

Great Basin Basket CSA

Summer, Week 8

August 30th, 2011



We hope you have been enjoying the bounty of produce summer has been giving us. We know sometimes the quantity and diversity of the products you get can be overwhelming. Often times, even with the best intentions, fresh produce ends up in the trash. The New York Times issued an interesting article by Julia Moskin on just that, with special focus on the parts of fruit and vegetables that we don't think of as being edible. Many times, the parts we feel are un-useable are actually just as tasty as the rest, you just need a little creativity and knowledge to get the best of them.

You can read the entire article at:
<http://www.nytimes.com/2011/07/27/dining/thats-not-trash-thats-dinner.html>.

Here is an excerpt you may find useful:
Before you throw away your vegetable trimmings, consider some alternative uses:

CARROT, CELERY AND FENNEL LEAVES: Mix small amounts, finely chopped, with parsley as a garnish or in salsa verde: all are in the Umbelliferae family of plants. Taste for bitterness when deciding how much to use.

CHARD OR COLLARD RIBS Simmer the thick stalks in white wine and water with a scrap of lemon peel until tender, then drain and dress with olive oil and coarse salt. Or bake them with cream, stock or both, under a blanket of cheese and buttery crumbs, for a gratin.

CITRUS PEEL Organic thin-skinned peels of tangerines or satsumas can be oven-dried at 200 degrees, then stored to season stews or tomato sauces.

CORN COBS Once the kernels are cut off, simmer the stripped cobs with onions and carrots for a simple stock. Or add them to the broth for corn or clam chowder.

MELON RINDS Cut off the hard outer peels and use crunchy rinds in place of cucumber in salads and cold soups.

PEACH LEAVES Steep in red wine, sugar and Cognac to make a summery peach-bomb aperitif.

POTATO PEELS Deep-fry large pieces of peel in 350-degree oil and sprinkle with salt and paprika. This works best with starchy potatoes like russets.

YOUNG ONION TOPS Wash well, coarsely chop and cook briefly in creamy soups or stews, or mix into hot mashed potatoes.

TOMATO LEAVES AND STEMS Steep for 10 minutes in hot soup or tomato sauces to add a pungent garden-

scented depth of tomato flavor. Discard leaves after steeping.

TOMATO SCRAPS Place in a sieve set over a bowl, salt well and collect the pale red juices for use in gazpacho, Bloody Marys or risotto.

TURNIP, CAULIFLOWER OR RADISH LEAVES Braise in the same way as (or along with) collards, chards, mustard greens or kale.

WATERMELON SEEDS Roast and salt like pumpkinseeds.

Special Orders: When you place a special order with Lattin Farms, please submit your payments to the following address: P.O. Box 5358, Fallon, NV 89407. Thank you for your cooperation.

What's in your basket this week:

Organic Thyme	Organic Dinosaur Kale
Organic Eggplant	Organic Basil
Organic Romanian Peppers	Organic Patty-Pan Squash
Organic Anaheim Peppers	Organic Juliette Tomatoes
Organic Mickey-Lee Watermelon	
Organic Yellow Canary Melon	
Organic Early Girl Tomatoes	
Organic Armenian Cucumbers	

Yellow Canary Melon

One of our favorite melons! A large, bright-yellow melon with a pale green to white inner flesh. This melon has a distinctively sweet flavor that is slightly tangier than a honeydew melon. The name comes from its bright yellow color, which resembles that of the canary. Enjoy sliced on its own or in a fruit salad.

Dinosaur Kale

Kale's bold, rich flavor, chewy texture, and peppery kick taste great with robust ingredients (think dried red pepper, soy sauce, strong-flavored cheeses, Sherry wine vinegar, fish sauce, bacon, or pancetta). Plus, kale is forgiving: It's easy to cook it well, and almost impossible to overcook it.

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Dinosaur kale is the common name for the kale variety known as Lacinato or Tuscan kale. It features dark blue-green leaves that have an embossed texture. It has a slightly sweeter and more delicate taste than curly kale.

Melon & Apple Granita

4 cups cubed ripe melon
1 cup unsweetened apple juice
1/4 cup lime juice
1 cup fresh blueberries
1 cup fresh raspberries
Fresh mint leaves, for garnish

Directions

1. Combine melon, apple juice and lime juice in a blender; puree until smooth. Pour the mixture into a 9-by-13-inch glass or metal pan.
2. Place the pan on a level surface in your freezer. Freeze, stirring and scraping with a fork every 30 minutes, moving the frozen edges in toward the slushy center and crushing any lumps, until the granita is firm but not frozen solid, 3 to 4 hours.
3. Remove from the freezer; use a metal spatula or large spoon to break up the frozen ice into small slivers. Pack into an airtight plastic container and freeze for at least 1 hour more.
3. Remove from the freezer about 20 minutes before serving to soften slightly. Use a wide spoon or ice cream scoop to scrape the granita into shallow bowls. Sprinkle blueberries and raspberries over each portion and garnish with mint leaves, if desired.

Kale With Apples and Mustard

1 tablespoon extra-virgin olive oil
1-1 1/2 pounds kale, ribs removed, coarsely chopped (see Tip)
2/3 cup water
2 Granny Smith apples, sliced
2 tablespoons cider vinegar
4 teaspoons whole-grain mustard
2 teaspoons brown sugar
Pinch of salt

Directions

1. Heat oil in a Dutch oven over medium heat. Add kale and cook, tossing with two large spoons, until bright

green, about 1 minute. Add water, cover and cook, stirring occasionally, for 3 minutes. Stir in apples; cover and cook, stirring occasionally, until the kale is tender, 8 to 10 minutes more.

2. Meanwhile, whisk vinegar, mustard, brown sugar and salt in a small bowl. Add the mixture to the kale, increase heat to high and boil, uncovered, until most of the liquid evaporates, 3 to 4 minutes

Pasta with Eggplant Ragu

2 teaspoons extra-virgin olive oil
1 onion, coarsely chopped
2 cloves garlic, minced
1 eggplant, (1-1 1/4 pounds), diced
Salt & freshly ground pepper, to taste
2 cups prepared marinara sauce
1 yellow or red bell pepper, diced
3 tablespoons chopped fresh basil
12 ounces pasta, preferably penne
1/2 cup crumbled feta cheese, or 1/4 cup freshly grated Parmesan cheese

Directions

1. Put a large pot of salted water on to boil.
2. Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring, until softened, about 4 minutes. Add eggplant and cook, stirring, for 2 minutes more. Season with salt and pepper. Stir in marinara sauce and bring to a simmer. Cover and cook, stirring occasionally, until eggplant is almost tender, about 20 minutes. Add bell pepper and basil; cover and cook for 5 minutes more.
3. Meanwhile, cook pasta in boiling water until al dente, 8 to 10 minutes. Drain and toss with sauce. Sprinkle with feta (or Parmesan) and serve.

Watermelon Salsa

2 cups seeded and coarsely chopped watermelon
2 tablespoons chopped onion
3 tablespoons seeded, chopped Anaheim chile
2 tablespoons balsamic vinegar
1/4 teaspoon garlic salt

Directions

In a serving bowl, mix together the watermelon, onion, and chile pepper. Season with balsamic vinegar and garlic salt. Cover and refrigerate for at least one hour to blend flavors.