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### Reminders for the Week

- Please sign the clipboard each week.
- Please pick up your basket in a timely manner.
- Please bring a container in which to take your produce home. If you take a box, please return it on your next pick-up.
- Each site has a volunteer that can help with any concerns or questions you may have.
- Current pick-up schedule can be found on the CSA website.
- All newsletters can be found on the CSA website.

# Life on



VOLUME 1, ISSUE 9

WEEK 5, TUES, JUNE 16

## What's in your Basket

All items are grown on Lattin Farms, a certified organic farm, except for the produce marked with an asterisk (\*).

- **Gourmet Lettuce**
- **Zucchini**
- **Swiss Chard**
- **Braising Mix**
- **Kale**
- **Turnips**
- **Fennel\* (Pioneer Farms)**
- **Celery\* (Pioneer Farms)**
- **Beets\* (Snyder Family Farms)**
- **Cucumbers\* (Snyder Family Farms)**

**We want to remind you to please wash all produce, as we only rinse them, as soon as possible.**

## 5 Things to do with Bitter Greens

Amanda of [www.chivecooking.com](http://www.chivecooking.com) has put together some helps for the bitter greens that you often receive in the CSA Baskets. Here is what she wrote:

You will see a lot of greens this time of the year. I am constantly looking for ideas for using up all my greens. Bitter greens like kale, arugula, and mustard greens have lots of health benefits such as being vitamin rich and beneficial for digestion.

1. Use it to make fresh pesto (for a raw recipe try Sundried Tomato, Arugula and Walnut Pesto found at [www.thehealthyfoodie.com](http://www.thehealthyfoodie.com)).

2. Use Braised greens as a side or mix-in for pasta and rice dishes.
3. Toss them in with a mix of other lettuces in a salad for some more bold flavors, kale and arugula are good for these, adding a sweet component like candied pecans or walnuts help balance the bitter flavor.
4. We've all heard of Kale chips, you can bake or grill the larger leaf bitter greens. Drizzle with olive oil, salt and pepper, lay them on the grill, or a 450° oven until crispy.
5. Soups, egg dishes (quiche), stews, meatballs or lasagna. Power up your casserole dishes with a nutrition kick by adding some bitter greens!

## Down on the Farm Notes

Well, we have made it to the halfway point of the Early Season. Where does the time go? We hope you have been enjoying the produce you have been receiving so far.

We have been working really hard on our farm this year. We are adding more hoop houses, planting like crazy, and enjoying the rain. We have been really blessed by rain recently. It seems that for the past two months, we have had a good rainfall each week.

We love that the days are longer and warmer now because it means the produce will arrive shortly. We have already seen some zucchini and cucumbers, which normally show up in July.

We've also been going to quite a few farmers markets in the area. You can find us at markets in Fallon, Fernley, Reno/Sparks, and Carson City. Also, don't forget our online store, [www.lattinfarms.com](http://www.lattinfarms.com), has a lot of the produce we know you will enjoy.

Have a fantastic week!