

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 5

Hello everyone, Happy Father's Day to all of CSA dads! I cannot believe we are already at week 5 of our Spring Greens CSA. Hopefully all your Rhubarb desserts turned out excellent, and let me know if any of you were bold enough to try the beet cake. This week there will be group of volunteers from the Medstart Summer Camp working at farm and distribution night. They wanted volunteer to work at the farm and in conjunction with Food Bank to learn more about the Bozeman food system.

Cheers,

Tim, Alex, and Chaz

Chaz Holt, Production Manager



Farm Bio

Born in the late '70s on a small North Georgia dairy farm, Chaz Holt was hooked on farming from the get-go. After his family switched from a dairy to a beef-cow, poultry and hay farm, he began to understand that if a person stays in agriculture, he has to be able to evolve with the markets while maintaining a personal moral direction. After graduating from the University of Wyoming with a bachelor's degree in agricultural science, Holt moved to the Willamette Valley of Oregon, where he served as an agronomist and crop advisor. He worked with more than 30 different crop types, ranging from cherries and hazelnuts to turf grass and corn silage and far beyond. You can also find him hunting and fishing anytime he can, as well being a male model for Field and Stream and LL Bean.

Week 4 Produce

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

Savoy Cabbage

Despite its rugged appearance it's actually very tender and sweet. Best of all, it cooks quickly and easily and it doesn't have the sulfur odor so distinctive in other cabbage; just don't over cook it. Savoy cabbage is named for the Savoy region, a medieval duchy on the border of Italy, France and Switzerland.

Stuffed Savoy Cabbage Rolls

Yields 10 rolls

Ingredients

1 medium soft savoy cabbage,
1 lb ground pork (try to choose a lean and light pink piece; it is a better quality meat),
1 medium onion,
1 tbsp breadcrumbs,
1/2 lb thinly sliced smoked bacon,
1/4 tsp nutmeg
salt and pepper,
6 tbsp olive oil.



Directions

1. In a large pot boil water with a tbsp salt.
2. Peel off gently cabbage leaves, throw away the outer layer.
3. Put the cabbage leaves in a boiling water and let it blanch for about 5 minutes or until the leaves turn bright green. Dry and cool them on a colander.
4. Chop onion as thinly as you can, fry it on a tablespoon of oil.
5. Mix ground pork with spices, breadcrumbs, and onion. Using your hands mix all the ingredients, until they create a smooth feeling. Divide meat into ten equal portions
6. At that point heat oven to 375F.
7. Select the smallest leaves and put a one portion of meat inside, then place it on a big leaf that you will use as wrap.
8. Put oil in a baking dish and place all the rolls next to each other.
9. If you like bacon, cover rolls with bacon slices, or with a few slivers of butter.
10. Cover the dish with aluminum foil and bake for 30 minutes. Remove the foil and bake it for another 20 minutes, until the rolls get slightly brown on top.

Spinach

If you like spinach-cheese pie, try these simple but elegant-looking little spinach cakes.

Rhubarb Crisp

Serves 12 servings

Ingredients

12 ounces fresh spinach
 1/2 cup part-skim ricotta cheese, or low-fat cottage cheese
 1/2 cup finely shredded Parmesan cheese, plus more for garnish
 2 large eggs, beaten
 1 clove garlic, minced
 1/4 teaspoon salt
 1/4 teaspoon freshly ground pepper



Directions

Preheat oven to 400°F.

Pulse spinach in three batches in a food processor until finely chopped. Transfer to a medium bowl. Add ricotta (or cottage cheese), Parmesan, eggs, garlic, salt and pepper; stir to combine. Coat 8 cups of the muffin pan with cooking spray. Divide the spinach mixture among the 8 cups (they will be very full). Bake the spinach cakes until set, about 20 minutes. Let stand in the pan for 5 minutes. Loosen the edges with a knife and turn out onto a clean cutting board or large plate. Serve warm, sprinkled with more Parmesan, if desired.

Sage

Sage, or more technically "*Salvia Officinalis*," originates in the Mediterranean. The versions of sage used in cooking are only a few of over seven hundred varieties of the plant. Not all are suitable for ingestion and one is actually a hallucinogen. That particular brand of sage was used in religious ceremonies in Central America where the plant is native. Sage was considered to be a sacred herb by the Romans and there was a special ceremony to honor the herb as it was collected. The gatherer would use a knife not made of iron and the individual had to be clean and dressed in clean garments. A food sacrifice would also be performed. Once collected, the herb was believed to be good for the brain and memory, and the Romans would also use it as a form of toothpaste.



Beets

Farro Salad With Beets, Beet Greens and Feta

Ingredients

2 medium or 3 small beets (any color) with greens, [the beets roasted](#) 1 cup farro, soaked for one hour in water to cover and drained
Salt, preferably kosher salt, to taste
2 tablespoons sherry vinegar
1 teaspoon balsamic vinegar
1 small garlic clove, minced or pureed
1 teaspoon Dijon mustard
1/2 cup extra virgin olive oil
1/2 cup broken walnut pieces
2 ounces feta or goat cheese, crumbled
1/4 cup chopped fresh herbs, such as parsley, tarragon, marjoram, chives, mint

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.

Cilantro

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.

Green Garlic

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.

Green Garlic Soup

Ingredients

1 pound green garlic
2 Tablespoons unsalted butter
2 Tablespoons cooking oil
1 pound potatoes, peeled and cut into 1-inch cubes
Salt and pepper to taste
1 1/2 quarts broth (chicken or veggie)
Sea salt to taste

Directions:

Discard the darkest green leafy parts of the green garlic, leaving the white and pale and medium green parts. Cut each garlic in half lengthwise, then mince. Melt the butter and oil in a large saucepan over moderate heat. Add the minced garlic and saute for about 5 minutes to soften. Add potatoes, season with salt and pepper, then add chicken broth. Bring to a simmer, cover and adjust heat to maintain a gentle simmer. Cook until potatoes are tender enough to mash with a wooden spoon, about 25-35 minutes. Mash the potatoes into the broth, or puree in a food processor, then reheat. Taste and adjust seasoning before serving.