high, and heat until the cheese begins to melt. Place another tortilla on top of the cheese, and press down lightly. Flip the quesadilla over in the pan, and heat for about 30 seconds or until the cheese has melted. Flip back over, and remove to a plate. Cut into quarters or sixths, and serve. Repeat with the remaining ingredients.



### Quinoa and Chard Cakes

Swiss chard, washed and stemmed (do not discard the stems)

2 tablespoons extra virgin olive oil

2 plump garlic cloves, minced, or 2 teaspoons minced green garlic

2 teaspoons cumin seeds, lightly toasted and ground

Salt and freshly ground pepper

1 cup cooked quinoa

1/3 cup freshly grated Parmesan (1 1/2 ounces)

1 egg, beaten

1 tablespoon canola oil

For serving:

1/2 cup plain yogurt

1 garlic clove, puréed with a generous pinch of salt

### Directions

**1.** Fill a bowl with ice water. Bring a large pot of water to a boil, salt generously and add the chard leaves. Blanch for two to three minutes until tender, and then transfer to the ice water. Drain, squeeze out excess water and chop medium-fine. Add the chard stems to the water, and cook four to five minutes until tender. Transfer to the ice water, then drain and cut in 1/4-inch dice. Measure out 3/4 cup of the stems, and reserve the rest for another purpose.

Alternatively, steam the chard leaves, then the stems, above an inch of boiling water until tender. The leaves will take three to four minutes, the stems five minutes.

**2.** Heat 1 tablespoon of the olive oil over medium heat in a medium or large skillet. Add the garlic. When it is fragrant, in 30 seconds to a minute, stir in the chard leaves and stems and the cumin. Stir together for about a minute, and season to taste with salt and pepper. Transfer to a large bowl, and add the quinoa, Parmesan and egg. Stir together.

**3.** Heat the remaining tablespoon of olive oil and the canola oil together over medium-high heat in a large, heavy skillet. Moisten your hands, and shape the quinoa and chard mixture into four hamburger-size patties (or make smaller, fritter-ish patties). Carefully place the patties in the hot oil, taking care not to crowd them in the pan. Press down on the tops of the patties with the bottom of your spatula to prevent them from falling apart; if they are thick enough, they should stay together. Cook for four to five minutes on each side until nicely browned. Remove from the heat and serve.

### Cabbage with Tomatoes, Bulgur and Chickpeas

1/4 cup extra virgin olive oil

1 onion, finely chopped

Salt to taste

1 tablespoon sweet paprika

1/2 large cabbage head, finely shredded

1 14-ounce can chopped tomatoes with juice

2 teaspoons sugar

2 teaspoons red wine vinegar, cider vinegar or sherry vinegar

1/4 cup chopped fresh dill

2 cups water

1 cup coarse bulgur

1 15-ounce can chickpeas, drained and rinsed

### Directions

**1.** Heat the olive oil over medium heat in a large, heavy lidded skillet or Dutch oven. Add the onion, and cook, stirring often, until tender, about five minutes. Stir in a pinch of salt and the paprika. Cook, stirring, until the onion is thoroughly tender and infused with paprika, three to four minutes.

**2.** Add the cabbage, and cook, stirring, for three minutes or until it begins to wilt. Stir in the tomatoes, sugar and vinegar, and add salt to taste. Bring to a simmer, lower the heat, cover and simmer 15 minutes until the cabbage is thoroughly tender.

**3.** Stir in the dill and the water, and bring it to a boil. Add the bulgur and chickpeas. Stir to combine. When the water comes back to a boil, reduce the heat to low and cover. Simmer 10 minutes or until all of the water has been absorbed. Remove from the heat, taste and adjust seasonings, and serve hot or at room temperature.

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