



Down on the Farm Notes: November 17th, 2009

Hi everyone,

Well, I think cold weather is here. We are finding warmth though by working in the hoop houses during the day when the sun warms everything up and makes it pleasant working in there. Typically, we cannot stay in the hoop houses much after the late morning hours, but this past week has been cold and the hoop houses quite pleasant!!

Here is what you'll find in the Basket:

- * Potatoes (will make great mashed potatoes for Thanksgiving)
- * Sugar Pie Pumpkin
- * Long Island Cheese winter squash
- * Butternut squash
- * Greens
- * Tatsoi
- * Onions
- * Fuyu Persimmons
- * Pink Lady Apples
- * Nevada Pine nuts

This is kind of an exciting week with the basket. We have some fun things. We have wanted to do this for several years now and this year we pulled it off.

You have some of what was once staple food for the Indians of Nevada. Pine nuts! For those of you that have tasted them, you will know what to do with them. For those of you that have never experienced a Nevada pine nut, you are about to enjoy a new discovery. You can cook them 2 ways. One is to put them in a pot of salted water. Let them boil until tender. Some people take these after they have boiled and bake them for a few minutes to dry out and become toasted.

The other way is to place them in a pan with a little water. Preferably, use an old pie tin. The pitch in the pine nuts will ruin your pans. You need to dedicate one pan to pine nuts. Salt them and put them in the oven to bake at 350 for about 15-20 minutes. I keep opening the oven door and tasting them to see if they are done. It is easy to burn them so watch closely.

The pine nuts came from Ely, Nevada. As kids, we would go to the mountains above Austin Nevada. This is where my grandmother lived. Some years the trees would be solid brown from pine cones

loaded with pine nuts. They are a special treat that is only available in October and early November. When it freezes hard, the cones all open and then the nuts fall to the ground. It is something we look forward to doing every year; pick pine nuts and cut wood—a great way to work up a good appetite.

We gave you some extra potatoes this week to keep for Thanksgiving. They make great mashed potatoes. The Long Island cheese pumpkin looks just like a wheel of cheese. Use them to decorate through the Thanksgiving holiday, then bake them up and mix them with your pie pumpkin to use later in the year! We overloaded you on squash for the Thanksgiving holiday.

The greens are Tatsoi. They are great chopped up into salads or braised with other vegetables in a stir fry. The other green tastes like a radish and are tasty in salads. We are hoping they will be ready for this week

The persimmons are fuyu persimmons. They are eaten like an apple, skin and all. I have always loved the color of these—so pretty. Don't let them get too soft because this variety is better when firm. You can let them sit on the counter, but they are ready to eat now. They are great

cut up in a salad with pear, cheese, some nuts and fresh greens.

This week you have Pink Lady apples. These are some of my favorite apples. Great to eat and cook.. Enjoy! Also, so that everyone knows, we were offered onions from Snyders in Yerington, Nevada. These are the onions you are receiving. They are grown right in Yerington. Enjoy!!

Don't forget Corn Days at Lattin Farms on Dec. 12. This is a great opportunity to pick up corn. This is very popular with the people who have a few chickens in their back yards. You can pick for your own cornbread or chicken feed—whatever you choose. Rick has opened it up to whomever would like to come on out to the farm. He estimates there is some 18,000 lbs. out in the field. After Dec. 12, he will be turning the cattle in to forage for the winter, so mark your calendars.

Tuesday the 17th is the last day for signups for the Thanksgiving Basket. If you are interested, check out our [website](#). The regular basket is \$100 this year. We are also offering a mini with just a few items for \$20. You can also order additional pies, or bread or produce if you need to.

Don't forget, we will be skipping our regular November 24th delivery. This week is only for those that have signed up for the special Thanksgiving Baskets. Thank you.

I wish everyone a happy and special Thanksgiving. Enjoy cooking, eating, and give thanks for all of our blessings. Also on this special day, give a moment of thought and thanks to all of our men and women in foreign lands, away from their family and friends this holiday season.

Tina

Recipes

Mashed Potatoes and Carrots

Boil your potatoes and carrots together. Cook until tender. Drain. Add roasted garlic, salt and pepper to taste, cream or chicken broth. Mash well and serve. Very pretty!

Mashed Butternut Squash

When feeding a crowd, it is easier to quarter the Butternut squash, bake until tender and then remove the meat from the skin. Mash, add butter, salt and pepper to taste and serve in a pretty bowl.

Stewed Pork and Squash

1 tbl. oil
3/4c. chopped onion
1 clove garlic, minced
1 lb. pork shoulder, cut into 1/2" pieces
1 1/2 tbl. chili powder
1 tsp. ground cumin
1/2 tsp. salt
1/4 tsp. red pepper
1 1/2c. chicken broth
1- 15oz. can stewed tomatoes, undrained
4c. cubed peeled butternut squash

Heat oil in pan. Add onion and garlic; sauté 2 minutes, stirring frequently. Add pork; cook 5 minutes, browning on all sides.

Stir in chili powder, cumin, salt, and red pepper; cook 30 seconds, stirring constantly. Stir in broth and tomatoes; bring to a simmer.

Cover, reduce heat, and simmer 1 1/2 hours or until pork is almost tender, stirring occasionally. Stir in butternut squash; simmer 30 minutes or until pork and squash are tender.

Vanilla-Bourbon Pumpkin Tart

Crust:

3/4c. graham cracker crumbs
1 tbl. finely chopped pecans
1 tsp. sugar
1 tbl. butter, melted

Filling:

1c. cream cheese (8oz.)
1/2c. sugar
1/4c. light brown sugar
15 oz. pumpkin puree
2 eggs
2 tbl. bourbon
2 tsp. vanilla
1/2 tsp. salt
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/8 tsp. allspice

To prepare crust, combine first 3 ingredients in a bowl. Drizzle butter over crumb mixture; stir with a fork. Firmly press into bottom and 1" up sides of a 9" spring form pan coated with cooking spray.

Bake at 350 for 8 minutes or until lightly browned; cool.

To prepare filling, beat cream cheese, 1/2c. granulated sugar, and brown sugar in a large bowl with a mixer until smooth.

Add pumpkin and eggs; beat until combined, scraping sides of bowl as needed. Add bourbon and the next 5 ingredients (through ground allspice); beat 1 minute or until combined.

Pour cheese mixture into prepared pan. Place pan in a large roasting pan; add hot water to pan to a depth of 1". Bake at 350 for 35 minutes or until center barely moves when side of pan is tapped. Cool completely on wire rack.

Cover and refrigerate at least 4 hours or overnight. Serve with whipped cream.