



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Talk of the Towne's

Welcome to *Week 6* 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},

How quickly the last six weeks have gone. Sadly today is our last Spring Greens distribution. For those of you continuing on with us, we've got some exciting things in store for you. We send sincere thanks for your support to those of you who were just with us for the Spring! We hate to see you go, of course, and can still accommodate you for the Summer and Fall Share that starts on July 11th if you'd like to continue. Just let us know.

Activity at the farm has its ebbs and flows. Last week was the close of the Organic Market Gardening class and this week the Culinary Marketing - From Farm to Table course begins. Research is underway and the many groups who share the Horticulture Farm are busy managing their projects, not to mention the many hands building the large structure that will soon be the new packing house. We'd be happy to show you around tonight to see the changes or you are welcome

to wander yourself.

We will be sending out a survey about your Spring Greens experience soon. We use your input to guide us in the future and very much appreciate your comments, suggestions and guidance.

Happy Summer!

- Chaz, Nic, Anna & Student Interns

The Goodies this Week

Herbs

Cilantro - A large bunch to send you off with this week.

U-Pick Oregano, Sage & Thyme - You are welcome to help yourself to some fresh herbs. Take one or all three, we'll show you the herb patch when you arrive!

Greens

Salad Mix - A new mix this week! This blend includes arugula, baby troutback, red leaf and micro greens. It is a vibrant mix of flavors.

Spinach - The last of our field crop with the weather warming.

Sorrel - Looks like Spinach, tastes like lemon. A bright and fun spruce up to dishes where citrus flavor partners well (see the recipes below).

Additional Items

Turnips with Greens - A bunch of sweet, crisp turnips with the delicious greens.

Egyptian Walking Onions - We offered you the flowers earlier, now we're giving you the bulb. Don't be fooled, however, they are not nearly as strong as a traditional onion but can be substituted for them in any recipe.

Cherry Belle Radishes - Bright red, globe shaped and very tasty. More mild than the last couple of varieties.

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

THG Bucks - A \$5.00 certificate for you to come spend at our MSU Campus Farm Stand on whatever

you'd like later in the season. We'll send out information about start date and location as it nears.

Strawberry I-Owe-You - Our strawberry patch will be ready to harvest next week. We had hoped to give you a farewell basket, but there just isn't enough so we'll email next week when they are ready and you are welcome to stop by and get some. We will have a few tonight, however, for you to snack on during pick-up.

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>

Spring Salad Recipe

½ cup mixed greens

¼ head radicchio, sliced as thinly as possible

2-3 red radishes, sliced into paper-thin rounds

A small handful of cilantro leaves, from about 6-8 sprigs

Red Wine Mustard Vinaigrette (See below)

¼ medium avocado, sliced into ¼-inch strips

¼ cup Amathelia feta, crumbled

In a medium bowl, combine the endive, radicchio, radishes, and cilantro leaves. Toss with vinaigrette to taste. Add the avocado and feta.

1 Tbs Dijon mustard 3 Tbs good-quality red wine vinegar

½ tsp fine sea salt 5 Tbs good-quality olive oil

Combine mustard, vinegar, and salt in a small bowl, and whisk to combine. Add the oil one or two tablespoons at a time, whisking continuously to emulsify.

Spinach:

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

Sorrel:

Gardener's Pizza (You can use any number of veggies from today's share)

<http://www.epicurious.com/recipes/food/views/Gardeners-Pizza-395569>

Variety of Sorrel Recipes (I like the Sorrel Pesto idea)

<http://www.mariquita.com/recipes/sorrel.html>

Turnips:

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

Sauteed Turnips with Greens (and Sage)

<http://www.healthyeatingforordinarypeople.com/2011/06/turnips-with-or-without-greens.html>

4 Quick Turnip Recipes

<http://www.realsimple.com/food-recipes/recipe-collections-favorites/popular-ingredients/turnip-recipes-00100000075680/index.html>

Radishes:

Grilled Pork Tacos with Avocado Radish Salad

<http://recipes.rodale.com/Recipe/grilled-pork-tacos-with-avocado-radish-salad.aspx>

Summer Rolls with Halibut, Radish & Cilantro

http://www.huffingtonpost.com/2011/10/27/summer-rolls-with-halibut_n_1061288.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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