



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Talk of the Towne's

Welcome to *Week 1* of Fresh Picked
Produce

First Distribution is TODAY, Wednesday the 23rd

**Come to the farm anytime between 3:30 - 6:30 pm
to pick up your first Spring Greens Share!**

**Go to our website to read the CSA Member Reference outlining important details our
2012 Spring Season!**

News from the Farm

Dear {FIRST_NAME|Friend},

Welcome! The Spring Greens CSA is an entirely new program for us this season and we are delighted that you are on this adventure with us! We have the infrastructure and the know-how and thankfully the beautiful Spring weather to have a very successful, *and delicious*, early season distribution. You have much to look forward to.

This week marks the first full week of work for our new summer practicum students. They are still learning the ropes and getting comfortable, but are learning quickly and will soon be "running the show." They make a very large commitment to us for the whole summer and in exchange we teach them, through hands-on active learning as much as they can absorb about sustainable farming and food systems, tailoring their experience to their individual interests and aspirations. We have a great group this season and hopefully you will get a chance to meet them all.

We're pleased to announce that our production fields are now Certified Organic! They are waking up as the air warms, sprouting all the seeds sown before winter, weeds and all. They are being prepared for planting, some in eager anticipation of the ever respected last spring frost date. Some, however, are already full of spinach, brussel sprouts, potatoes, onions and more. Each day something new is sown. We encourage you to tour the fields, ask questions and if you're interested, learn about our sustainable farming methods.

We look forward to great Spring produce and are delighted to be sharing it with you.

- Chaz, Anna & Student Interns

The Goodies this Week

Turnips - These tender, sweet baby turnips are from the brassicaceae family (along with broccoli, cauliflower, kale and cabbage). The entire plant is edible with the roots being full of Vitamin C and the greens providing potent levels of Vitamins K and antioxidants including Vitamins C and A and carotenoids. They are excellent raw in salads or sauteed with olive oil and finished with lemon juice, salt and pepper.

Radishes - Often used as a garnish or sliced in salads, these colorful, crispy and juicy mustard family relatives are packed with vitamins, minerals and antioxidants including Vitamin C, Selenium and Fiber. They make a great snack, providing a healthy alternative to chips and other crunchy cravings.

Swiss Chard - In the beet family, chard has high levels of phyto-nutrients, Vitamins K, A, C and B, and minerals such as iron and potassium. The stalks and the greens are both edible, making excellent additions to stir fries or soups or sauteed alone as a nutrient dense side dish.

Salad Mix - This blend of baby lettuces is full of color and texture, a fresh and welcome replacement for those expensive boxed salad mixes you find in the store that go bad well before the date on the box. This blend provides a dense source of Vitamins A & C, plus iron and folate.

Spinach - A great source of iron, calcium and many other vitamins and minerals, spinach is among the most versatile of greens. It can be eaten raw in salads, or included in almost any dish from eggs to sauces, soups, pasta and more.

Braising Mix - Fiber packed and full of color, these more rigid greens are best cooked long and slow. They are excellent thrown into your roasting pan around your chicken or roast cooking in the juices. They can also be made into wonderful and hearty soups.

Walking Onion "Flowers" - No kidding, these onions literally "walk" through your garden. The bulb grows at the top of the stem, weighing it down where it makes contact with the ground, self seeding a new plant in a continuous cycle of very slow movement. The whole plant is edible, though the "flowers" and stems are the most flavorful. They can be substituted in any recipe calling for regular onions.

Farm Fresh Eggs - These delicious eggs are from our flock of laying hens who roam their paddocks of lush greens with vegetable and plant "leftovers" as their side dish. Take careful note of their dark orange and rich yolks, indicating the high Omega-3 content obtained from their grass-based diets. They put grocery store eggs to shame. The careful breed selection of our girls offer you the variety of sizes, shapes and colors you'll see in your cartons.

Recipe Ideas

Several of the vegetables we offer at THG were researched for nutrition, use and storage as a class project a couple of years ago. They are called Practical Produce guides and are designed to be informational and resource intensive and have proved to be invaluable to us and our members. Follow the links below to our website to access the documents.

Turnips:

Practical Produce Guide: <http://www.townesharvest.montana.edu/documents/Turnips.pdf>

Radishes:

Shredded Napa Cabbage and Radish Slaw

[http://www.marthastewart.com/317154/shredded-napa-cabbage-salad-with-radishes?
czone=food/produce-guide-cnt/spring-produce-recipes¢er=276955&gallery=274898&slide=284379](http://www.marthastewart.com/317154/shredded-napa-cabbage-salad-with-radishes?czone=food/produce-guide-cnt/spring-produce-recipes¢er=276955&gallery=274898&slide=284379)

Roasted Radishes

<http://www.shockinglydelicious.com/roasted-radishes/>

Swiss Chard:

Practical Produce Guide: <http://www.townesharvest.montana.edu/documents/SwissChard.pdf>

Salad Mix:

A comprehensive list of recipes using fresh spring greens

<http://www.yummly.com/recipes/fresh-spring-green-salad>

Spinach:

Practical Produce Guide: <http://www.townesharvest.montana.edu/documents/Spinach.pdf>

Braising Mix:

Braised Green Tacos (add meat if you prefer)

<http://www.serious-eats.com/recipes/2008/02/dinner-tonight-braised-greens-tacos.html>

Connor's Farm Braising Greens Guide: <http://www.connorsfarm.com/Recipes/BraisingGreens.pdf>

Walking Onions:

Again, you can substitute these for any onion in a recipe. They are a particularly good alternative to scallions, just a little bit stronger.

Another idea for use

<http://www.lizonfood.com/2009/03/this-years-first-garden-harvest-walking-onions.html>

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

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