

# Great Basin Basket CSA

Fall, Week 4

October 25th, 2011



## CSA Member Appreciation!

We hope by now you have received your special invitation for the Lattin Farms Fall Festival. We were excited to meet many of you and your families during the last few Saturdays. Please note that this coming Saturday is the last day of the Fall Festival. So bring your invitations and enjoy the corn maze, hay ride, Critterville, cow train, and a pumpkin for free. We greatly appreciate you choosing Great Basin Baskets and supporting local family farms.

## For more information about Fall Festival:

[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 Garlic Chives	Onions
Organic Tomatoes	Organic Lettuce
Organic Raspberries	Potatoes
Organic Carrots	Apples
Organic Delicata Squash	Organic Sunchokes
Organic Mustard Greens	Organic Shallots

## Organic Sunchokes

Sunchokes, of the sunflower family, are native to North America where the natives called them "sun roots" before European settlers arrived. Samuel Champlain, a French explorer found them in Cape Cod in 1605 and pronounced them similar in taste to artichokes. Sunchokes look like small, knobby potatoes but crunchier, sweeter and do have a slight taste of artichoke. Raw, it's an excellent substitute for water chestnuts in hot and spicy stir fries, or cooked in cream soups, broiled with sweet potatoes, or simply scrubbed and baked.

## Organic Zeppelin Delicata

One of the most prized winter squash varieties is the Delicata squash, which is oblong and pale yellow in color, featuring an attractive green or green and orange-striped pattern. It had been popular in the US in the late 19th century, but gradually fell out of favor because its skin is a little more delicate than other winter squash variants, making it harder to ship. Its creamy texture and extraordinary sweetness has earned it nicknames like the sweet potato squash. Delicata will store at room temperature for about 4 weeks. Also, when roasted, the thin skin can be eaten along with the flesh.

## Garlic Chives

Garlic Chives are an herb native to Asia and a common ingredient in Asian cooking. Unlike the tubular leaves of chives, they have thick, flat, bladelike leaves, the part of the plant most often used in cooking. All parts of the plant, including the flower, can be used in recipes as an herb, spice or garnish. As the name implies, garlic chives have a taste similar to chives, though with a sharper taste similar to garlic. They are not as strong as garlic, though, and are especially useful for salads and uncooked dishes where some garlic flavor is needed but raw garlic would be too strong. In fact, when cooking, it is important to add garlic chives quite late, because they lose flavor when cooked for too long.

## Mustard Greens

Spunky and soulful describe the taste of mustard greens that add a pungent, peppery flavor to recipes in which they are featured. Adding these brilliant leaves to your food preparations will certainly enhance the beauty of any meal. Mustard greens originated in the Himalayan region of India and have been grown and consumed for more than 5,000 years. Mustard greens are a notable vegetable in many different cuisines, ranging from Chinese to Southern American. Like turnip greens, they may have become an integral part of Southern cuisine during the times of slavery, serving as a substitute for the greens that were an essential part of Western African foodways.

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## Sunchokes and Arugula Salad with Parmesan

- 2 tablespoons orange juice
- 1 tablespoon plus 1 teaspoon red wine vinegar
- 1 teaspoon Dijon mustard
- 5 tablespoons extra-virgin olive oil
- 1 pound Sunchokes, trimmed, peeled, thinly sliced
- 1 5-ounce bag arugula
- 2 ounces Parmesan cheese, shaved

Whisk orange juice, vinegar, and mustard in small bowl to blend. Gradually whisk in oil. Season vinaigrette to taste with salt and pepper.

Combine Sunchokes, arugula, and Parmesan in large bowl. Drizzle with vinaigrette and toss to coat. Divide among 6 plates and serve.

## Delicata Squash and Roasted Mushrooms with Thyme

- 6 tablespoons olive oil
- 1 tablespoon chopped fresh thyme
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 2 lb Delicata squash (3 medium), halved lengthwise, seeded, and cut crosswise into 1/2-inch-wide slices
- 2 lb mixed fresh mushrooms such as cremini, shiitake, and oyster, trimmed (stems discarded if using shiitakes) and halved (quartered if large)

Put oven racks in upper and lower thirds of oven and preheat oven to 425°F.

Stir together oil, thyme, salt, and pepper. Toss squash with 2 tablespoons thyme oil in a shallow baking pan (1/2 to 1 inch deep) and arrange in 1 layer. Toss mushrooms with remaining 1/4 cup thyme oil in another shallow baking pan (1/2 to 1 inch deep) and arrange in 1 layer. Roast squash and mushrooms, stirring occasionally and switching position of pans halfway through roasting, until vegetables are tender and any liquid the mushrooms give off is evaporated, 25 to 30 minutes.

## Mustard Greens with Chipotle and Bacon

- 1 bunch mustard greens, stems and coarse ribs discarded
- 2 bacon slices, cut crosswise into 1/2-inch pieces
- 2 tablespoons olive oil
- 1/2 teaspoon minced canned chipotle chilies in *adobo*
- 1.4 teaspoon salt

Coarsely chop greens, then cook in a 6- to 8-quart pot of boiling salted water uncovered, stirring occasionally, until wilted and tender, about 5 minutes. Transfer with a slotted spoon to a large bowl of cold water to stop cooking. Drain greens in a colander, pressing gently to release excess moisture.

Cook bacon in a 12-inch heavy skillet over moderate heat, stirring, until crisp, 4 to 5 minutes. Transfer with a slotted spoon to paper towels to drain, reserving fat in skillet. Add oil, chipotle, greens, and salt to fat and cook, stirring occasionally, until heated through, 2 to 3 minutes. Transfer to a serving dish and sprinkle with bacon.

## Chinese Chicken Noodle Soup with Spinach and Garlic Chives

In Chinese culture, noodles symbolize longevity and are often served at New Year celebrations and traditionally left very long.

- one 3 1/2- to 4-pound chicken
- 8 thin slices fresh ginger root
- 1 bunch scallions, cut crosswise into thirds
- 10 cups water
- 3/4 cup Chinese rice wine or medium-dry Sherry
- 2 ounces dried rice-stick noodles (rice vermicelli)
- 1 bunch bok choy, leaves washed, drained, and chopped coarse
- 1 bunch thinly sliced fresh garlic chives

With a cleaver or heavy chef's knife cut chicken into large pieces. Cut chicken through bones into 2-inch pieces. In a large kettle of boiling water blanch chicken for 1 minute. In a colander drain chicken and rinse under cold water. With flat side of cleaver or knife, lightly smash ginger root and scallions. In cleaned kettle bring 10 cups water to a boil with chicken, ginger root, scallions, rice wine or Sherry and simmer, uncovered, skimming froth occasionally, 2 hours. Pour broth through colander lined with triple thickness of cheesecloth into a large heat proof bowl, reserving chicken for another use. Broth may be made 3 days ahead, cooled completely, uncovered, and chilled, covered. In cleaned kettle bring broth to a boil. Add noodles and boil, stirring occasionally, 2 minutes. Stir in bok choy and simmer, stirring once or twice, until spinach turns bright green and is just tender, about 3 minutes. Stir in chives and salt and pepper to taste and simmer 1 minute.