



Locally, Sustainably and Educationally Grown  
MSU Friends of Local Foods

## Talk of the Towne's

Welcome to *Week 5* of Fresh Picked  
Produce

### Reminder:

We have **CHANGED** the **PICK-UP TIMES**

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 so we can make arrangements.*

### News from the Farm

Dear {FIRST\_NAME|Friend},

This week marks the celebration of planting. With 95% of the crops in the ground, all that's left is the succession planting, and weeding...

Rain is very welcomed by our growing crops and loved by their unplanted neighbors. This is the time of season spent maintaining the integrity of the fields to ensure the vegetables have a successful start. There is always research being done at the farm regarding the balance between spending valuable time pulling weeds and the effect on final yield by leaving some or all of them in place. If you're interested in learning more about the research and the results from past years, just ask Chaz or Nic.

We'd also like to remind you that the Spring Greens CSA comes to a close next week. We do still have space for you if you'd like to join our Summer and Fall CSA, starting July 11th. This share features a

wider variety of crops from onions & garlic to winter squash, tomatoes, cucumbers, sweet corn, herbs and much more. Distribution runs for 14 weeks and costs \$360.00. Our website has more information, [www.townesharvest.montana.edu](http://www.townesharvest.montana.edu).

- Chaz, Anna & Student Interns

## **The Goodies this Week**

### **Herbs**

**Cilantro** - The first cutting from the fields. Enjoy it, it doesn't last long as the weather warms. If you find you can't use it all, you can rough chop it, put it in ice cube trays and fill with a little water to freeze. Then when it's out of season and you're making your salsa with your fresh tomatoes, you can just pop it out and throw it in.

**Chives** - Great for a mild, oniony flavor. The flowers are edible and look gorgeous in salads, chopped into scrambled eggs or on baked potatoes.

### **Greens**

**Salad Mix** - A blend of our baby greens, carefully harvest and packed for optimum freshness, flavor and nutrition.

**Spinach** - Growing in abundance, we're passing the bounty on to you. As soon as the weather warms, it will bolt and we won't have it again until Fall. In the meantime, you can blanch and freeze it for use later.

**Batavian Endive** - (aka Escarole) Not to be confused with Belgian or Curly Endive, the tender inner leaves can be eaten fresh in salads and the more rigid outer leaves can be cooked into a fabulous dish. This link has more details and a recipe that looks terrific and will use the collards and kale as well. <http://wellhousegarden.com/2009/04/17/where-exactly-is-batavia/>

**Collards & Baby Kale** - Packed with nutrients, this pair have been grown since ancient times. This link describes some history, nutrition and storage of these two superfoods: [http://www.molliekatzen.com/superfoods/superfood.php?superfood=collard\\_greens](http://www.molliekatzen.com/superfoods/superfood.php?superfood=collard_greens)

### **Additional Items**

**Scarlet Nantes Carrots** - That's right! We have carrots for you today. The picture below is a team of interns washing these beauties right after harvest. This is an heirloom variety that dates to the 1850's and is known for it's outstanding flavor. You'll be pleasantly surprised, guaranteed!



**China Rose Radishes** - This heirloom, "winter radish" variety packs a kick but can be toned down by roasting or sauteeing. The recipe below will also work, partnered with oranges and carrots.

**Half Dozen Farm Fresh Eggs** - Our pasteurized eggs are a rich source of Vitamin A and Omega-3's

## *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>

### **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](http://www.eatingwell.com/recipes_menus/collections/healthy_salad_recipes)

### **Spinach:**

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

Japanese Spinach (Oshitashi)

<http://nativeofferings.com/recipes/?p=6369>

### **Batavian Endive (Escarole):**

Variety of Recipes from Salads to Soups

<http://www.epicurious.com/tools/searchresults?search=escarole&x=0&y=0>

Grilled Escarole with Pecorino

<http://brooklyngirlscooking.blogspot.com/2012/05/escarole-escapade.html>

### **Collards & Kale:**

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

Creamed Collards & Kale

<http://nativeofferings.com/recipes/?p=6377>

Bitter Greens With Sweet Onions and Tart Cherries

[http://www.molliekatzen.com/recipes/recipe.php?recipe=bitter\\_greens](http://www.molliekatzen.com/recipes/recipe.php?recipe=bitter_greens)

**Carrots:**

Carrot & Cilantro Salad

<http://nativeofferings.com/recipes/?p=5478>

**Radishes:**

Citrusy Carrot and Radish Salad

<http://www.theclothesmakethegirl.com/2011/05/03/citrusy-carrot-radish-salad/>

***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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