

Great Basin Basket CSA

Summer, Week 3

July 26th, 2011



Life on the Farm

This time of year is an exciting one on the farm. Every morning something new comes in. This morning, for example, we were welcomed with four new kinds of melons and two new peppers. We hope the excitement extends to you as you discover the new additions to your box including a Sarah's Choice cantaloupe, which is a very tasty hybrid. It has thick-orange flesh and a strong taste. Hybrid melons are usually more hardy than their traditional cousins, and their flesh usually stays firm and sweet longer. Enjoy!

What's in your basket this week:

Organic Anaheim Peppers	Organic Carrots
Organic Purple Basil	Organic Summer Squash
Organic Cucumbers	Yellow Onion
Organic Chard	Organic Shallots
Organic Bell Peppers	Organic Sage
Organic Romanian Peppers	
Organic Sarah's Choice Cantaloupe	
Walla-Walla Sweet Onion	
Organic Mini-Lope Cantaloupe	

Anaheim Pepper

Anaheim peppers are a mild variety of chili pepper, their flesh is mild but the seeds and the veins can be quite hot, so be careful! The pepper's little kick of heat and distinctive flavor works well in chilies and sauces. They are also wonderful stuffed and roasted.

Carrots

If you have been having trouble keeping your carrots crisp, they tend to last longer if you take the tops off before putting them in the fridge. The tops steal the moisture right out of them, so if you're not going to eat them right away go ahead and take them off. The carrots you will be getting this week come without tops already, so they should last well.

Sage

Generally sage should be used sparingly as a culinary herb as it has a very strong flavor that tends to override everything else. When added in small quantities at the start of cooking, it pairs up nicely with other cooking herbs, like rosemary, thyme and oregano.

Walla-Walla Onion

These sweet onions taste best fresh, tossed in salads or make wonderful toppings for pizzas or fillings for quiches. These onions have part of their green tops which can be chopped with the rest of the onion or used separately like a strong green onion. Avoid storing these onions with apples, celery, and pears, as onions will absorb the odors of other vegetables. If kept separate in a cool, ventilated location, they can be stored for up to six weeks. Or chop them and place them in sealed bags in the freezer and you'll be able to enjoy the taste year round.

Yellow Onion

The yellow onion is higher in sulfur than the white onion which gives it a stronger more complex flavor. Its rich onion taste makes it a good fit for dishes such as French onion soup.

Tromboncino Squash

You have been getting a mix of summer squash in each basket. Hopefully luck is on your side and you will receive different varieties each week. This week we have included the **Tromboncino squash**. This squash has a very distinctive shape, which resembles, well, a trombone. It isn't actually a squash, it is a part of the Curcubitaceae family, although it is grown and cooked like a squash. All of the seeds are contained in the bulb at the end, so the rest of the fruit is solid and firm. Enjoy Tromboncino's rich flavor steamed, grilled, or sliced raw in your favorite salad.

Eight-Ball Zucchini

Another one of our favorites is the **eight-ball zucchini**. Another squash whose name is indicative to its shape. The round shape of this squash lends well for stuffing and slicing into rounds for grilling.

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Recipes:

Stuffed Anaheim Peppers

Ingredients

- 5 large Anaheim peppers
- ½ cup cooked rice
- ½ cup salsa
- ½ cup fresh corn
- ¾ cup shredded cheese (Cheddar or Colby Jack)
- ½ cup black beans

Directions:

Heat oven to 350 degrees F. Bring water to a full boil in a 4-quart sauce pan.

Meanwhile, cut each pepper lengthwise down one side from the stem to within ½-inch of the tip. You can either remove the seeds and veins from the peppers now (which I find a little easier) or after they are boiled. Place the peppers in the boiling water and cook for 4-5 minutes. Remove and rinse with cold water and remove seeds and veins if you didn't remove them before boiling.

Combine the cooked rice, salsa, corn, ½ cup cheese and beans in a bowl. Spray a jelly roll pan or baking sheet with cooking spray (I lined mine with foil for easier clean up). Fill each pepper with the rice mixture.

Place peppers in the prepared pan. Cover with aluminum foil and bake for 15 minutes. Uncover and sprinkle with remaining ¼ cup cheese. Bake for 2-4 minutes or until cheese is melted.

Pork, Pineapple and Anaheim Pepper Salad with Avocado

Pork:

- ¾ teaspoon ground coriander
- ¾ teaspoon ground cumin
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 1 (1-pound) pork tenderloin, trimmed
- 1 tablespoon olive oil
- Cooking spray

Vinaigrette:

- 1 ½ tablespoons chopped fresh cilantro
- 1 ½ tablespoons fresh lime juice
- 1 tablespoon olive oil
- 1 tablespoon water
- ½ teaspoon kosher salt
- ½ teaspoon sugar
- ½ teaspoon ground black pepper
- 1 garlic clove, minced

Salad:

- ½ fresh pineapple, peeled, cored, and cut into (1/2-inch-thick) rings
- 1 red bell pepper, seeded and halved

- 2 Anaheim chilies
- 12 Boston lettuce leaves
- ¾ cup cubed avocado

Preparation:

1. Preheat grill to medium-high heat.
2. To prepare pork, combine first 4 ingredients. Brush pork with 1 tablespoon oil; rub spice mixture over pork.
3. Place pork on grill rack coated with cooking spray, and grill for 20 minutes or until thermometer registers 155° (slightly pink), turning pork occasionally. Transfer to a cutting board, and let rest for 10 minutes. Cut pork crosswise into thin slices.
4. To prepare vinaigrette, combine cilantro and next 7 ingredients (through garlic) in a bowl, stirring well with a whisk.
5. To prepare salad, place pineapple, bell pepper, skin side down, and chilies on a lightly sprayed grill rack; grill for 5 minutes. Turn pineapple and chilies; grill for 5 minutes. Place bell pepper and chilies in a zip-top plastic bag; seal. Let stand for 10 minutes. Remove pepper and chilies from bag. Seed chilies. Peel pepper and chilies, and finely chop. Chop pineapple. Place pepper, chilies, and pineapple in a bowl.
6. Drizzle with vinaigrette; toss. Arrange 2 lettuce leaves on each of 6 plates. Divide pork evenly among salads. Spoon ½ cup pineapple mixture over each serving and sprinkle each serving with 2 tablespoons avocado. Serve immediately.

Creamy Polenta with Roasted Corn and Fresh Sage

- 2 ears corn
- 3 tablespoons olive oil
- 1 teaspoon finely chopped garlic
- ½ yellow onion, diced
- 3 cups water
- 2 cups milk
- 1 cup cornmeal
- salt and pepper to taste
- 3 tablespoons chopped fresh sage leaves
- ½ cup grated Parmesan cheese

Directions:

1. Grill corn in the husks, or roast in the oven; cut kernels from cob.
2. In a heavy 4-quart saucepan heat oil over medium heat. Stir in garlic and onions; reduce heat to low and cook until onions are translucent.
3. Stir in water and milk and bring to a boil over medium-high heat. Slowly stir in cornmeal, whisking thoroughly. Reduce heat to low and simmer for 30 minutes, stirring often to prevent sticking and burning. Season with salt and pepper; simmer 15 minutes more.
4. When cornmeal is tender, stir in corn, sage and Parmesan cheese. Transfer to a large bowl to serve.