

# Great Basin Basket CSA

Fall, Week 6

November 8th, 2011



Good day, dear friends and customers. I hope you are enjoying a comfortable fall so far. We had our first snowfall of the season this weekend. We did not receive a lot of snow; just a dusting across the valley but it was beautiful all the same.

**Reminder:** Don't forget our CSA Luncheon this Saturday (November 12th) beginning at 11:00 am at Lattin Farms in Fallon. It is a great opportunity to meet the people that grow your food and also for the farmers to meet you. The farm will be cooking up a couple pots of soup and Bann will mix a couple batches of her popular fresh corn bread. If you would like to bring some of your favorite treats to share that would be wonderful. "Potlucks" are so much fun because you get to try new things and swap recipes. We are looking forward to a cozy, fun afternoon with you. We will have a tour of our hoop houses and on-farm bakery, and there will be kid activities such as face painting and crafts. Please R.S.V.P. to Ann A.S.A.P. (775-351-2551) or email [greatbasinbasketcsa@gmail.com](mailto:greatbasinbasketcsa@gmail.com). Hope to see you on the farm.

## For Lattin Farms information:

(775) 867-3750 - local  
(866) 638-6293 – toll free  
[www.lattinfarms.com](http://www.lattinfarms.com)  
[lattinfarms.wordpress.com](http://lattinfarms.wordpress.com)  
[www.facebook.com/pages/lattinfarms](http://www.facebook.com/pages/lattinfarms)

## What's in your basket this week:

Organic Lettuce	Kohlrabi
Organic Kakai	Potatoes
Organic Peppers	Thyme
Organic Shallots	Mushrooms
Onions	

## Available Produce

If you are in need of some winter squash, canned items, jams or jellies, please give us a call and we can ship these items with your CSA basket so that you don't have to drive to Fallon.

- Acorn squash
- Delicata squash
- Spaghetti squash
- Butternut squash
- Sugar Pie pumpkins
- Peppers
- Bell Peppers
- Onions
- Garlic

## Kohlrabi (German turnip)

The name comes from the German *Kohl* ("cabbage") plus *Rübe* ~ *Rabi* (Swiss German variant) ("turnip"), because the swollen stem resembles the latter, hence its Austrian name *Kohlrübe*. The taste and texture of kohlrabi are similar to those of a broccoli stem or cabbage heart, but milder and sweeter, with a higher ratio of flesh to skin. The young stem in particular can be as crisp and juicy as an apple, although much less sweet. It is tolerant to cracking. Kohlrabi can be eaten raw as well as cooked.

## Kakai Pumpkin

Striped fruits, delicious pumpkin nuts. Eye catching, medium-small, average of 5-8 lbs., black striped pumpkins. After displaying the pumpkins for fall decoration, you can scoop out the large, dark green, completely hull-less seeds, which are absolutely delicious roasted. Kakai is a variety of the Austrian type that yields the aluable green pumpkin seed oil that some European studies show promotes prostate health. Here at Lattin Farms we the seeds are a little bitter.

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## ROASTED KOHLRABI

2 kohlrabi bulbs, peeled  
1/2 tablespoon olive oil  
1 clove garlic, minced  
Salt and pepper to taste  
1/4 cup grated Parmesan cheese

Preheat an oven to 450 degrees F (230 degrees C). Cut the kohlrabi into 1/4 inch thick slices, and then cut each of the slices in half. Combine olive oil, garlic, salt and pepper in a large bowl. Toss kohlrabi slices in the olive oil mixture to coat. Spread kohlrabi in a single layer on a baking sheet.

Bake in the preheated oven until browned, 15 to 20 minutes, stirring occasionally in order to brown evenly. Remove from oven and sprinkle with Parmesan cheese. Return to the oven to allow the Parmesan cheese to brown, about 5 minutes. Serve immediately.

## MUSHROOM BURGER STEW

1 pound ground beef  
1 small onion, chopped  
4 cups water  
4 medium potatoes, cubed  
5 medium carrots, chopped  
1 (14.5 ounce) can stewed tomatoes  
1 envelope onion soup mix  
Salt and pepper to taste  
1/2 pound fresh mushrooms, quartered

In a large saucepan, cook beef and onion over medium heat until the meat is no longer pink; drain. Add the water, potatoes, carrots, tomatoes, soup mix, salt and pepper; bring to a boil. Reduce heat; simmer, uncovered, for 20-25 minutes or until vegetables are tender. Add mushrooms; simmer 5 minutes longer.

## Footnotes

Look for fresh mushrooms that are firm with tightly closed caps. Avoid those that are broken, discolored or have soft spots. Store unwashed mushrooms in a brown paper bag in the refrigerator for up to 3 days. Before using in a recipe, rinse mushrooms lightly in a colander (do not soak). Then pat gently with paper towels to dry. Trim 1/4 inch off the stem.

## ROAST CHICKEN WITH THYME AND ONIONS

1 lemon  
1 (2.5 pound) whole chicken  
1 large onions, peeled and quartered  
3 shallots, coarsely chopped  
4 cloves garlic, unpeeled  
1.5 tablespoons olive oil  
Salt and pepper to taste  
1/4 cup butter, softened  
4 sprigs fresh thyme

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a medium baking dish.

Pierce lemon several times with a fork, and place inside chicken cavity. Arrange chicken in the center of the prepared baking dish. Place onions, shallots, and garlic around the chicken. Sprinkle vegetables with olive oil, and season with salt and pepper. Spread butter over the chickens and line with thyme sprigs.

Bake 20 minutes in the preheated oven. Increase temperature to 400 degrees F (200 degrees C), and continue baking 30 minutes, or until exterior of chicken is golden brown, meat is no longer pink, and juices run clear. Allow to cool about 15 minutes before serving

## SPICY ROASTED PUMPKIN SEEDS

3 cups pumpkin seeds  
1/2 cup butter, melted  
1/2 teaspoon garlic powder  
1 teaspoon salt  
1 tablespoon seasoned salt

Preheat the oven to 300 degrees F (150 degrees C). In a medium bowl, mix together the pumpkin seeds, butter, garlic powder, salt and seasoned salt until the pumpkin seeds are evenly coated. Spread in an even layer on a cookie sheet.

Bake for 1 hour and 15 minutes, stirring every 10 to 15 minutes until toasted. Cool completely on the baking sheet, and then transfer to a serving dish.