



Down on the Farm Notes: Sept. 30th & Oct. 2nd, 2008

Hi everyone,

I want to begin by thanking everyone who came out to the farm last Friday night. We hope you had a good time. And as usual the food was terrific, especially the mint brownies and the cantaloupe ice cream. Thank you!!!! We hear that the maze was one of the most difficult so far attempted. All of you who tried it—good for you! You are braver than I am. I gave up on the maze a few years ago. My sense of direction is bad just driving around in Reno. Can you imagine me then in the corn maze????? Yep, hilarious!!!

This week in the basket we have something fun and new. Everyone gets to enjoy a round of leeks. Mmmm, leek and potato soup or chicken pot pie (our favorites)! You also get to enjoy your first butternut squash. You also have a bunch of carrots, potatoes (they look like they came from Mars, will have to peel to make pretty), a small amount of zucchini with a Japanese eggplant thrown in (I know some of you hate eggplant and some of you love it...just like the beets. I guess you need to bother your friends once more to take it if you don't like it!), some Italian long peppers (if they are long) and some bell peppers (if

they are fat). You also get a variety of tomatoes and a taste of raspberries. Rick's raspberries have fooled him this year. They came on all at once. If you want a flat of raspberries to make jam with or to freeze, you need to call him directly at the farm. The phone number for the farm is: 775-867-3750. Don't email. The tricky part about raspberries is that they are good now, but if we get any bad wind or cold weather, it will do them in right away. Yes--it can change day by day.

Leeks have a great flavor and can be added to anything. I usually use all the white part and also the light green part, sometimes all the way up to the coarse green leaves. See the [recipe](#) section of the website (www.greatbasinbasket.com) for more leek and potato recipes. Also we have been adding all of our leftovers together in a pot and cooking it all together—tomatoes, other vegetables and all. Cook until all is tender. Let cool for a little while. Then blend in blender. Once it is cool I scoop about 2c. into a Ziploc bag. I add the puree into soups later this winter. You can also roast the peppers and freeze in a Ziploc bag. They are great in soups and stews later on. I have

been enjoying the peppers draped over a roast while cooking. They impart such a good flavor.

First we need to remind everyone that this week will be the last fruit basket. The fruit CSA is finished for this year. Hope you enjoyed it. We didn't think we would offer it at the beginning of the year, but so many of you spoke up about it, we decided we had better do it. We hope to offer it from the start next year.

We also want to remind everyone that next week, Oct. 7th and Oct. 9th will be the last days of delivery for our summer box. The summer has flown by. I don't know where it went. I guess it disappeared somewhere in between all the zucchini and cantaloupe!! We want to thank all of you who joined us for the summer basket this past summer. We hope you enjoyed it and thank you for working with us.

For those of you who have joined the fall basket, please mark your calendars. That basket will begin on October 14 and we will deliver on Tuesdays only, so for some of you your location and date may change. Make sure you know which pick up location you are signed up for. Pauline should have emailed you to verify. If you still don't know where you pick up, please email her. You CANNOT call Pauline until October 14. She is back in Chile to attend her father's services. She is available via email though.

The phone calls have been going back and forth with Rick discussing the winter squash harvest. Good news is that he has A LOT of butternut squash. He will also have some other fun varieties.

Just a quick note: For those of you who receive the fruit basket, the peaches from last week were from Boomtown. Weren't they good!! A Nevada peach—Incredible! The farmer is in a great location to be able to get fruit!! Hope you enjoyed.

Today is cloudy and stormy here at home. Standing at the wash stand today was so pretty. The trees out in the willows are beginning to turn yellow. The dark gray and dark blue clouds south of us in the Sweetwater Mountains were so pretty to watch. We were able to watch the storm brew and move towards us. I love stormy days. It sure felt like fall. The sun kept disappearing behind the clouds. We would be hot one minute and comfortable the next. A pleasant day overall!!

Happy cooking! *Tina*

Recipes

Simple Potato Soup

Cut up an onion and sauté in butter in a stock pot. Add 3-4 grated carrots. Stir until tender. Then add about 2 lbs. of potatoes (cut into chunks) to pot and water not quite covering the potatoes. Cook until potatoes are tender. Mash with a potato masher. Salt and pepper to taste. Add whatever seasonings you care to. Can add cream or milk to soup also. Never do though. (Fairly low cal!!! Except for the little bit of butter.) Serve with grated cheese on top. This can take less than an hour to make and cook. A Smith family favorite!!!

Winter Squash, Leek, and Saffron Risotto

5-6c. chicken or vegetable stock
1/2 tsp. saffron threads, pulverized (optional)
3 tbl. olive oil; 1 1/2c. finely chopped leeks
1 1/2c. Arborio rice; 2/3c. dry white wine
2-3c. cooked, pureed winter squash
1/4 c. grated parmesan or asiago cheese
salt and pepper to taste

Bring stock and saffron to a simmer in saucepan. Heat olive oil in large heavy saucepan. Add leeks; cook over low heat until softened, several minutes. Raise heat to medium high and stir in rice. Keep stirring rice 1-2 minutes, then add wine. Stir and cook until nearly all the wine has evaporated, about 2 minutes. Add two ladlefuls hot stock (enough to barely cover the rice); stir frequently until most is absorbed. Continue to add stock a ladleful at a time and stir very frequently until nearly

absorbed. Risotto is done when rice is barely tender and mixture is creamy; this should take 25-35 minutes. (Adjust heat if rice is absorbing liquid too quickly.) Stir in squash during last 10 minutes. Fold in most of the grated cheese. Season with salt and pepper to taste. Serve immediately, with a little more cheese on top of each serving. 6-8 servings.

Winter Squash and Apple Bisque

2 tbl. butter; 1 onion, finely chopped (or leek)
2 shallots, finely chopped
2 tart apples, peeled, cored, and cut into 2" chunks
1 butternut squash, peeled, seeded, and cut into 2" chunks
6c. chicken or vegetable broth
1 tsp. finely chopped rosemary
2 tsp. finely chopped thyme
1/2c. half-and-half; salt and pepper to taste
1/2c. sour cream

In a soup pot over medium high heat, melt the butter. Sauté the onion and shallots until softened, about 5 minutes. Add the apples and squash and cook until nicely coated, about 3 minutes longer. Add the stock and rosemary and bring to a simmer. Add the thyme. Reduce the heat to medium and simmer, covered, until the vegetables are very tender, about 25 minutes. Remove from the heat. Using a handheld or standing blender, puree the soup until smooth. Stir in the half-and-half and season with salt and pepper. Reheat gently over medium-low heat. Ladle the soup into warmed bowls and garnish with sour cream and rosemary and thyme.

Roasted Squash

1 orange fleshed winter squash (butternut or a pumpkin)
3-4 cloves garlic, coarsely chopped
2 tbl. olive oil
1 tsp. balsamic vinegar, or to taste
1/2 tsp. sugar
1/4tsp. pure mild chile powder
1/4 tsp. dried thyme,
salt and pepper to taste

Cut squash into wedges. Arrange the squash quarters cut side up in a baking pan large enough to accommodate the pieces without touching. In a small bowl, mix together the garlic, oil, vinegar, sugar, chile powder, and thyme. Brush the mixture on the squash and season to taste with salt and pepper. Cover the pan tightly with foil. Bake the squash until it is tender when pierced but not at all mushy, 30-40 minutes. Uncover, raise the oven temp. to 400 and return to the oven. Continue to roast until the squash is lightly caramelized, browned in spots, and quite tender when pierced with a fork, 10-15 minutes longer. Serve.

Goulash

3 tbl. olive oil
3-4 leeks, finely chopped
2 tsp. caraway seeds
1 red or green bell pepper (or Italian peppers)
2 lb. stewing beef, cut into 1" cubes
3 tbl. paprika
3c. chicken, beef, or vegetable stock
one 14 1/2oz can diced tomatoes, with juice (or 2 cut up fresh tomatoes) 3
cloves garlic, minced
1 potato, chopped
2 carrots, chopped
salt and pepper to taste
1/4c. finely chopped flat leaf parsley (optional)
1/2c. sour cream (optional)

In a large Dutch oven over medium heat, heat the olive oil. Add the leeks and caraway seeds and sauté until the leeks are softened, about 5 minutes. Add the pepper and sauté until softened, about 2 minutes. Add the beef and paprika and sauté until the beef is evenly browned on all sides, 7-10 minutes. Raise the heat to high, add the stock, and bring to a boil. Using a wooden spoon, scrape up the browned bits on the bottom of the pan. Reduce the heat to medium-low, cover partially, and simmer until the meat is fork tender, 30-40 minutes. Stir in the tomatoes and juice, garlic, potato, carrots, and salt and pepper to taste. Cook, partially covered, until all the vegetables are tender, about 20 minutes longer. Stir in the parsley. Taste and adjust the seasoning. Garnish with the sour cream.