

HEN HOUSE

M A R K E T

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Cal-Ann Farms- Fresh Herbs

Jeff and Pam Meyer currently grow their living basil and herbs in a 2,800 square foot greenhouse located in Basehor, Kansas. Additionally they raise Tilapia in a separate facility and also raise crops on 825 acres each year.

Jeff and Pam Meyer are now the 5th generation to farm this land. Their farmland has been in the family for over 100 years!

Carrying on the family tradition, Jeff has personally farmed all his life. Along with years of traditional farming, his family has been raising Tilapia for over 8 years and growing local produce for 2 years.

It is very simple to care for *Cal-Ann Farms Living Basil*. The open top allows customers to see and smell how fresh the product is before they even take it home. Basil is a sensitive plant so the plastic sleeve helps keep the leaves dry, allowing the plant to be watered from the bottom. It's designed to be placed in a small cup with a 1/2 " or so of water and kept on the kitchen counter. There's no need to plant it and it can live in a variety of light levels. It will live up to several weeks if cared for properly.

FAQS

Why do you leave the roots on?

The roots remain on the plant to keep it as fresh as possible. Your basil will live 2-3 times longer than cut herbs.

Is this dirt in the package?

It's not dirt that the roots are growing around, it's peat, an organic growing medium that doesn't promote bacteria growth.

I found a bug! Why

We do our very best to eliminate all pests. However, because we don't use any synthetic pesticides, you may find the occasional bug. We also use beneficial bugs like ladybugs and lacewings to control harmful pests in the greenhouse. If you find a bug, dispose of it, but don't worry - it's all part of the fresh experience!

Can I plant it?

We don't guarantee that it will transplant successfully but it is possible that it may live after being planted. We recommend using the product from the bag on your counter for the best results.

For more information please visit their website at: www.calannfarms.com



The Meyer Family

Basil Nutrition:

Research studies on basil have shown unique health-protecting effects in two basic areas: basil's flavonoids and volatile oils. It's been shown to protect DNA and have anti-bacterial properties. It also has anti-inflammatory effects, thereby helping the cardiovascular system.

Care Instructions for Living Basil-

Our living basil is intended to be kept on your counter within easy reach when cooking. Store the basil either in or out of the plastic sleeve in a small cup with about 1/2" of water. Add water to the cup, not over the leaves, and store it on your counter in whatever light level you have available. Be cautious not to burn the leaves or let the water dry out for too long if it sits in very direct light but, most importantly, Do Not Refrigerate! Use it a little at a time or all at once, it will stay alive for weeks in the right conditions.

New this Year-

We want your recipes!

We would like to have your favorite recipes using local foods to share in the CSA Newsletter. We will feature several recipes in each week's newsletter. We are looking for recipes with heirloom tomatoes, basil, bison, eggs, chicken, sweet corn, peaches, Athena melons, vine ripened tomatoes, zucchini, and yellow squash. Just send them to Jennifer Egeland at 5300 Speaker Rd, Kansas City, KS 66106 or email to jennifer.egeland@ballsfoods.com

**Recipe from CSA Member
Maureen Aiken**

Rice with tomatoes and basil

3 cups cooked rice -cooked without salt or fat
1 cup coarsely chopped tomatoes
2 Tbsp coarsely chopped fresh basil
1/2 tsp salt
Combine all ingredients, tossing gently.

.. This easy side dish can be served cold as a salad or hot as a side dish.
Add a drizzle of balsamic vinegar for even more flavor.

**Recipe from CSA Member Linda Tamblyn
Heirloom Tomato, Basil and White Bean Salad**

3 or 4 Heirloom tomatoes, cut into 1/2" chunks
1 large sweet onion, coarsely chopped
1/2-1 cup chopped fresh basil
1/4 cup chopped parsley
1 can Great Northern or Canelli beans, rinsed and drained
2 to 3 tbs (or to taste) red wine vinegar or balsamic vinegar
1/2-3/4 cups virgin olive oil
Salt and Pepper to taste
Lightly mix tomatoes, onions, basil, parley, beans, salt and Pepper, vinegar in a large bowl. Pour on olive oil, toss well, let sit for 15-30 minutes. Toss again and serve with crusty French Bread.
For extra crunch, add cucumber.

Cal Ann Basil Recipes:

Sweet Basil & Roasted Bell Pepper Dip

2-3 roasted red bell peppers
2 cloves roasted garlic
8 oz cream cheese
2 tsp balsamic vinegar
1/8 -1/4 tsp crushed red pepper
1/8 -1/4 tsp cayenne pepper
3Tbsp Living Basil shredded
Combine ingredients one at a time in a food processor until blended. Refrigerate. Serve with crackers or fresh vegetables. Will keep for one week in the fridge.



Creamy Tomato Basil Soup

- 2 tablespoons butter
- 2 tablespoons olive oil
- 3/4 cup chopped onions
- 1-1/2 pounds tomatoes - cored, peeled and quartered
- 1/4 cup chopped fresh basil leaves
- Salt and pepper to taste
- 2 cups chicken broth
- 1/2 cup heavy cream
- 4 sprigs fresh basil for garnish
- Fresh shredded mozzarella

Heat the butter and olive oil in a large pot over medium heat. Stir in onions and cook until tender. Mix in tomatoes and chopped basil. Season with salt and pepper. Pour in the chicken broth, reduce heat to low, and continue cooking 15 minutes. Transfer soup to a blender (or use an immersible hand blender), and blend until smooth. Return to the pot, and bring to a boil. Reduce heat to low, and gradually mix in the heavy cream. Pour soup through a strainer before serving. Garnish each serving with a sprig of basil and shredded mozzarella.
Quick Tip... Peel fresh tomatoes by making a small 'X' on the bottom and dunking in boiling hot water for 15-30 seconds. The skin should slip off easily.

Caprese Salad

3 vine-ripe tomatoes, 1/4-inch thick slices
1 pound fresh mozzarella, 1/4-inch thick slices
20 to 30 leaves (about 1 bunch) fresh basil
Extra-virgin olive oil, for drizzling
Coarse salt and pepper

Layer alternating slices of tomatoes and mozzarella, adding a basil leaf between each, on a large, shallow platter. Drizzle the salad with extra-virgin olive oil and season with salt and pepper, to taste.

Good Natured Family Farms



Our labor of love is taking local farm fresh foods from the small family farm to the mainstream supermarket. Today the GNFF alliance is comprised of over 100 family farmers in KS & MO
Reach us at www.goodnatured.net

•This newsletter is printed on recycled paper



Our mission:
Bridging The Gap works to make the Kansas City region sustainable by connecting environment, economy, and community. BTG is the Kansas and Missouri Regional Chapter for Buy Fresh Buy Local.
For more info go to: www.bridgingthegap.org