



# **Talk** of the **Towne's**

Welcome to *Week 6* of Fresh Picked  
Produce

## ***News from the Farm***

Dear {FIRST\_NAME|Friend},

We are delighted to report a soaring success hosting President Cruzado and many other important friends and supporters for a delicious lunch yesterday. The Culinary Marketing students worked hard harvesting and preparing fresh produce that was transformed into a delicious spread of salads, home-made bread and dessert. One group even made their own filo dough to house fresh chard, dill and feta cheese - *delicious!* The weather was very pleasant and we had record attendance, with over 70 guests. Everyone left high in spirits about the accomplishments and future of Towne's Harvest, the Sustainable Food and Bioenergy Systems degree program and sustainability as a whole at MSU.

The sheep are happily grazing the cover crop as promised. Feel free to walk out and observe them (*please be very mindful of the electric fence* ) when you come today. We are proud to integrate this biodiversity into the farm and hope to be able to introduce similar projects in the future. The marriage between crops and animals plays an important role in managing local ecosystems, microbial life and ultimately crop nutrition and health.

As you will see at pick-up, this week represents a celebration of hard work, and gorgeous weather! Enjoy...

- Chaz, Anna & Student Interns

## ***The Goodies this Week***

Sugar Snap Peas - the last of them for summer! Peas are a cool weather crop and stop producing as the weather warms. Perhaps we'll see them again in the Fall.

Radishes - bright red Cherry radishes. Don't forget to use the greens as well!

Red Leaf Head Lettuce - gorgeous, nutritious and versatile. See the link below for lots of different recipes.

Arugula - the last of this zesty cool weather worshipper. If you like a spicy salad, this is for you. Try it with a fruit vinaigrette and sweet additions such as orange sections, pomegranate seeds or diced pear for a real treat. If spicy is not for you, tone the leaves down by adding them to enchiladas, lasagna, quiche and other dishes that blend many flavors with nothing overpowering.

Baby Carrots - the thinnings from the field, small and oh so sweet. Perfect for snacking or steaming for a colorful side dish or garnish.

Basil - the whole plant again. Look for pesto recipes below. Use pesto as a sauce for pasta or pizza, or drizzled over grilled fish or chicken. What else can you do with all this basil? Make a mojito, huckleberry lemonade or other refreshing summertime beverage. Just add the whole leaves (crushed a little to release their flavor) to the glass and sip away. Basil goes well with tomatoes, cucumbers, lemon, fish, etc. It is the epitome of summertime flavor!

Kohlrabi - many people are unfamiliar with this member of the cabbage family. They are delicious raw or cooked. The small bulbs can be eaten without peeling, larger ones have a woody skin and should be peeled. They have a crisp, mild to sweet flavor with a slight essence of broccoli or cabbage. High in fiber and vitamins, they are packed with nutrition as well. See recipe ideas below.

Savoy Cabbage - fresh picked from the hoop house, these are large, beautiful, dark green heads. See recipe link below.

Summer Squash - coming on strong now (look out, you know what they say about zucchini season, it's the only time of year that you lock your house and car). We've grown an assortment of varieties, from yellow to dark green and all are interchangeable in recipes. See the Practical Produce guide below for fun recipes.

Spring Onions - perfect raw or cooked.

Salad Mix - a fresh blend of greens.

## ***Recipe Ideas***

Basil Pesto

[http://www.eatingwell.com/recipes/basic\\_basil\\_pesto.html](http://www.eatingwell.com/recipes/basic_basil_pesto.html)

Practical Produce - Zucchini (Summer Squash)

<http://townesharvest.montana.edu/documents/Zucchini.pdf>

Loads of Red Leaf Lettuce Recipe Links

<http://www.whatscook.in/red-leaf-lettuce-recipes/>

Kohlrabi Information and Recipe Ideas

<http://simplyrecipes.com/recipes/kohlrabi/>

Kohlrabi and Radish Salad (this uses several ingredients from today's pick-up and is fresh, light and easy)

<http://macrobiotic.about.com/od/salads/r/kohlrabiandrishsalad.htm>

Recipes for Savoy Cabbage (*Epicurious is a great recipe website for folks who like to cook gourmet meals with "whole" ingredients, rather than processed, without requiring you to be a trained chef*)

<http://www.epicurious.com/tools/searchresults?search=savoy+cabbage+recipes>

Cooking with Fresh Herbs

<http://www.ag.ndsu.edu/pubs/plantsci/hortcrop/h1267.pdf>

<http://extension.missouri.edu/explorepdf/hesguide/foodnut/n00362.pdf>

<http://www.ksre.ksu.edu/library/fntr2/mf2920.pdf>

[http://www.he.k-state.edu/fnp/displays/spices\\_and\\_herbs.html](http://www.he.k-state.edu/fnp/displays/spices_and_herbs.html)

<http://edis.ifas.ufl.edu/pdf/FILES/FY/FY120900.pdf>

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

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