



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Talk of the Towne's

Welcome to *Week 2* of Fresh Picked
Produce

News from the Farm

It has been a busy week in the fields. The warm days bring about surprises of forgotten or given up on seedlings peeking up through the soil, plants bursting with vigor, wildflowers showing their abundance and happy birds tending to their newly hatched and singing their songs of summer. The storms of last week have offered a natural selection process in the rows, the strong and the fighters sailing through and the others leaving room for new plantings. Not only are the crops thriving, so are their friends of the "weed" variety. A flurry of activity abounds with battling invaders, wrangling wily irrigation and chasing blowing row covers. Such is June in Montana!

- Chaz, Anna & Student Interns

P.S. I am so sorry that this is just getting to you now. I sent it last week and even got confirmation that the mail had been sent, but see now that it never went. I will be switching programs and will have your newsletters to you much earlier. Sorry for the inconvenience. Anna

The Goodies this Week

Radishes - a gorgeous French Breakfast Heirloom.

Spinach - the first of the season! It's vibrant green and full of nutrients. Make a crisp salad to accompany dinner or add it chopped to scrambled eggs for breakfast.

Salad Mix - an ever changing blend of fresh greens. Great for fresh eating with your favorite toppings for your 4th of July celebrations.

Cilantro - a handful of cilantro, packing a big punch. Great in Mexican, Thai and Indian Cuisine.

Green Garlic - a true culinary delight! Highly sought after by chefs at farmer's markets, use as you would any garlic to impart a mild flavor. Slice the stalk and sautee with olive oil and salt and pepper, or add to your stir fry. The garlic scapes (the curly flower) are delightful simply grilled or roasted with a drizzle of olive oil, salt and pepper. Better yet, toss the whole stalk, clove, scape and all in olive oil and throw on the grill. One member claimed that her kids loved it that way!

Carrots - this first harvest will surely be sweet and refreshing. A special treat for June gardens.

Braising Greens Mix - a beautiful blend of kale, chard, and cabbage greens. Typically slow cooked to tenderness, there are lots of creative uses for this nutrient dense combination. The awesomely large cabbage leaves can be cooked with the rest or used as a flavor packed wrap for your favorite ingredients (in place of bread or a tortilla). See the links to recipes below for some ideas.

Bok Choi (Choy) - a fun and flavorful Chinese cabbage with many uses. One member made the salad from last week's newsletter and enjoyed it. Another diced it into fried rice. Such creativity, keep the ideas coming!

Recipe Ideas

Braising Greens, Three Uses

<http://www.seasonalchef.com/greens.htm>

Becky's Braised Greens

http://www.cookusinterruptus.com/index.php?video_id=66

Braised Greens

<http://www.jamieliver.com/recipes/vegetarian-recipes/braised-greens>

Thai Beef Cabbage Wraps (Cabbage leaves can be used in place of the head cabbage. Alternative proteins or veggies can be substituted for the ground beef)

<http://www.budgetgourmetmom.com/thai-beef-cabbage-wraps/>

HAPPY INDEPENDENCE DAY
From all of us at Towne's Harvest
Happy Eating!

As always, your input and feedback is welcome! Feel free to contact us anytime.
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