

Great Basin Basket CSA

Spring 2011 Newsletter

June 8, 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

Despite the freezing weather, flooding rains, and devastating winds, we have managed to put together a lovely basket for you this week. In the back of our minds we are all a little worried that the story of this year may be the one we recite to future generations. "The Year that Summer Never Arrived." Fingers crossed that this doesn't happen because we are all looking forward to the summer bounty of squash, corn and melons. Luckily our little greens love the cool weather and a little wind to keep them healthy.

Farmers Markets

Our farmers markets have started in full swing. Thursday brings back the exciting Sparks Hometown Farmer's Market. The familiar Carson City and California Ave. markets will be into their second week this weekend. The Summit Sierra mall is hosting a market on Tuesdays as is the Sparks Methodist Church. Lattin Farms will be at all of these with all of our produce as well as our delicious breads and bottled goods. There is always a great mix of other vendors with fruit, vegetables, plants, flowers, value-added products, snacks and gifts. We hope you enjoy the market season as much as we do.

What's in your basket this week:

Organic Green Garlic	Organic Butter Lettuce
Radishes	Organic Braising Mix
Organic Lettuce Mix	Organic Turnips
Arugula	Organic Kale
Organic Spinach	

Farmer Spotlight: Lattin Farms

Lattin Farms is the center of the Great Basin CSA. Everything is organized, stored, boxed and delivered from the farm. The 300 acre farm is located in Fallon, NV where the Lattin family has been farming for over five generations. With the support of the Great Basin Food Co-op, the farm became certified organic just last year after three years of transition. Now, all the vegetables and fruit grown on the farm are certified as well as the corn and alfalfa which is used by local dairies.

When visiting the farm, especially in the busy summer and fall months, it is alive with bustling energy. The old-fashioned produce stand is overflowing with an amazing diversity and abundance of seasonal produce. There are children learning about farming in the demonstration garden or taking rides in the cow-train. During goat days the excitement mounts as the goats take to the skies on the goat ramps. The bakery is always overflowing with delicious smells of lemon blueberry loaf and warm crisp crusty breads. The fall brings with it the famous Nevada



corn maze, pumpkin patch, hayrides and more. No matter when you come for a visit you will be met with a welcoming

smile and a helpful hand.

We encourage you to call if you have any questions or if you would like to place an order for pickling cucumbers or canning tomatoes later in the year (775-867-3750).

Stay up to date with farm events through our website www.lattinfarms.com, Facebook, Twitter or our blog at www.lattinfarms.wordpress.com.

Recipes:

True to the spring basket theme this week's is full of greens, including one of our favorites, braising mix. This is a mix of greens perfect for lightly braising in olive oil or steamed for only a couple of minutes. Braising mix is also perfect drizzled with a hot dressing which wilts the greens but does not take away from their raw colors, textures and flavors. Our braising mix is a combination of kale, mustard, chard, mizuna and tatsoi.

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Penne with arugula and clams

- 2 tablespoons extra virgin olive oil
- 2 large garlic cloves, minced
- 1/2 pound arugula, coarsely chopped if the leaves are large, rinsed
- 1/4 teaspoon red chili flakes
- 3/4 pound penne rigata
- 32 manila clams, washed well
- 2 tablespoons chopped flat-leaf parsley or basil
- Salt and freshly ground pepper if desired

1. Begin heating a large pot of generously salted water for the pasta.
2. Meanwhile, heat the olive oil over medium heat in a large, flameproof casserole or Dutch oven. Add the garlic, arugula and chili flakes. Cook, stirring, until the arugula wilts, three to five minutes.
3. Turn up the heat to high under the casserole, add the clams, cover tightly and steam until they open, three to five minutes. Add the parsley or basil; stir the mixture, taste and season as desired. Turn off the heat, and return the lid to the pot.
4. Cook the pasta al dente, following timing instructions on the package but checking a minute before the indicated time. Add 1/4 cup of the pasta cooking water to the pan with the arugula and clams. Drain the pasta, toss with the arugula and clam mixture, and serve.

Slow Baked Beans with Kale

- 1 bunch kale, stemmed and washed
- 3 tablespoons extra virgin olive oil
- 1 medium onion, chopped
- 1 carrot, chopped
- 1 rib celery, chopped
- 4 garlic cloves, minced
- 1 2/3 cups white beans (3/4 pound) or dried lima beans, soaked for at least four hours and drained
- 1 6-ounce can tomato paste, dissolved in 1 cup water
- 3 cups additional water
- A bouquet garni consisting of 4 parsley sprigs, 2 thyme sprigs and a bay leaf
- 1 teaspoon herbes de Provence (or Thyme)
- Salt and a generous amount of freshly ground pepper
- 1/2 cup bread crumbs

1. Preheat the oven to 225 degrees. Meanwhile, bring a large pot of water to a boil, salt generously and add the

kale. Blanch for two minutes, then transfer to a bowl of ice water. Drain, squeeze out water and cut into ribbons. Set aside. (I blanch the kale to extract some of the bitterness, but you can skip this step if you wish).

2. Heat 2 tablespoons of the olive oil over medium heat in a large ovenproof casserole. Add the onion, carrots and celery. Cook, stirring often, until the onion is tender, about five minutes. Add the garlic and cook, stirring, until fragrant, 30 seconds to a minute. Add the dissolved tomato paste, and bring to a simmer.

3. Add the drained beans, the remaining water, the bouquet garni, herbes de Provence and salt and pepper. Stir in the kale, bring to a simmer, cover and place in the oven. Bake three hours until the beans are tender and creamy. Taste and adjust salt.

4. Mix together the remaining olive oil and the bread crumbs. Sprinkle the bread crumbs over the beans, and continue to bake another 30 minutes to an hour until the bread crumbs are lightly browned. Remove from the heat and serve; or allow to cool slightly and serve.

Wilted Braising Mix

- 3 cups braised mix lettuce
- 1/4 red onion, sliced
- 1 tomato, diced
- 1 tbl olive oil
- 4 slices bacon
- 8 button mushrooms
- 3 tbl apple cider vinegar
- 1 tbl Dijon mustard
- Salt and pepper to taste

1. In a large bowl toss in your lettuce mix, red onion, and tomato. Set aside.

2. In a small saucepan heat the olive oil over medium high heat. Add in your bacon and cook it until it's nice and crisp. Remove with a slotted spoon to a paper towel and set aside. Once it's cooled a bit, add to the top of your salad.

3. Pour off all but 2 tbl of the bacon fat. Set the pan back on the heat and add in your mushrooms. Season with salt and pepper and let the mushrooms soften up.

4. Once the mushrooms have softened knock the heat down a bit and deglaze the pan with your vinegar. Stir in some Dijon mustard, season with a bit more salt and pepper, and simmer for 2-3 minutes.

5. Pour the dressing over the top of your salad and toss to wilt your lettuce mixes.