



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Towne's Weekly

August 11-15, 2008



Veggie List

**Garlic, Shallots,
Peas, Summer
Squash, Egg-
plant, Hot Pep-
pers, Green On-
ions, Green
Beans, Fennel,
Flowers, Basil,
Kohlrabi**

NOTES FROM THE FIELD

Our shares are becoming larger each week, with a variety of different vegetables becoming available. I trust that everyone is enjoying theirs!

We sent everyone home with a Towne's Harvest survey last week. Because we depend so much on you, your input is greatly appreciated. Please fill it out, it only takes 5 minutes, and return it to us. This will help ensure that the project continues to fulfill the vision of all those who participate.

I would like to take this opportunity to ask a favor of everyone. If you don't already, I would like to encourage everyone to bring bags of their own. Al-

though we are happy to offer you new bags when needed, limiting the wasteful practice of single use bags as much as possible is ideal. We are after all striving for sustainable practices as much as possible.

Yours,
Charlie Preston-Townsend



HARVEST FEST TICKETS!

As a heads up, tickets will be going on sale soon for our second annual Harvest Festival. This year's event will be taking place at the Lindley Park Center on September 6th. We encourage everyone to join us in this year's celebration, and to bring all their friends too!

We will be serving a dinner featuring local dishes, ice cream from Wilcoxson's and select beers from local breweries. Live music is also in the plans so be sure to mark the date on your calendars!



ENJOYING THE HARVEST



****All Towne's Harvest produce should be washed before eating.****

- Garlic and shallots should be kept in a cool, dry place.
- Fresh peas are often eaten boiled and flavored with butter and/or spearmint as a side dish vegetable. Salt and pepper are also commonly added to peas when served.
- Hot peppers are used in many Mexican dishes. The seeds and inner white membrane contains the highest levels of capsaicin, which is the main source of heat.
- The bulb of the fennel plant is a hardy vegetable that can be sautéed, braised, grilled stewed or eaten raw.
- Summer squash is so named because of it's inability to keep until winter. They are good raw in a salad, sautéed or grilled.
- Green beans are a great addition to any salad, can be made into a green bean casserole or eaten raw by themselves.

UPCOMING EVENTS & ANNOUNCEMENTS

Mark your calendars!

August 14: Field Day at Towne's Harvest with speakers and tours., 6-8pm.

September 6: Towne's Harvest second annual Harvest Festival, 2-7pm. Details coming soon!

***Towne's Harvest produce bags and t-shirts are now available at distribution. The member price is \$10 each. T-shirts and bags are made from organic cotton have been silk-screened by a local business.



GREEN BEANS, FENNEL AND FETA

INGREDIENTS

- 1 lb. fresh green beans, trimmed
- 1 fennel bulb, thinly sliced
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup crumbled feta
- 2 tablespoons fresh chopped basil
- Salt and pepper to taste

DIRECTIONS

- 1) Fill sauce pan 1/2 full with water, bring it to a boil and add green beans and fennel. Cook until slightly tender, about 4 minutes. Remove from heat, place in strainer and run cool water over the vegetables to stop cooking.
- 2) Return sauce pan to medium heat, at olive oil and allow to heat for a moment. Return green beans and fennel to the pan. Cook, stirring frequently until warm. Season with basil, salt and pepper. Transfer to a serving dish, toss in feta and enjoy!

**Towne's Harvest Garden &
Community Supported Agriculture
Program**

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