

S P R I N G 2 0 1 3

The Dirt

Towne's Harvest Garden April, 2013



Farm Tour

This year we will have continuous tours of the farm led by our fantastic 2013 Towne's Harvest Interns. They will be leading tours throughout the CSA distribution and walking our fields with you talking about what to expect this season. It is a great opportunity for them to connect and interact with our incredibly supportive members. We look forward to seeing you next week and cannot wait to show you what we have in store for you this season.

Greetings 2013 Towne's Harvest CSA Spring Green and Garden Start Members!

Spring has finally arrived and Bozeman has become a beautiful green paradise that we are all fortunate to call home. This week at the farm the interns have arrived! We have record enrollment with nearly thirty interns this year who are eager to work and learn. The fields are tilled, irrigation lines are prepared, and the farm is beginning to bustle with activity. We are excited for our first distribution night next Wednesday and cannot wait to deliver to you, your first Spring Greens share. Shares will be distributed between 3:30 and 6:30pm and those who have purchased Garden Start shares can pick up their starters that night as well.

Cheers,

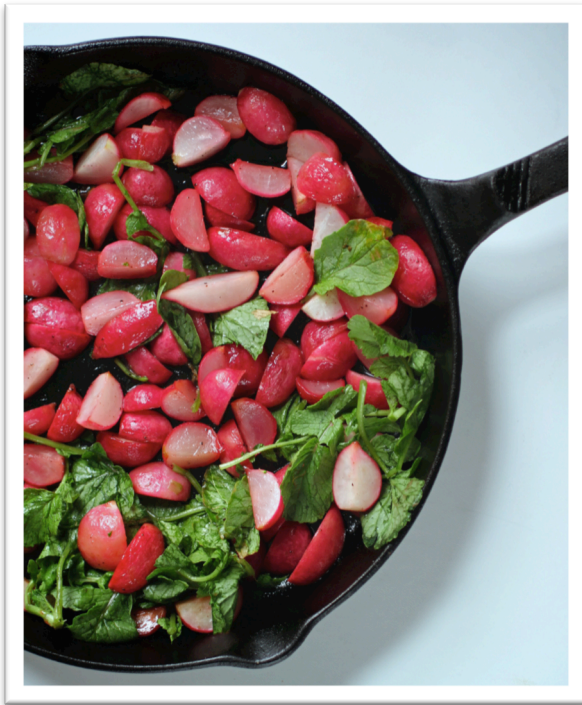
Tim, Alex, and Chaz

Important Dates

Spring Greens
May 22nd
3:30-6:30
First CSA
distribution night
for the Spring
Greens CSA.

**Farm Tour and
Orientation**
May 22nd 3:30-6:30
Farm tours
available during
CSA pick-up.

Garden Start
May 22nd 3:30-6:30
Garden Start shares
will be distributed and
available for pick-up at
Towne's Harvest
Garden.



Week 1 Produce

Each CSA share will have farm fresh eggs to accompany the delicious medley of spring greens.

Radish

An excellent cold weather annual these delicious roots display beautiful red hews and has a diverse flavor profile depending upon the variety of radish. Excellent raw, they are often tossed with salads and are delicious roasted and tossed with other root vegetables.

Honey Roasted Radishes

Serves 4

Ingredients

1-3/4 lb. radishes (about 2 bunches), tops removed and reserved 2 Tbs. honey 1 Tbs. unsalted butter, melted 1 Tbs. white balsamic vinegar Kosher salt and freshly ground black pepper

Directions

Position a rack in the center of the oven, set a 12-inch ovenproof skillet (preferably cast iron) on the rack, and heat the oven to 450°F.

Trim the radishes and then halve or quarter them lengthwise, depending on their size. Trim and discard the stems from the tops, wash the leaves thoroughly, and pat dry or dry in a salad spinner.

In a medium bowl, combine the honey, butter, vinegar, 1/2 tsp. salt, and 1/2 tsp. pepper. Add the radishes and toss until coated. Transfer to the hot skillet, spread in a single layer, and roast, stirring occasionally, until the radishes are crisp-tender, 15 to 20 minutes. Remove from the oven, add the radish leaves, and toss until the leaves are just wilted; serve.

Spinach

This power green is a fantastic source of niacin, zinc, vitamins A, C, and K, calcium, and iron just to name a few. The wide array of culinary uses for spinach makes this crop perfect for almost every type of meal. Fresh summer salads, quiches, dips, and lasagnas this spring green can be incorporated into nearly every dish to lighten your meal.



Braising Mix

First, what is a braising you may ask? A braising mix is variety of field greens that are often a mixture of Asian greens that excellent for wilting, sautéing, and for stir-fry. The mixture may often include an assortment greens including, but not limited to, kale, chard, bok choy, mustard greens, spinach, turnip greens, and beet greens.

Smoked Braised Greens

Serves 4 to 6

Ingredients

4 strips bacon, sliced

3 cloves garlic, sliced

1 onion, sliced

Pinch red pepper flakes

Kosher salt and freshly ground black pepper

3 bunches dark leafy greens, such as kale, mustard greens, Swiss chard and collard greens, stemmed and inner ribs removed, leaves roughly chopped

1/2 cup chicken stock



Directions

Heat a large pot over medium-high heat. Add the bacon and render until you have enough fat to saute the garlic and onions. Add the garlic and onions and saute until soft, about 5 minutes. Add the pinch red pepper flakes and season with salt and pepper and cook for 1 minute more. Add the greens in handfuls, adding more as the greens start to wilt, tossing with tongs until all the greens are wilted down. Add the chicken stock and cover. Cook until the greens are tender, about 10 minutes.

Chives



The smallest species of the edible onions, chives provide a mild flavor for a wide array of culinary uses. Chives along with other members of the *allium* family are known to insect repellent qualities and chives have been specifically used to repel Japanese beetles. For those growing chives, allow a small section of your plants to bloom and a beautiful purple flower will emerge and also attract beneficial pollinators to your garden.



Salad Mix

Spring salad mix is often referred to as mesclun mix a salad mix of assorted small, young salad leaves that originated in Provence, France. The traditional mix includes chervil, arugula, leafy lettuces and endive in equal proportions, but in modern iterations may include an undetermined mix of fresh and available lettuces, spinach, arugula (rocket, or roquette), Swiss chard (silver beet), mustard greens (Dijon's Child), endive, dandelion, frisée, mizuna, mâche (lamb's lettuce), radicchio, sorrel, and/or other leaf vegetables. The name comes from Provençal (Southern France)—*mescla*, "to mix"—and literally means "mixture" (From Wikipedia and Cooking Light).

The Simplest Spring Vinaigrette

Juice of 1/2 a Lime
2 Tbsp. Seasoned Rice Vinegar
1/4 cup Extra Virgin Olive Oil

Whisk all of the ingredients together. That's it. Nothing else. Don't keep looking for more directions or ingredients.



Cilantro

Cilantro or coriander, depending on which part of the plant you eat, cilantro is considered to be the leaves of the plant and coriander is the seed. Each part of the plant has a unique flavor and cannot be used as a substitute ingredient. Perhaps one of the most polarizing ingredients in any meal this ingredient is often found in nearly every culinary culture throughout the world.



Spring Green Salad

8-10 cups of mixed greens
2 tablespoons of chopped chives
Kosher salt and pepper
3 tablespoons of Olive Oil
½ lemon juiced

Wash and dry greens, place in a large bowl. Add chives and season with salt and pepper; drizzle over about 2 tablespoons of olive oil. Toss well to coat. Squeeze lemon juice over the greens and toss again. Taste and adjust seasoning. Serve immediately