



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Talk of the Towner's...

Welcome to Week One of
Delicious Produce!

News from the Farm

Greetings {FIRST_NAME|Friend}!

We are very excited to have you join in our bounty this season. Now that the weather is warming we are looking forward to the fields filling in with sun warmed delights that we can share with you and your friends and family.

With nature providing us with full rivers, exciting light shows in the sky and exercise running to shelter from the hail, we've had a slow start to the anticipated Spring abundance. However, summer is upon us and the crops are flourishing. If the first few distributions seem light, rest assured you will be overloaded with delicacies in no time.

Tis the season for SALAD!

- Chaz, Anna & THG Interns

Produce Pick-Up Details

First pick-up is
Thursday, June 23rd
and then every Thursday until
September 22nd

Come anytime between
4:00-7:00 pm

Pick up is at
Towner's Harvest Garden
on the MSU Horticulture Farm
off of Garfield,
between S. 19th & Rosauers

Please
park at the Pavillion
across from the farm.
We will be happy to help you to your car
with your bag.

Plan to *bring the family*
and *stay a while!*
We will be providing
fun and educational
farm activities for the kids
while you *visit with your*
"neighbors."

We love dogs!
However, the rules at the farm
don't allow us to even bring our
own, so we ask that you don't
bring yours either.

The Goodies This Week

- 1/2 dozen Farm Fresh Eggs
- Mixed Salad Greens
- Bok Choi
- Green Garlic & Scapes
- Fresh Herbs
- Basil Plant
- and hopefully a few surprises...

The lesser known:

Bok Choi (Choy):
A chinese cabbage with white stems and emerald leafy greens, often used in asian cuisine. It is high in Vitamins A, C & K and contains high levels of antioxidants.

Green Garlic & Garlic Scapes
(*pictured below from THG's greenhouse*):
Green garlic is simply immature garlic and looks like a slightly overgrown scallion or green onion. Garlic scapes are the curled flower stalks of hardnecked garlic varieties grown in colder climates.

Basil plants can be re-potted and kept in a sunny windowsill or on your patio or transplanted into your own garden for fresh picking all summer!

Thanks for understanding.

pick-up all summer!

See Recipe Links Below

(Printed copies will be available at pick-up)

Grilled Bok Choy with Spicy Vinaigrette

www.serious-eats.com/recipes/2008/07/dinner-tonight-grilled-bok-choy-with-spicy-vi.html

Bok Choy Salad

<http://www.tasteofhome.com/Recipes/Bok-Choy-Salad>

Stir-Fried Bok Choy With Ginger And Garlic

<http://www.foodnetwork.com/recipes/robin-miller/stir-fried-bok-choy-with-ginger-and-garlic-recipe/index.html>

Green Garlic Pesto

<http://localfoods.about.com/od/spring/r/grgarlicpesto.htm>

Grilled Green Garlic

<http://www.gourmetsleuth.com/recipes/garlic-541/grilled-green-garlic-910.aspx>

Sauteed Garlic Scapes

<http://www.motherearthnews.com/real-food/2005-10-01/garlic-scapes.aspx>



***We value your input
& questions.
Please feel free to
contact us anytime!***

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