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

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|                    | 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 Towne’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.** | - 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.

See Recipe Links Below
(Printed copies will be available at pick-up)

Grilled Bok Choy with Spicy Vinaigrette

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

Stir-Fried Bok Choy With Ginger And Garlic

Green Garlic Pesto
http://localfoods.about.com/od/spring/r/grgarlicpesto.htm

Grilled Green Garlic

Sauteed Garlic Scapes

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

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