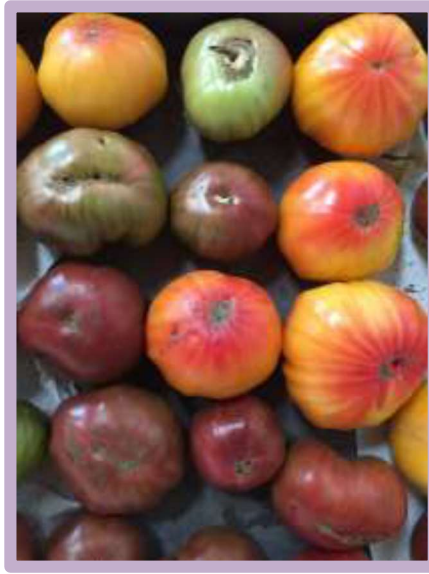




Towne's Harvest Garden

Your support allows Montana State University's student-learning, organic vegetable farm to run. Thank you!



This Week's Bounty

Tomatoes

Pepper

Garlic

Onion

Spinach

Potatoes

Carrots

Kale Bunch

Turnip Bunch

Parsley or Cilantro



This Issue:

Featured Recipes.....2

2nd to last week

We are finally into green season again! We will have at least two different types of greens this week: spinach and kale. Dark leafy greens such as the ones you will receive this week are some of the most important vegetables we can consume. Dark leafy greens provide: Potassium, Phosphorous, Fiber, and lots of antioxidants! This fall we are getting back into greens later than usual because of cooler, wet weather. We have been discussing greens production with other local farms

and all farms in the valley are behind their normal. Do not fear! This week and next we will provide an abundance of greens. Next week be ready to take home larger quantities than usual especially of root vegetables.

Please drive carefully because some areas will be one way traffic only.

See you at the farm!

Allison & the THG crew



Hakurei, Salad, or Tokyo Turnips Information

Like all turnips, the Hakurei, is a member of the Brassica family. This Japanese variety is sometimes referred to as a salad turnip, due to its crisp, delicious raw flavor. Unlike other turnip varieties, hakurei do not need to be cooked. They have an even-textured density and the flavor pairs well with a variety of different food items. Eat them raw (just whole, or chopped/grated in salads), make a quick pickle, or cook with their greens to enhance their natural sweetness.

Storing: Turnips should be stored unwashed in plastic bag in hydrator drawer of the refrigerator. Store greens separately wrapped in damp towel or plastic bag - use them as soon as possible.

Freezing: Freeze turnips in cubes or fully cooked and mashed. Cut off tops, wash and peel. Cut in cubes to blanch or in large chunks to cook and mash before freezing. Cubes blanch in 2 minutes. To mash, cook in boiling water until tender. Drain, mash or sieve. Cool. Leave ½ inch headroom for either

**Pan Roasted Hakurei Turnips**

From nesp.org

Ingredients

1 bunch Hakurei turnips, halved lengthwise

2 tsp. vegetable oil

Salt and pepper

1/2 tablespoon honey

Pinch of cayenne

1/2 tablespoon water

Directions

Toss turnips with 1 tsp. oil, salt and pepper in a medium bowl. Combine honey, cayenne and water in a small bowl. Heat a small skillet over medium-high heat. Add remaining tsp. oil. Add turnips. Sauté for about 10 minutes, turning turnips frequently, until they are golden brown. Add honey mixture to turnips and toss them for a few minutes until glazed and tender. Add additional salt and pepper to taste.

