

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 6

Hello everyone, and welcome to the last week of the Spring Greens CSA. I cannot believe how quickly these past weeks six weeks have gone by and I wanted to thank everyone again for all of your support. This farm and the many teachable moments that have occurred here would not be possible without your support and enjoyment of local produce. For those that are continuing with the Summer and Fall Share we look forward to continuing to provide fresh produce for you. If any one is still interested in purchasing a Summer and Fall Share we still have availability and you may still sign up on our website to purchase a share. Take care everyone and we look forward to seeing you tomorrow!

Cheers,

Tim, Alex, and Chaz



Field Day

What: Horticulture Farm and Towne's Harvest Garden Field Day

When: June 29th 4:30-6:30

Where: MSU Horticulture Farm located on West Garfield

A free and open event to the public, exploring food systems production along with related projects and research that make regional landscapes and food systems possible located at MSU's Horticulture Farm. Guided tours of the various research projects and production areas will be provided by faculty and research leaders who currently working to ensure the sustainability of our local food system. Light appetizers and will be provided by various local farms.

Week 6 Produce

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

Radish

Many people may not realize it, but radishes (known as daikens in some parts of the world) offer many health and nutritional benefits. Not only are the roots of these cruciferous vegetables nutritious, but also so are their leaves. The leaves of the radish plant actually contain more Vitamin C, protein and calcium than their roots. They have been used to treat kidney and skin disorders, fight cancer and even soothe insect bites.

Spicy Grilled Salmon with Mango, Radish, and Lime Salsa

Serves 6

Ingredients

Salsa:

2 mangoes, peeled, pitted and cut into chunks

1 red onion, chopped

6 red radishes, chopped, plus 1 sliced for garnish

2 limes, peeled and cut into segments

1 handful fresh cilantro leaves

2 tablespoons extra-virgin olive oil

1 teaspoon Southwest Spice Mix,

1 (2 to 3 pound) salmon fillet

Extra-virgin olive oil

Kosher salt and freshly ground black pepper



Directions

For the Salsa, put all the ingredients into a food processor and pulse until finely chopped; set aside.

Heat the grill to medium high.

Drizzle some olive oil over the salmon and season it with salt and pepper. Gently rub 2 tablespoons of the Spice Mix into the salmon. Pour some olive oil onto a paper towel and rub the grill with it - this will help to prevent the fish from sticking. Grill the salmon flesh side down for about 12 to 15 minutes.

To serve, spread most of the Salsa onto a platter and place the salmon, skin side down, on top. Garnish with more Salsa, radish slices, cilantro, and a drizzle of olive oil.

Sorrel

I have heard a lot of positive feedback about Sorrel from our various members so I thought I would find a unique recipe for everyone to use and enjoy.

White Peach and Sorrel Salad with Honey and Balsamic Vinaigrette Serves 12 servings

Ingredients

2 cups of loosely packed, washed sorrel leaves.

1 1/2 cups ripe white peaches.

Cleaned, sliced

4 tablespoons honey

1/4 cup grape seed oil

3 tablespoons balsamic vinegar

1 teaspoon vanilla extract

Directions

1. Assemble torn up sorrel leaves and sliced peaches in bowl.
2. Whisk together honey, grape seed oil, balsamic vinegar and vanilla in bowl.
3. Dress with salad with vinaigrette.
Serves 2-3



Garlic Scapes

Garlic scapes, or flower stalks, emerge from hard-necked varieties of garlic--normally in June in Connecticut. The stalks wind up as they grow and form eccentric curlicues. Snipping off the scapes before the flowerheads mature allows the plant to direct more energy into the developing garlic bulb, and so we snip them off for a garlic scape harvest in mid-June. They have a garlicky taste that is milder than the eventual garlic cloves, with the tender snap of just-picked asparagus.



Wild Greens with Spinach Salad Mix

Wild Green Risotto

Ingredients

Salt

1 cup cooked, drained nettles or other wild greens

3 tablespoons unsalted butter, divided

1 large shallot, minced

3 cloves garlic, minced

1 cup carnaroli, Arborio, or vialone nano risotto rice

2 to 4 cups beef stock, divided

2 to 3 tablespoons grated pecorino or Parmigiano-Reggiano cheese

Directions

Bring a large pot of water to a boil and add a handful of salt. Grab the nettles with tongs and put them into the boiling water. Stir the greens, about 4 to 5 minutes for regular nettles. Remove the greens with a skimmer or tongs and immediately dump them into a big bowl of ice water. Once the greens are cool, drain them in a colander. Roll up the greens in a cloth or tea towel. Twist one end of the cloth one way, then the other end of the cloth the other (like a candy wrapper) and squeeze out as much moisture as you can. Chop the greens finely, melt 2 tablespoons of the butter in a large saucier or heavy pot over medium-high heat. Wait until the butter stops frothing and add the shallot. Cook for 2 to 3 minutes, stirring often. Add the garlic and the rice and stir to combine. Stirring constantly, cook everything for a minute or so until all the rice is well coated with butter. Stir 1 teaspoon of salt and 1 cup of the beef stock into the rice and increase heat to high. When the rice starts boiling strongly, turn down the heat to medium and stir often, at least every minute or so, until the rice absorbs the stock. Repeat with a second cup of stock. When the second cup is absorbed, add the greens and the third cup of stock. If using store-bought broth, switch to water for this third cup—otherwise your risotto could become too salty. Stir well to combine. Keep stirring constantly to develop the creaminess in the risotto and to distribute the greens evenly. Let the stock absorb well. Add additional salt, if desired. The risotto may need another full cup of stock or water, as you want the dish to be loose, not firm (and you will need at least a little more stock to loosen the risotto for the cheese). Add the final tablespoon of butter as well as the cheese. Stir everything well and let the butter and cheese melt in the risotto for about 2 or 3 minutes, stirring often. Serve immediately.

