



Down on the Farm Notes: First Autumn Basket

October 14th, 2008

Hello everyone,

Welcome everyone to our first fall basket. And what a beginning! How did you like the cold Arctic blast this weekend? I know some of you lost your tomato plants and had to say "bye-bye" to the basil!! For those of you just joining, we hope you enjoy the next 8 weeks.

For those of you who are new to CSA's our program, welcome! Thank you for choosing to support your local small farms. You are joining a movement that is currently sweeping the nation. Yay! We hope this will be an incredibly "tasty" experience, along with being educational and informational. We, the farmers, continue to learn every day. You will get a glimpse of our lives and be able to experience first-hand some of our challenging moments as well as some of our rewarding moments.

Just a few details: Please read the housekeeping rules that we have. Also, you will receive a newsletter each week. For this first week, each of you are receiving a hard copy, but from here on out you will receive all newsletters via email. We have chosen this route to eliminate the paper waste. If you do not have access to email, let Pauline know and we will have a copy made for

you each week. But you need to let her know which location and it will be your responsibility to grab it from the clip board each week.

Also a reminder: please bring your Nevada Grown boxes back each week. You can bring your own box or basket to transfer your vegetables to. This works well for most people. That way you don't have to remember to bring the box back the next week. By returning the box each week, you are saving us from having to order more boxes which adds to the cost of the operation. Also please note that 4:00 is the pickup time for all locations. Try not to show up too early. You may end up waiting.

We'll begin with a few housekeeping rules.

1. As mentioned, we are saving paper by emailing your newsletters to you—except for this first box. You can also access all of the newsletters by visiting our website at www.greatbasinbasket.com.

2. **DO NOT THROW AWAY YOUR BOXES!!** We have our own Nevada Grown Boxes, and they cost \$3.00 each. To make sure that the cost of the boxes does not have to be

added to the cost of the food, we're going to explain how to break them down without breaking them. Once the boxes are torn, they are of no use anymore.

1. On the top of your box, push down and out on one of the flaps on the short side and slide it back while you support the long side of the box pushing down gently.
2. Next, do the same with the other side.
3. After you have emptied your box, turn the box upside down, push down on the center as you slide the short flaps back and out, one at the time. If you need one of us to show you how to do this, please ask!

Thanks for taking the time to be sustainable. If you don't want to deal with boxes, though, please bring your own. Quite a few of you have done this in seasons past, and it seems to work well.

3. Our program is successful because of many wonderful people who volunteer their time. They assemble the baskets and help deliver. We also have kind business owners who have volunteered their space to keep your boxes until you pick them up at your specific locations. It's important to remember that the pick-up locations are just that—places to pick up your boxes. The owners or employees cannot answer your questions or deal with any problems, concerns, or comments, so if you could please help us out by keeping all questions

directed to our wonderful basket coordinator, we would sure appreciate it. If there are any problems please call Pauline at (775) 843-6402 or email her at: greatbasinbasket@yahoo.com

Thank you for helping us out here. And thank you volunteers for all of your time.

4. If you can't pick up your box because you are on vacation, don't worry. Ask a friend or family member to pick up for you. They will appreciate the treat. If you just plain forget because you had a disastrous day, let Pauline know. Sometimes they are held overnight, but if we don't hear from you, they will be donated to a good cause.

5. Please sign off on the list of names that you will find on the clipboard when picking up your box. This is the only way we know that you have received your box if we have any problems.

6. You may find an item that you don't care for ...like beets. (Hint...share with your neighbor!)

7. Be sure to wash your produce—sometimes you might find little hitchhikers!

8. The City of Reno has included the Basket in Reno's new year-round downtown West St. Market, located on West St. between 1st and 2nd Streets. If you would like to see our operation, help or just visit us, please do! Basket subscribers have validated parking

during our hours of operation at the Parking Gallery located half a block away at Sierra St. and First St above the Silver Peak Restaurant. Remember to ask Pauline for your ticket before leave; otherwise, when you go to exit the Parking Gallery, you'll have to pay.

9. Help us advertise! Let others know about the Basket. Thanks!

The fall box will be different from the other boxes. So far, they have been made up of perishable vegetables for the most part. But the fall box is different in that it is made up of mostly hardy non perishable vegetables. You will receive a lot of potatoes, onions, and winter squash. Please don't feel that you need to eat everything you get each week. We are giving you things for "stockpiling" so to speak. The winter squash will be good for a couple of months. If you store everything in a cool, dark, dry location, your potatoes, winter squash and onions will keep. So remember, this fall basket can be eaten throughout the winter.

So what is in the box this week?? You have a special treat of tomatoes, a variety of peppers, potatoes, onions, a small bundle of parsley and or lovage (both excellent in soups...can also dry for later use), a spaghetti squash, an acorn squash, a butternut squash, and a small taste of raspberries. The tomatoes are a special treat

after the chilling weekend we had. This will also be the last of the raspberries. Late this morning Rick went out to check the damage in the berry patch and found the raspberries frozen solid. I wish somehow we could have made freeze dried berries. This cold front brought temperatures of 17 and 21 to Fallon. It caught everyone by surprise. We have had several nights of 7 degrees at our place. This is typical December weather--not early October weather--so enjoy the berries. This will be all for this season.

You can expect other fruit though in the upcoming weeks. We plan to treat you to other seasonal fruit from our small farm neighbors right over the hill. I love this time of the year with apples, pears, persimmons, and nuts. We will even have a treat of some southern Nevada apples in the next few weeks to come.

Check out our recipe section on our web site. We have a collection of recipes in one spot to give you ideas to be creative with the produce we give you, so please remember to check it out.

Enjoy a good hearty soup with your Butternut squash, or a comforting dish of acorn squash baked in the oven with butter and brown sugar. This season brings on the comfort foods. So tuck in, stay warm and happy cooking.

Tina

Recipes

Roasted Onion Salad

2 large onions, cut into 1/2" slices
1/4c. plus 1/2 tsp. olive oil, divided
4 cloves garlic
8c. mixed salad greens
1c. crumbled blue cheese
1/2c. chopped walnuts, toasted
Dressing:
2 tbl. wine vinegar
2 shallots, quartered
Couple teaspoons of minced parsley
1/2tsp. crushed red pepper flakes
2/3c. olive oil

Place onions in a baking pan. Drizzle with 1/4c. olive oil; toss to coat. Place garlic on a double thickness of heavy duty foil. Drizzle with remaining oil. Wrap foil around garlic; place on baking pan with onions. Bake at 400 for 40-45 minutes or until onions are lightly browned and garlic is tender, turning onions occasionally. Cool for 10-15 minutes.

In a large salad bowl, combine the greens, cheese and walnuts; top with onions. For dressing, place vinegar and shallots in a blender; squeeze softened garlic into blender. Cover and pulse until blended. Add parsley and pepper flakes. Cover and process, gradually adding oil in a steady stream. Serve with salad.

Black Bean 'N' Winter Squash Soup

1 onion, chopped; 1 sweet pepper, chopped
3 cloves garlic, minced; 2 tbl olive oil
3c. chicken or vegetable broth
2 cans black beans (15oz.), rinsed and drained
2 1/2c. cubed cooked turkey or chicken (optional)
15oz. of cooked winter squash or pumpkin
1 can diced tomatoes, undrained
2 tsp. dried parsley flakes; 2 tsp. chili powder
1 1/2 tsp. dried oregano; 1 1/2 tsp. ground cumin
1/2 tsp. salt

In a large skillet, sauté the onion, pepper and garlic in oil until tender. Transfer to a 5 qt. slow cooker. Stir in the remaining ingredients. Cover and cook on low for 4-5 hours or until heated through.

PLEASE NOTE: Pumpkin and winter squash can be used interchangeably. Take your squash/pumpkin and cut into quarters. Scrape seeds. Don't peel. Place on a baking sheet with a little water added to bottom of pan. Cover with foil. Bake until tender. When cool enough to handle, scrape pulp from skin. The pulp is now ready to use in soups, baked desserts, breads, pancakes, or whatever your heart desires. Just remember that both can be used in recipes calling for pumpkin or winter squash.