



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Talk of the Towne's

Welcome to *Week 4* of Fresh Picked
Produce

Please Note:

After assessing our distribution schedule, we are
CHANGING the PICK-UP TIMES as of TODAY

Please come to the farm between **4:00 pm** and **6:00 pm** to pick up your share!

If you are unable to make it by 6:00 pm, please let us know.

Someone will be there today only until 6:30 in case you don't get this before you come.

News from the Farm

Dear {FIRST_NAME|Friend},

Monday morning we were graced with the presence of 14 students participating in the Ag in Montana Schools program. After a detailed tour, we put them to work. They were a tremendous help tackling the weeds that are growing equally as fast as our bountiful crops.

We are still very excited to be so ahead this season. We are in full swing of planting, getting all of our warm season crops growing. We have exciting produce planned for our Summer-Fall Share. If you haven't reserved your share yet, let us know. They're going fast and you only have three distributions left of your Spring Greens share, including today. We want to be sure you have first priority.

- Chaz, Anna & Student Interns

The Goodies this Week

Herbs

Peppermint - A bunch of this refreshing, cool and calming delight.

Sorrel Plant - A 4" pot of this culinary specialty for you to plant in a container or your garden at home. Read more about this perennial, tart and citrusy culinary delight that is regaining popularity here: <http://www.herbcompanion.com/gardening/herb-to-know-sorrel-rumex-scutatus-r-acetosa.aspx>.

Greens

Salad Mix - A blend of our baby greens infused with delicious Micro Greens.

Spinach - Another hearty portion of our nutrient packed field spinach, perfect for fresh eating or adding to your favorite recipe.

Flashy Trout Back Romaine - A European heirloom, this beautiful head of lettuce is also known as Forellenschluse, meaning "speckled like a trout's back." It's red wine color splashed leaves look gorgeous in the salad bowl and it's buttery flavor and crisp texture will make it a favorite.

Additional Items

Bok Choi - A crispy, juicy and nutritious Chinese Cabbage relative, it can be used in stir fries, soups or grilled as a side dish.

Black Spanish Radishes with Greens - Not only a great conversation starter, these are also a bit spicy. Black on the outside, with white flesh, these radishes look striking in any dish.

Half Dozen Farm Fresh Eggs - Look for ideas in the sorrel recipe links below.

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)

Sorrel:

Variety of Sorrel Recipes

<http://twosmallfarms.blogspot.com/2007/03/sorrel-recipes.html>

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>

10 Ways to Use Fresh Spinach

<http://ashleyacresfarm.com/local-harvest-fresh-spinach-recipes/html>

Bok Choi:

Garlicky Bok Choy

<http://steamykitchen.com/2112-bok-choy-stir-fry-recipe.html>

Grilled Bok Choi

<http://ilovethaicooking.wordpress.com/2012/04/28/grilled-bok-choy-recipe/>

Radishes:

Variety of Radish Recipes

<http://www.mariquita.com/recipes/black%20spanish%20radish.htm>

<http://www.coopersfarm.ca/Black-Radish-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 anytime.

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