

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 3

June has quickly arrived and we are already into the third week of distribution. This week features a bounty of fresh greens perfect for the upcoming warm weather. Each week the newsletter will be featuring a farm bio of one of the managers for the next couple weeks so the CSA members can gain a further understanding of who is growing their food and why it matters to them. Have a wonderful week and see you all at CSA night.

Cheers,

Tim, Alex, and Chaz

Alex Ettinger, Assistant  
Production Manager



## Farm Bio

Alex Ettinger is from Asheville, NC, a small artful and musical city tucked in the southern Appalachian Mountains. He and his wife traveled to Montana with their 5 month old son so he could study Sustainable agriculture and public health within today's food system. As a student in the sustainable food systems program of MSU, with a focus in crop production, He has a passion to create awareness of the faults of our current day agricultural system, and emphasize a focus on more of a community supported food system, along with implementation of sustainable methods in conventional agriculture. Alex has a sincere relationship with nature and acknowledges the ecology and ecosystem health it takes to create a sustainable way to produce food. He hopes to have a farm of his own in the future which will supply local and regional food, and also create educational programs to make our society aware of what we eat.

## Week 3 Produce

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

### Chocolate Mint

Chocolate mint leaves have a delightful minty chocolate flavor, much like the classic Girl Scout cookie. Crush fresh leaves into water for a refreshing beverage, or add to tea or coffee. You can also dry leaves for flavoring desserts, like ice cream, meringues, quick breads, or cakes.

#### Mint Cream with Fresh Berries

Serves 6

#### Ingredients

1 cup milk  
 1/3 cup coarsely chopped fresh mint leaves  
 3 large egg yolks  
 1/2 cup sugar  
 3 tablespoons cornstarch  
 1 teaspoon vanilla extract  
 1/2 cup well-chilled heavy cream  
 1 quart strawberries, hulled  
 2 cups blueberries  
 2 cups raspberries



In a small saucepan bring the milk to a boil with the mint, remove the pan from the heat, and let the mixture stand, covered, for 5 minutes. Strain the milk through a fine sieve into a bowl, pressing hard on the mint. In the pan, cleaned, whisk together the egg yolks, the sugar, the cornstarch, and the vanilla, whisk in the milk, and bring the mixture to a boil over moderate heat, whisking constantly. Simmer the pastry cream, whisking, for 3 minutes (it will be very thick), transfer it to a bowl, and chill it, its surface covered with plastic wrap, for 4 hours, or until it is firm. The pastry cream may be made 1 day in advance and kept covered and chilled. In a chilled bowl with an electric mixer beat the heavy cream until it holds stiff peaks. Whisk the pastry cream until it is smooth, whisk in half the whipped cream, and fold in the remaining whipped cream gently but thoroughly. Place on top of fresh cut berries.

### Red Head Lettuce

The red pigment in red leaf lettuce, called anthocyanin, contains small amounts of fairly strong antioxidants. Eating red leaf lettuce is a delicious way to get lots of vitamins A and K, plus the anti-oxidants beta-carotene and lutein. It will be a delicious addition to your salad this week, and will contrast nicely with bright vegetables and fruits that will be tossed with it.



## Green Garlic

Green garlic can be used almost anywhere! Use it wherever you'd use regular bulb garlic or green onions, or use it in recipes specifically designed to highlight its unique mild garlic flavor. Add raw green garlic to salads, dressings, and sauces. Try it braised, grilled, or pickled. Add it to a frittata, a soup, or pair it with other spring treats like asparagus. Put green garlic in pasta, a rice bowl (don't forget to pick up pea shoots), or a confit.

### Green Garlic Scrambled Egg Toasts

Serves 4 to 6

#### Ingredients

1 stalk green garlic for every 3 eggs  
butter  
milk or cream  
dense wheat bread or levain



#### Directions

Chop green garlic like you would a scallion. Feel free to use all the green part as well as the white part. Beat eggs and add 2 tablespoons milk or cream to eggs. Slice bread thinly and leave near toaster. Saute green garlic in desired amount of butter over medium flame for a minute or two. Add beaten egg mixture to pan and reduce flame to its lowest possible setting. Stir constantly. As the eggs heat up they will start to steam a little and maybe stick to the bottom of the pan. Add some salt and pepper. Take the pan off direct heat to slow the process down. . The longer it takes, the better it'll taste. It should take at least 10 minutes to cook 3-5 eggs this way. Throw the bread in the toaster. As the eggs finally congeal, spoon onto toast, and cut to desired size.

## Bok Choi

Bok choy or leafy Chinese cabbage is one of the popular mainland crops in China, Philippines, Vietnam and other oriental regions. Nonetheless, this humble Brassica family vegetable has gained popularity even in the western world for its sweet, succulent, and nutritious stalks. It is also named as pe-tsai, pak choy, petsay, white-celery mustard, Chinese white cabbage...etc.



## Radish

### Radish Avocado "Butter"

#### Ingredients

- 1 ripe Haas avocado
- 2 tablespoons meyer lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1 generous T chopped cilantro leaves
- 1 tablespoon extra virgin olive oil
- 2 teaspoons seeded, minced jalapeno

#### Directions

Halve avocado, remove pit. Using a large spoon, scoop flesh from both halves into a blender; add lemon juice, salt, sugar, cilantro leaves, and extra virgin olive oil and puree to combine. Use a spatula to move mixture around if necessary. You want it to have a silky, thick, "buttery" consistency.

Thinly slice radishes crosswise and then lengthwise, ending up with short matchsticks. Repeat until you have cut all of the radishes like this. You should have between 1 and 1 ¼ cup radish matchsticks.

Transfer avocado "butter" to a bowl. Fold in minced jalapenos and radish matchsticks. Best enjoyed immediately; although the avocado will not discolor, the radishes will soften as the butter sits.

## Cilantro

Cilantro or coriander, depending on which part of the plant you eat, cilantro is considered to be the leaves of the plant and coriander is the seed. Each part of the plant has a unique flavor and cannot be used as a substitute ingredient. Perhaps one of the most polarizing ingredients in any meal this ingredient is often found in nearly every culinary culture throughout the world.

## Salad Mix and Braising Mix

This week will once again the delicious mesclun mix perfect for that strawberry salad you have been planning to eat this week for lunch. This week however, we also be including a braising mix to toss with your delicious Bok Choy in your stir-fry. Enjoy.

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## Stir-fried Bok Choy with Ginger and Garlic

#### Ingredients

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 8 cups chopped fresh bok choy
- 2 tablespoons reduced-sodium soy sauce
- Salt and ground black pepper

#### Complicated Directions:

Heat oil in a large skillet over medium heat. Add garlic and ginger and cook 1 minute. Add bok choy and soy sauce cook 3 to 5 minutes, until greens are wilted and stalks are crisp-tender. Season, to taste, with salt and black pepper.