



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Talk of the Towne's

Welcome to *Week 2* of Fresh Picked
Produce

News from the Farm

Dear {FIRST_NAME|Friend},

We had a very exciting event happen in the THG family this week! Chaz and his wife Georgia welcomed their new baby boy into the world last weekend. Little Abram is already destined to join the next generation of great farmers. Congratulations Holt family!

At the farm, the last of the onions have been planted, the starts are being hardened off in preparation of field planting, weeds are being kept away from the delicate seedlings, the second succession of greens has just been planted and our interns are already immersed in daily life. Comments from them about their first week "on the job" included: "I'm learning all about efficiency, like having all the tools you need with you. It takes a lot of time to have to walk back to the shed from the field to retrieve what you forgot." "This is unlike anything I've done before. I wasn't sure if I would love it or hate it. So far I like it." "CSA was really fun. I loved talking to the people and explaining what we were offering and how to use it."

At CSA pick-up we try to be prepared with tips on cooking, storing and fun facts about the produce we are offering. Don't hesitate to ask us. The students are very proud of what they are growing and love to share!

We hope you enjoyed your first week of farm fresh veggies and eggs. Be prepared for some more today!

- Chaz, Anna & Student Interns

The Goodies this Week

Herbs

Cilantro - A bunch of freshly picked cilantro, often featured in Mexican, Indian and Thai/Vietnamese Cuisines. It has a distinct, citrusy flavor and aroma. As it turns out, it is either loved or hated by people. You can thank your parents either way as it is suspected to be a genetic, olfactory sensitivity (or lack thereof). This NPR segment offers a fun explanation: <http://www.npr.org/templates/story/story.php?storyId=98695984>

Dill - This feathery relative of Parsley has long been documented as a medicinal herb offering soothing and calming properties, particularly of the digestive system. Most often thought of as a pickle flavoring, it is delightful on most seafood, tastes great in eggs, sauteed greens and roasted carrots and potatoes. Don't forget the dip or "spiked" salad greens.

Chives - A mild and small member of the onion family, it's flavor is outstanding and not overpowering, raw or cooked. Rich in Vitamins A & C, Calcium and Iron, even the beautiful purple flowers are edible. It also freezes very well for use anytime, see the link below for guidance.

Greens

Salad Mix - This blend is slightly different than last week and includes some baby romaine and wild dandelion leaves. You may be thinking, dandelion, the weed that I'm constantly picking out of my yard? That's precisely the one! Read this short description of the myriad of health benefits of dandelion from the University of Maryland Medical Center: <http://www.umm.edu/altmed/articles/dandelion-000236.htm>. Guaranteed, you'll never pull one with the same vengeance again...

Spinach - Growing in abundance both indoors and out, we've got lots and lots of it this week. Thankfully it is incredibly delicious and nutritious. I use it in almost every meal. Eggs in the morning, sandwich or salad at lunch, sauteed, creamed, braised or otherwise added to dinner. It shows up in my lasagna, enchiladas, fajitas, soup, quiche, pasta, risotto, sauce/gravy, salad and much more. Throw a handful of whole or chopped leaves in whatever you might be cooking. It's a great way to add nutrition without altering flavor or texture.

Braising Mix - Leaves of Pak Choi (a dwarf Bok Choi variety), large Spinach and Turnip Greens are bundled together ready for addition to your meal. This video <http://www.youtube.com/watch?v=UiY2EopKWdE> is a great demonstration of how you can cook braising greens, which is a generic term for edible leaves of plants that grow too rigid for salads but are still delicious and full of vitamins and minerals. The blend often includes radish, turnip and beet tops as well as swiss chard, spinach and kale.

Romaine Lettuce - These large heads of crisp romaine lettuce, a.k.a Cos, hold up well to your favorite hearty salad dressings and are best know as the main ingredient in caesar salad. See the link below to a fun and summery alternative to the norm.

Additional Items

Rhubarb - Most commonly know for it's affiliation with strawberries, rhubarb is a spring favorite in many families. Whether you consider it a vegetable or a fruit (no absolute definition), it has a wide variety of uses, including savory dishes. It is great made into a compote or sauce to be served over pork or beef.

Farm Fresh Eggs - The girls are busy laying now so we are offering a full dozen eggs again this week. If you would like more eggs we can sell you some, just ask.

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.

Herb Preservation:

<http://gardening.about.com/od/vegetablepatch/a/FreezeHerbs.htm>

Cilantro:

<http://www.bonappetit.com/ideas/cilantro-recipes/search>

Dill:

<http://www.blogher.com/cooking-fresh-herbs-dill>

Chives:

<http://www.herbcompanion.com/Herb-Profiles/CHIVES.aspx>

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>

Variety of Recipes

http://www.eatingwell.com/recipes_menus/collections/healthy_spinach_recipes

Braising Mix:

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

Coconut Milk Braised Greens

<http://www.wholefoodsmarket.com/recipes/2431>

Romaine:

Grilled Romaine Lettuce

<http://grillinfolks.com/blog/2009/05/11/grilled-romaine-lettuce-thats-right-salad-on-the-grill/>

Rhubarb:

Rhubarb Salad with Goat Cheese

<http://www.marthastewart.com/336137/rhubarb-salad-with-goat-cheese?czone=food/produce-guide-cnt/spring-produce-recipes¢er=276955&gallery=275393&slide=262738>

Savory Rhubarb Recipes

<http://www.thekitchn.com/rhubarb-for-dinner-savory-rhub-151491>

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

www.townesharvest.montana.edu
townes.harvest@gmail.com

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Towne's Harvest Garden, Montana State University
121 PE Complex
Bozeman, Montana 59717
US

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