

S P R I N G 2 0 1 3

The Dirt

Towne's Harvest Garden June, 2013



Towne's Harvest CSA Spring Green Share Week 4

Hello everyone, I am currently writing this newsletter in the middle of wonderful afternoon rain shower that is continues to keep our valley lush and green for the time being. Exciting crop offerings this week in the CSA share featuring beets and rhubarb! We look forward to seeing you tomorrow and hope you have been enjoying all of the greens being grown by our hardworking farm crew who are currently fighting an epic battle against the relentless and innumerable villain: pigweed. Thankfully they are willing and up to the formidable task at hand.

Tim Reusch, Marketing
and Operations Manager



Farm Bio

Tim Reusch is a graduate student in college of Health Human Development. Tim Reusch was a previous intern at Towne's Harvest in 2009. He moved to Bozeman in 2007 from Grand Rapids, Michigan to pursue the Bozemanite lifestyle of hiking, skiing, and all that the Montana outdoors has to offer. However, he became interested in the Sustainable Food and Bioenergy System degree program and working to understand the challenges of our food system works and how we feed seven billion people. Tim hopes to eventually start and operate a hydroponic year round production so Bozeman can have fresh produce year around.

Week 4 Produce

Each CSA share will have farm fresh eggs to accompany the delicious medley of spring greens.

Beets

Beets are a unique source of phytonutrients called betalains. Betanin and vulgaxanthin are the two best-studied betalains from beets, and both have been shown to provide antioxidant, anti-inflammatory, and detoxification support. As healthy as this sounds I have included a beet cake recipe this week.

Chocolate Beet Cake

Serves 6

Ingredients

1 C. margarine or butter, softened, divided
1 1/2 C. packed dark brown sugar
3 eggs at room temp
2-3 oz. dark chocolate
5 medium beets (2 C. pureed)
1 t. vanilla extract
2 C. all-purpose flour
2 t. baking soda
1/4 t. salt
1/2 t. cinnamon
1/4 t. nutmeg
Confectioners' sugar for dusting



Directions

To make beet puree, trim stems and roots off beets and quarter them. Place in heavy saucepan filled with water. Bring to a boil and reduce to a simmer for 50 minutes or until the beets are tender. Drain off remaining liquid and rinse beets in cold water, as they'll be too hot to handle otherwise. Slide skins off and place beets in blender. Process until a smooth puree forms. Let cool slightly before using in cake. I like to make the puree ahead and store it in the fridge, sometimes up to several days in advance.

In a mixing bowl, cream 3/4-cup margarine and brown sugar. Add eggs one at a time, mixing well after each addition. Melt chocolate with remaining butter in the microwave on high in 20-second intervals, stirring each time until smooth. Cool slightly. Blend chocolate mixture, beets and vanilla into the creamed mixture. The batter will appear separated so don't fret.

Combine flour, baking soda, salt, cinnamon and nutmeg; add to the creamed mixture and mix well. Pour into a greased and floured 10-in. spring form pan. Bake at 375 degrees F for 60-70 minutes or until a toothpick inserted near the center comes out clean. Cool in pan 15 minutes before removing to a wire rack. Cool completely before dusting with confectioners' sugar.

Rhubarb

This week I apologize for including two desserts, but with rhubarb you have to have some sort of dessert dish for those summer soirees you will be attending.

Rhubarb Crisp

Serves 12 servings

Ingredients

- 2 pounds rhubarb, sliced crosswise 3/4 inch thick
- 1 cup granulated sugar
- 3/4 cup all-purpose flour
- 1/2 cup (1 stick) cold unsalted butter, cut into pieces
- 1/2 cup packed light-brown sugar
- 1 cup rolled oats
- 1/2 teaspoon ground cinnamon
- Vanilla ice cream, for serving (optional)



Directions

Preheat oven to 400 degrees. In a 9-by-13-inch baking dish, combine rhubarb, sugar, and 1/4 cup flour; set aside. In the bowl of a food processor, combine remaining 1/2 cup flour and the butter. Pulse until the butter pieces are pea-size. Add brown sugar, oats, and cinnamon. Pulse to combine. Sprinkle over rhubarb. Bake until rhubarb is tender and topping is golden, 35 to 45 minutes. Serve warm with ice cream, if desired.

Sorrel

The name sorrel is used to describe several related plants, including wild sorrel and French sorrel. Its name derives from the French for 'sour', in reference to the plant's characteristic acidity. The leaves of the sorrel plant are the part used in cookery. Sorrel leaves are generally large, bright-green and arrow-shaped with a smooth, crisp texture. Buckler leaf sorrel has tiny, shield-shaped leaves that are good in a mixed green salad or as a garnish. All sorrel is incredibly sour with a lemony flavor and it shouldn't be eaten in large quantities as it contains a high amount of oxalic acid.



Basil

Chicken and Spinach Soup with Fresh Pesto

Ingredients

2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
 1/2 cup carrot or diced red bell pepper
 1 large boneless, skinless chicken breast (about 8 ounces), cut into quarters
 1 large clove garlic, minced
 5 cups reduced-sodium chicken broth
 1 1/2 teaspoons dried marjoram
 6 ounces baby spinach, coarsely chopped
 1 15-ounce can cannellini beans or great northern beans, rinsed
 1/4 cup grated Parmesan cheese
 1/3 cup lightly packed fresh basil leaves
 Freshly ground pepper to taste

Directions

Heat 2 teaspoons oil in a large saucepan or Dutch oven over medium-high heat. Add carrot (or bell pepper) and chicken; cook, turning the chicken and stirring frequently, until the chicken begins to brown, 3 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in broth and marjoram; bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally, until the chicken is cooked through, about 5 minutes. With a slotted spoon, transfer the chicken pieces to a clean cutting board to cool. Add spinach and beans to the pot and bring to a gentle boil. Cook for 5 minutes to blend the flavors. Combine the remaining 1-tablespoon oil, Parmesan and basil in a food processor (a mini processor works well). Process until a coarse paste forms, adding a little water and scraping down the sides as necessary. Cut the chicken into bite-size pieces. Stir the chicken and pesto into the pot. Season with pepper. Heat until hot. Garnish with croutons, if desired.

Arugula

This week we will feature a fresh bundle of arugula to give your salad a little kick. Arugula is paired well with chicken and vinaigrette dressings.

Swiss Chard and Kale

The super greens are back, and here to provide nutrition and taste to salad, wilted greens, or braised stir-fry. Or try putting these greens in your breakfast smoothie.

Purple Russian Kale Salad

Ingredients

Baby Kale(remove stems on larger leaves)
 Chopped Onion
 Feta Cheese
 Roasted pine nuts or almonds

Dressing

Olive oil
 Lemon
 Sea salt to taste

Complicated Directions:

Toss all ingredients into a bowl. Then toss dressing into the mixed salad bowl. Serve and enjoy.