

# Great Basin Basket CSA

Fall, Week 1

September 22th, 2011



**Welcome** to all of you that have made a choice to join The Great Basin CSA and support local family farms. We are looking forward to an exciting fall season of growing fresh, healthy and delicious food and sharing our harvest with you. We hope to help broaden your culinary experiences and connect you with your food, your farmer and the seasons. Know that we appreciate your choice to support us and we hope you all enjoy your fall basket.

With this lovely warm weather we have been having, expect a couple weeks of summer crops such as tomatoes, summer squash and melons in your box. After a few weeks your box will be dominated by the comforting foods of fall, greens, winter squash, carrots and pumpkins. Also, fall is the best time to visit the farm, with our corn maze, pumpkin patch, scarecrow factory, cow train and all the lovely fall produce.

**Check out our webpage or Facebook page for more information about Fall Festival:**

[www.lattinfarms.com](http://www.lattinfarms.com)

[www.facebook.com/pages/lattinfarms](http://www.facebook.com/pages/lattinfarms)

## **What's in your basket this week:**

Organic Parsley	Organic Arava Melon
Organic Tomatoes	Onion
Organic Summer Squash	Organic Corn
Organic Raspberries	Organic Turnips
Organic Butternut Squash	Organic Braising Mix

## **Organic Corn**

Our corn is a beautiful yellow/white mix with a delicious sweet flavor. They are perfect for boiling on the cob, just make sure not to over-cook them to enjoy their fresh, sweet flavor. However wonderful our corn is, it does come with a small, green, crawly warning. As we get later and later into the season the corn worms start to show up in the top of the corn ear. There is nothing we can do about them in an organic way, so we just let them be. Generally, they are small and only do damage

on the very top of the ear. It's easy to just snap or cut off the end and eat the rest. Conventional corn is sprayed multiple times a year to get rid of the pests, so we think it's a fair trade off, we hope you agree.

## **Butternut Squash**

Butternut squash has slightly sweet, bright orange flesh and an inedible, thick, tan skin. Native to Mexico and the surrounding areas, the flesh of the squash can be used in many dishes, and is a good source of vitamins. A popular winter squash, butternut squash can last as long as three months if kept in a cool place.

## **Organic Braising Mix**

For those of you who love greens, this braising mix will be right up your alley. It is a mix of kale, mustard, tatsoi and other seasonal greens. Although all of these leafy greens can be eaten raw, as the name suggests, they are perhaps best lightly braised, steamed, or stir-fried. Quickly cooking them until slightly wilted will preserve their vitamins and minerals, as well as their pleasant crunchiness, while mellowing the spicy flavor of the mustards and making the kale more digestible. If you are sautéing or stir-frying, just toss them in at the last minute when other veggies or meats are finished cooking. Alternately, you can steam them or blanch them for just about a minute and serve them alone as a tasty side dish.

## **Arava Melon**

The arava melon is a very high-yielding variety that is 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. It thrives in hot dry climates throughout the summer months. The arava melon is actually a type of Galia melon. Galia melons can be mistaken for cantaloupes as they have similar colored netted skin, though their flesh color is generally yellow to green versus orange. Its flesh is juicy, pale lime green with a floral, tropical and sweet aroma. Arava melons can be used as a substitute for honeydew melons. 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.

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## Butternut Squash Supreme

- 1.5 pounds butternut squash, peeled and cubed
- 1 egg, beaten
- 1/2 cup shredded Cheddar cheese
- 1/2 medium onion, chopped
- 1/2 cup milk
- Dash salt and pepper
- 1/4 cup crushed butter-flavored crackers
- 1 tablespoon butter or margarine

Place squash in a saucepan and cover with water; bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until very tender. Drain well and place in a large bowl; mash. In another bowl, combine the eggs, cheese, onion, milk, salt and pepper; add to the mashed squash and mix well.

Transfer to a greased 2-qt. baking dish. Sprinkle with cracker crumbs. Dot with butter. Bake, uncovered, at 350 degrees F for 40-45 minutes or until a knife comes out clean.

## Braised Greens with Red Wine Vinegar

- 1/2 medium yellow onion, sliced into thin half moon
- 1 clove garlic minced
- 3 Tb olive oil, divided
- 1/2 tsp sea salt, divided
- 1/2 lb braising mix
- 1.5 cups water or broth
- 2 carrots, ribbons
- 1/4 tsp garlic powder
- 1/4 cup red wine vinegar

Heat a heavy bottom large stock pot over medium heat. When pan is hot add 1 Tb oil, onion, garlic and 1/4 tsp sea salt. Stir to coat the onion and sweat the onion on medium heat until soft and translucent.

Chop the braising mix into 2 inch chunks. You can pull the leaves off of the midribs or leave them intact if you want to save time. The leaves and mid ribs are small and not too fibrous right now so the choice is yours. Add the braising mix and the 3 cups of water/broth. Stir frequently for 1-2 minutes to get all the greens wilted and wet. Cook on medium heat for 10 minutes. Uncover and give the greens a stir. At this point they should just be peeking out from the liquid. Leave the pot uncovered and cook for 10 more minutes.

Meanwhile use a vegetable peeler to make long ribbons out of your carrots. Shoot for about 1 cup of carrot ribbons.

Add the carrots, garlic powder, red wine vinegar, 1/2 tsp sea salt, and 2 Tb olive oil. Stir to combine and simmer for a couple more minutes.

## Zucchini Rice Gratin

- 1/3 cup long-grain white rice
- 1 1/2 lb zucchini sliced crosswise 1/4 inch thick
- 6 1/2 tablespoons olive oil, divided
- 1/2 lb tomatoes, sliced crosswise 1/4 inch thick
- 1 medium onion, halved lengthwise and thinly sliced
- 3 garlic cloves, finely chopped
- 2 large eggs, lightly beaten
- 1 teaspoon chopped thyme
- 1/2 cup grated Parmigiano-Reggiano, divided

Preheat oven to 450°F

Cook rice according to package instructions.

While rice cooks, toss zucchini with 1 tablespoon oil and 1/2 teaspoon salt in a shallow baking pan. Toss tomatoes with 1/2 tablespoon oil and 1/4 teaspoon salt in another baking pan.

Roast zucchini in upper third of oven and tomatoes in lower third, turning vegetables once halfway through roasting, until tender and light golden, about 10 minutes for tomatoes; 20 minutes for zucchini. Leave oven on.

Meanwhile, cook onion and garlic with 1/2 teaspoon salt in 2 tablespoons oil in a large heavy skillet, covered, over low heat, stirring occasionally, until very tender, 15 to 20 minutes.

Stir together onion mixture, cooked rice, eggs, thyme, 1/4 cup cheese, 1 tablespoon oil, 1/4 teaspoon salt, and 1/2 teaspoon pepper. Spread half of rice mixture in a shallow 2-quart baking dish, then top with half of zucchini. Spread remaining rice mixture over zucchini, then top with remaining zucchini. Top with tomatoes and drizzle with remaining 2 tablespoons oil, then sprinkle with remaining 1/4 cup cheese.

Bake in upper third of oven until set and golden brown, about 20 minutes.