

Great Basin Basket CSA

Summer, Week 1

July 12th, 2011



Welcome to all of you that have made a choice to join The Great Basin CSA and support local family farms. We are looking forward to an exciting year of growing fresh, healthy and delicious food and sharing our harvest with you. We hope to help broaden your culinary experiences and connect you with your food, your farmer and the seasons. Know that we appreciate your choice to support us and we hope you all enjoy your summer basket.

What's in your basket this week:

Hyritaki (Oyster) Mushrooms

Rau Ram

Carrots

Collard Greens/Chard

Summer Squash

Pickling Cucumbers

Onions

Peppers

Turnips

Fava Beans

Lemon Basil

Life on the Farm

Summer is finally in full swing at the farm. Summer squash is being picked as fast as possible. Due to a troublesome spring with cold temperatures and strong winds, some of our crops are slightly behind but catching up quickly. If this box feels a little light we will be making it up with extra melons and tomatoes over the next couple of weeks.

Thirsty for more of the farm? Lattin Farms is now on Twitter and Facebook and we also have our own blog. Check them out for updates, events, recipes and beautiful farm photos.

twitter.com/lattinfarms

facebook.com/lattinfarms

lattinfarms.wordpress.com

Housekeeping Rules

~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. <http://www.greatbasinbasketcsa.com>

Great Basin Basket CSA

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Recipes:

Rau ram (Vietnamese coriander) has a lemon and coriander-cilantro aroma. Rau ram is an ingredient in many southeast Asia dishes. The other herb is lemon basil. It is flavorful basil with a lemon taste. It is best stored at room temperature in a paper bag.

Also gracing your box this week is a bag of Fava beans. These beans originated in Egypt 5000 years ago, they have long been popular in Mediterranean cuisine, with many summer dishes celebrating the seasonal bean. Fava beans have a distinct flavor and creamy texture that makes them a great addition to a wide variety of dishes.

Collard greens may evoke images and memories of southern cuisine, however it is considered the oldest of the cabbage family as it was found in ancient Greek, Roman and Egyptian cooking. The deeply flavorful nutritious green can be found accompanying many recipes.

Hue Chicken Salad (ga bop)

½ whole chicken, thigh and leg scored for faster cooking

½ teaspoon ground black pepper

1 teaspoon kosher salt or to taste

2 teaspoons sugar

2 ½ tablespoons freshly squeezed lime juice

1 small yellow onion, sliced paper-thin, rinsed (about ½ cup)

2 Thai bird chilies or 1 Serrano chili, chopped or to taste

1 bunch rau ram leaves

1/2 tablespoon vegetable oil

4 butter lettuce leaves, preferably inner leaves

1. Fill a pot with 2 quarts water and bring to vigorous boil. Add the chicken and bring it back to another boil. Reduce the heat and simmer 10 minutes. Turn off the heat and let the chicken sit in the pot, covered, for 20 minutes. Remove the chicken and set it aside to cool.

2. Remove and discard the skin and bones from the chicken. Hands shred the meat into ¼-inch thick strips and transfer to a mixing bowl.

3. Add the black pepper, salt and sugar and gently massage into the chicken. Add the lime juice, onions, chilies, rau ram and oil and toss gently. To serve, line a serving plate with the butter lettuce and place the chicken on top.

Roasted Garlic-Fava Bean Sauce

8 cups of chicken stock

1 garlic head roasted, cloves squeezed into a bowl

2 tablespoons cold butter cut into tablespoons

1 tablespoons freshly-squeezed lemon juice

Salt to taste

Freshly-ground black pepper to taste

½ shelled, peeled and cooked Fava beans

1. Place stock and roasted garlic in a medium saucepan and reduce to 3 cups. Strain into a clean saucepan and bring to a simmer.
2. Whisk in the butter and lemon juice and season with salt and pepper to taste. Add the Fava beans and cook for 1 minute.
3. Serve with roasted chicken or other meat, or over rice or polenta.

Wild Mushroom Pate

5 tbs Butter

1/2 cup Shallots, chopped

1 1/4 lb Wild mushrooms, shitake, oyster, cultivated crimini

2 tsp Garlic, finely chopped

2 tsp Curry powder

1/2 tsp Ground cumin

1 cup Unsalted cashews, toasted

2 tbs Toasted nut oil, such as walnut or an olive oil

Salt and Pepper to taste

2 tbs finely chopped mixed herbs, such as parsley, basil, or chives

1. Heat the butter in a large sauté pan over moderately high heat. Add the shallots, mushrooms, garlic, curry and cumin and stir until the mixture is just beginning to brown and all liquid has evaporated. While mushrooms are cooking add the cashews to a food processor and process till finely chopped. 2. Add oil and continue to process to make a paste. Add the mushroom mixture and process till smooth. Season with salt and pepper to your taste and then place in a 2-cup pate mold or other ceramic dish. Serve with toasts and or crackers.

Collard Greens (or Chard) with Bacon

1 tablespoon olive oil

3 slices bacon

1 large onion, chopped

2 cloves garlic, minced

1 teaspoon salt

1 teaspoon pepper

3 cups chicken broth

1 pinch red pepper flakes

1 Bunch fresh collard greens, cut into 2-inch pieces

1. Heat oil in a large pot over medium-high heat. Add bacon, and cook until crisp. Remove bacon from pan, crumble and return to the pan. Add onion, and cook until tender, about 5 minutes. Add garlic, and cook until just fragrant. Add collard greens, and fry until they start to wilt.
2. Pour in chicken broth, and season with salt, pepper, and red pepper flakes. Reduce heat to low, cover, and simmer for 45 minutes, or until greens are tender.