

Great Basin Basket CSA

Summer, Week 11

September 22th, 2011



The Summer Season

We received our first picking of winter squash this week. It's a reminder that summer is coming to a close and we need to gear up for fall. Fall means the return of cold season crops like greens, beans, and lettuce. It also means time for preparing the fields for winter and planning for next year. Here on Lattin's Farm the cold weather brings with it some excitement as we prepare for the fall festival in October with its corn maze, pumpkin patch and other fall activities. It's the busiest time on the farm and a great way to end the growing season. If you haven't already, check out our fall basket for this year. It is sure to be bountiful with all the comforting foods of fall. Also, plan on making a trip out to the farm to experience all the excitement!

Special Orders: We continue to have lots of produce to send for special orders. Please note that if your pick-up location is Great Basin Food Co-op, your special order may be inside the store.

What's in your basket this week:

Organic Lemon Basil	Organic Cantaloupe
Organic Tomatoes	Organic Cherry Tomatoes
Organic Eggplant	Organic Heirloom Tomatoes
Organic Parsley	Onions
Organic Raspberries	Green Grapes
New Mex HOT Peppers	

Raspberries

These beautiful, delicious gems are direct from Lattin Farms. Each little berry is so full of flavor that it is difficult to only eat one. They really do have a flavor that evokes the lazy days of the end of summer, where every warm sunny moment and flavor is cherished.

"Reliance" and "Lakemont" Green Grapes

Pioneer Farms has sent some delicious green grapes in the basket today (they also sent the pretty purple onions). Their farm has beautiful green trellises covered with grapes growing along the Carson River

under the shade of some ancient cottonwoods. It truly is an oasis in the desert. Their farm may not be certified organic, but they are devoted to growing fresh, sustainable produce without any pesticides.

New Mex Hot Peppers

You may remember the new mex hot peppers from a few weeks ago, since then; they have turned a lovely red and may have become even hotter. They are perfect to use fresh but their lovely color lends well for making traditional ristas (string of dried peppers) for decoration or for use later in the year. Take the peppers with the stems still on, with a long, sharp needle, string them together with strong thread or fishing line through their stems. You'll need to leave plenty of room in between peppers for proper airflow. At one end of the string, tie a small stick or wooden dowel to prevent the peppers from sliding off. Hang up your strand of peppers securely in an area where they'll get plenty of sunlight and fresh air. You can add dried New Mexico Chiles directly to your recipes – diced, sliced or pureed. The whole dried pod can be ground in your spice or coffee grinder.

Parsley

The green bunches gracing your box this week are parsley sprigs from Bill Mewaldt's farm, our friendly organic neighbor here in Fallon. While parsley is a wonderfully nutritious and healing food, it is often under-appreciated. Most people do not realize that this vegetable has more uses than just being a decorative garnish. Parsley is actually a storehouse of nutrients and that it features a delicious green and vibrant taste.

The fresh flavor and crisp mouth-teel of parsley makes it an ideal accompaniment to many foods.

Parsley is a key ingredient, along with mint in the healthy and nutritious Middle Eastern salad, tabouleh.

Persillade, a French sauce, is a sautéed mixture of finely chopped parsley and garlic. It is added just before serving to broiled meats, particularly lamb and beef, as well as chicken or vegetables. Gremolada is a Milanese condiment made of sautéed parsley, garlic, lemon and orange zest. This mixture is traditionally spread over osso bucco just before serving, although it enhances any braised meats.

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Parsley-Crouton Omelets with Gruyere

2 cups cubed (1/2-inch) firm white bread
3 tablespoons unsalted butter, melted
1/4 teaspoon salt
1/2 cup finely chopped fresh parsley
1 small garlic clove, finely chopped
3 1/2 oz Gruyère cheese (1 cup)
12 large eggs
4 teaspoons water
1 scant teaspoon salt
1/2 teaspoon black pepper
1/2 stick (1/4 cup) unsalted butter

Make filling:

Put oven rack in middle position and preheat oven to 350°F. Toss bread cubes with butter in a shallow baking pan, and then bake until golden and crisp, 10 to 15 minutes. Sprinkle with salt.

Stir together parsley and garlic in a small bowl. Coarsely grate cheese (1 cup).

Make omelets:

Beat together 3 eggs, 1 teaspoon water, scant 1/4 teaspoon salt, and 1/8 teaspoon pepper in a bowl with a fork until combined.

Heat omelet pan over moderately high heat until hot, then add 1 tablespoon butter and heat, swirling pan, until foam subsides and begins to brown near edge of pan. Pour beaten eggs into skillet, then cook, shaking pan back and forth quickly with one hand while stirring eggs in a circular pattern with a heatproof rubber spatula with the other hand, until eggs begin to set. Quickly spread set eggs evenly in skillet and sprinkle with 1/4 cup cheese and 1 tablespoon parsley-garlic mixture, and then cook until omelet is just set, about 30 seconds to 1 minute. Add one fourth of croutons (about 1/3 cup) across center of omelet. Holding handle of pan near you, lift edge of omelet closest to handle using a rubber spatula and fold one third of omelet over croutons. Grabbing handle from underneath, tilt pan over plate until unfolded part of omelet slides onto plate, then immediately invert skillet, as if trying to cover plate, to make omelet fold over itself onto plate. Make 3 more omelets in same manner.

Green Goddess Sauce

1/2 cup mayonnaise
1/3 cup well-shaken buttermilk
2 tablespoons white-wine vinegar
1/4 cup coarsely chopped parsley
2 scallions, white and pale green parts chopped and greens finely chopped (reserve separately)
1 teaspoon anchovy paste
2 tablespoons finely chopped tarragon

Directions

Pulse mayonnaise, buttermilk, vinegar, parsley, white and pale green parts of scallion, anchovy paste, and 1/4 tsp each of salt and pepper in a food processor until parsley and scallion are finely chopped. Transfer to a bowl and stir in scallion greens and tarragon. Chill until ready to use.

New Mex Chile Sauce

2 plum tomatoes
2 dried New Mexico chilies, stemmed and seeded
1 teaspoon canola oil
1 small onion, chopped
1 cup shiitake mushrooms, stemmed and coarsely chopped
2 cloves garlic, crushed and peeled
1/4 teaspoon dried oregano
1 14-ounce can reduced-sodium chicken broth or vegetable broth
1/2-1 teaspoon fresh lemon juice
Pinch of sugar
Salt & freshly ground pepper to taste

Directions

Roast tomatoes in a heavy dry skillet, such as cast-iron, over medium heat, turning, until blistered all over and blackened in spots, about 5 minutes. Transfer tomatoes to a cutting board and cover with a kitchen towel to steam. When cool, peel and coarsely chop.

Meanwhile, toast chilies in the same pan over medium heat until fragrant, 20 to 30 seconds per side. Let cool and tear into several pieces.

Heat oil in a medium saucepan over medium heat. Add onion and shiitakes and cook, stirring often, until tender, 2 to 3 minutes. Add garlic and oregano and cook for 30 seconds more. Add broth, tomatoes and chilies; bring to a boil. Reduce heat to low and simmer, covered, for 30 minutes.

Transfer sauce to a blender or food processor and puree. Pass through a fine-meshed sieve into the saucepan. Heat through, stirring. Season with lemon juice, sugar, salt and pepper.

Tip: Be sure to seed the New Mexico chilies; otherwise the sauce will be overwhelmed by their heat.

This slightly smoky sauce has a nice background note of heat. It's a perfect complement to lamb, beef, chicken or roasted vegetables.