

Great Basin Basket CSA

Summer, Week 4

August 2nd, 2011



Life on the Farm

These lazy days of summer are hardly lazy for those of us in the farming business. It's the busiest time of year with all the markets, boxes and orders to fill. As CSA customers you are the lucky ones because we send the newest and best produce to you first. You won't be seeing our tasty, amazingly sweet organic corn at the markets or produce stands but we have just enough to send some ears to you this week. We hope you enjoy them!

We are starting to harvest a bounty of some of our products including melons, squash, peppers and cucumbers. We'd like to share that bounty with you, so if you receive a seemingly large amount of one thing or another, it's a bonus. Use the cucumbers in a pickling recipe, try the melons in a salad, or add peppers to a fresh salsa or pasta sauce. Also, we're sure your friends, family and neighbors will love any extras you have.

Remember, pickling cucumbers are available by the lug and can be picked up at a farmers market or drop-off location. Call to order: 775-867-3750.

What's in your basket this week:

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|-------------------------------------|----------------------------|
| Organic Carrots | Organic Mint |
| Red Onion | Organic Shallots |
| Organic Cucumbers | Organic Summer Squash |
| Organic Arava Melon | Organic Bell Peppers |
| Organic Nu Mex Peppers | Organic Cherry Tomatoes |
| Walla-Walla Sweet Onion | Organic Pickling Cucumbers |
| Organic Romanian Peppers | Organic Cilantro |
| Organic Yellow Water Melon | |
| Organic Mini-Lope Cantaloupe | |
| Organic Purple Ruffle/Italian Basil | |

Nu Mex Hot Pepper

Though they might look similar to the Anaheim pepper you received last week, the green peppers in your basket are a much hotter variety called Nu Mex Hot Pepper. We wouldn't suggest eating them raw or rubbing your eyes after cutting them unless you are very brave. Though they are not the hottest pepper on the market, they do pack a punch and are perfect for adding spice to salsas and other Mexican dishes.

Cilantro

Cilantro is a popular herb that has a fresh taste, a perfect addition to many raw and cooked dishes. When added to homemade salsa, it adds a wonderful flavor especially when paired with a hot pepper. It is also lovely in Asian soups and raw in salads.

Armenian Cucumbers

These impressive-looking cucumbers are a crisp green-fleshed delight. It's a shame you don't see them in the store more often, as they have a mild sweet flavor and delectable crunchy texture. They are perfect raw as a snack, in salads, or for sweet refrigerated pickles (see recipe).

Arava Melon

The flesh of this melon is juicy, pale lime green with a floral, tropical and sweet aroma. Blend diced arava melon with fresh lime juice, then combine with prosecco or champagne for a melon bellini. Puree arava melon and kiwi with sugar, then serve as a drink over ice. Combine diced arava melon with cubes of white cheddar cheese, thinly sliced red onions and olive oil for a side salad. Arava melons will keep, refrigerated, for up to two weeks. The arava melon named for the long valley that traverses much of the desolate Negev Desert in southern Israel. It is a signature variety sold throughout markets in Israel.

Yellow-Doll Watermelon

Don't be fooled by the yellow flesh of this watermelon, it is as sweet and juicy as their red counterparts. They are yummy just sliced as they are for a backyard bbq or as yellow accent to a melon salad with the reds of a watermelon, the orange of a cantaloupe and the green of an Arava. The contrasting textures and colors of these Fallon favorites make for an exciting dish for dessert or an impressive addition to a pot-luck.

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Sweet Refrigerated Pickles

½ gallon glass jar works nicely
6 cups sliced cucumbers (any cucumber will do, aremenian, slicing, pickling or even zucchini)
Place the above ingredients into the glass jar.
Mix the following ingredients cold:
1 ¾ cup sugar
1 cup vinegar (white pickling vinegar is best)
1 ½ teaspoon salt

Directions

Pour mixture over the cucumbers. Let stand in the refrigerator for 3 days. Do not add any other liquid as the cucumbers will make their own juice.

Melon and Berries Salad

2 cups chilled cantaloupe cubes or balls
2 cups chilled arava melon cubes or balls
1 tbs honey
1 tsp fresh lime juice
1 tbs snipped fresh mint
1 cup fresh berries and/or red raspberries

Directions

1. In a medium bowl combine cantaloupe and arava melon. Drizzle honey and lime juice over melon; gently toss to mix. Cover and chill up to 24 hours
2. Just before serving, add mint and toss gently to mix. Sprinkle with fresh berries.

Cilantro-Chicken Balls

1/4 cup soy sauce
1/4 cup rice vinegar (not seasoned)
1 lb ground chicken (not breast meat)
1 large egg
1/2 cup finely chopped fresh cilantro
2 scallions, finely chopped
2 teaspoons Asian sesame oil
1 teaspoon salt
3/4 cup cornstarch
1/2 cup vegetable oil

Directions

1. Stir together soy and vinegar in a bowl for dipping sauce. Stir together chicken, egg, cilantro, scallions, sesame oil, and salt with a fork until just blended.
2. Spread cornstarch in a shallow baking pan. With wet hands form chicken mixture into 1-inch balls, transferring them to baking pan as formed. Wash and dry your hands, then gently roll balls in cornstarch until coated. (Balls will be soft.)
3. Heat 1/4 cup vegetable oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then cook half of balls, turning over occasionally, until firm and golden (they will flatten slightly), 2 to 3 minutes. Transfer with a slotted spoon to paper towels to drain.
4. Add remaining 1/4 cup oil to skillet and cook remaining balls in same manner. Serve meatballs with dipping sauce.

Stuffed Summer Squash

4 to 6 medium yellow squash
4 ounces fresh sausage
1 medium onion, chopped
salt and pepper, to taste
2 slices fresh bread, crumbled
seasoned salt, to taste

Preparation:

Boil squash whole until just tender; remove and carefully split lengthwise. Using a spoon, scoop out pulp, taking care not to break shells. Set pulp aside. Place squash shells in a baking dish.

In skillet over medium-high heat, cook sausage with onion. Add salt and pepper to taste; remove from heat. Add squash pulp, bread crumbs, and seasoned salt. Add a little water if the mixture is too dry.

Stuff squash shells with the sausage mixture; bake at 375° until browned.
Serves 6 to 8.