



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Talk of the Towne's

Welcome to *Week 3* of Fresh Picked
Produce

News from the Farm

Dear {FIRST_NAME|Friend},

With threats of torrential storms we were a bit on edge this week. Hail can do amazing amounts of damage to crops as we experienced a couple seasons ago. Thankfully they never developed at the farm and not only are the plants doing well, they are far surpassing our expectations for this time of year. We are at least three weeks ahead of where we were last year. That's great news for the rest of the season!

Everyone has been busy planting. Most of the starts have been brought over from the Plant Growth Center on campus, where we plant a lot of our seeds and are being hardened off for transplant into the field. New pictures of them have been uploaded to our Facebook page.

On that note, if you use Facebook and/or other media, please let us know if you would enjoy seeing pictures and updates there as well. We have collectively decided that exploring social media as a communication device will be a focus of our marketing efforts this year and your input and suggestions are welcome.

- Chaz, Anna & Student Interns

The Goodies this Week

Herbs

A bunch of Cilantro, Dill or Chives - Your choice.

Peppermint - Who knew all the health benefits of eating mint? A great source of Vitamin A, it is also being studied for its role in soothing gastrointestinal problems, anti-cancer, anti-bacterial and anti-asthma conditions. Read more here <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=102>.

Greens

Salad Mix - Our traditional blend of baby greens.

Spinach - This is the first harvest from the field and can be considered "Certified Organic" (*though we are still awaiting the final inspection before certification*). This is an exciting milestone as it has taken several years of management and care to achieve this status, even though we treat all of our crops with the same sustainable practices.

Braising Mix - Collard Greens, large Spinach and Turnip Greens are bundled together ready for addition to your meal.

Red Leaf Lettuce - These beautiful rosette shaped leaf lettuce heads are full of fiber, Vitamins K, C, A & B and other vitamins and minerals. They are great on sandwiches, used as wraps or in salads. It is best consumed within a couple of days as they do not store for long because of their delicate nature.

Additional Items

Spicy China Rose Radishes with Greens - These delicious pink radishes are the first field harvest. They pack quite a punch so will be best sliced thin and used in salads. Nic also suggested using the thin slices on buttered baguette slices and serving them as an appetizer (see the recipe below). You can include the greens in the braising mix or saute them on their own.

Turnips - A member of the brassica family, these little white bulbs are tender, sweet and delicious. Try slicing them as you would a radish and tossing them in olive oil, salt and pepper and roasting them until tender. Yum!

Farm Fresh Eggs - Perfect for hard boiling and making egg salad, whipping into a quiche full of greens or treating yourself to homemade flan or creme brulee.

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 & Usage Guides:

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

<http://www.ag.ndsu.edu/pubs/plantsci/hortcrop/h1267.pdf>

Peppermint:

<http://www.wholeliving.com/136700/mint-recipes/@center/136760/seasonal-foods#/132057> (Recipe 1, Grilled Chicken with Mint and Radish Salad looks delicious)

Salad Mix:

A comprehensive list of recipes using fresh spring greens, spinach and leaf lettuces

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

Spinach:

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

Variety of Spinach Recipes

<http://www.epicurious.com/tools/searchresults?search=spinach>

Braising Mix:

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

Radishes:

Open Face Butter and Radish Sandwiches

<http://www.epicurious.com/recipes/food/views/Open-Face-Butter-and-Radish-Sandwiches-241634>

Roasted Radishes and Turnips

<http://www.farmerdaves.net/roasted-radishes-hakurei-turnips-and-scallions>

Turnips:

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

NY Times article with several Turnip recipes

<http://well.blogs.nytimes.com/2012/01/06/giving-turnips-a-second-look/>

Eggs:

<http://restoringtheroost.blogspot.com/2011/06/farm-fresh-egg-recipes.html>

If you have discovered creative, unique and delicious ways to use your CSA produce and are willing to share, please email your ideas to us and we'll share them with everyone!

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

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