



Locally, Sustainably and Educationally Grown  
MSU Friends of Local Foods

## **Talk** of the **Towne's**

Welcome to *Week 1* of Fresh Picked  
Produce

**First Distribution was TODAY, Wednesday the 11th**  
Anytime between **4:00 - 6:00 pm**  
for your first **Summer and Fall Share!**

Go to our website to read the **CSA Member Reference** outlining important details our  
2012 Summer Season!

### **News from the Farm**

Dear {FIRST\_NAME|Friend},

Welcome! We have a great season ahead of us and we're excited that you'll be sharing it with us. The fields are full and growing very well in this warm weather. You have much to look forward to.

Our summer practicum students are well into their experience with us and are now "running the show." They make a very large commitment to us for the whole summer and in exchange we teach them, through hands-on active learning as much as they can absorb about sustainable farming and food systems, tailoring their experience to their individual interests and aspirations. We have a great group this season and hopefully you will get a chance to meet them all.

In addition, the Culinary Marketing - From Farm to Table course is in its third week. They meet at the farm each Wednesday to help with chores and then to harvest seasonal goodies to take back to the Culinary Lab on campus to transform into delicious dishes.

Speaking of delicious dishes, tomorrow is our Annual President's Lunch in the Grove. We host MSU's President and several other special guests for an afternoon of celebration. We are able to highlight our programs and thank them for supporting us. The lunch is catered by the Culinary Marketing class and features as much of Towne's produce as is available. We'll be excited to share how it went with you next week.

On that note, I happen to be in the Culinary Marketing class and have just taken the last flourless chocolate mint spinach cake (see recipe below) out of the oven so my sincere apologies for the tardiness of this message. You certainly should not expect it to be late again.

Looking forward to great Summer and Fall with you,

- Chaz, Anna & Student Interns

## **The Goodies this Week**

### **Herbs**

**Basil** - Ah, the epitome of summer flavor! This bunch of freshly picked basil can be used in so many ways. Try it in grain salads, in your iced tea or lemonade (or mojito), in place of lettuce on your sandwich, or blended with the garlic scapes in a pesto.

**Flowering Cilantro** - Cilantro is a cool weather crop and has started to flower in this heat, however it still retains all the flavor. It is a popular flavor in Hispanic, Asian and Indian cuisine and as it turns out, has a biochemical physiological effect on people. They either love it or they hate it. We hope you love it.

**Epazote** - Just for fun, we tried growing this medicinal herb that has a distinct and pungent flavor. It is popular in Mexican cooking and is often paired with bean dishes for it's anti-gas effects on the GI tract. Read more about it here: <http://www.gourmetsleuth.com/Articles/Exotic-Herbs-Spices-and-Salts-639/epazote.aspx>

### **Greens**

**Arugula** - Spicy and flavorful, this favorite won't last long in the heat. Enjoy it now in salads, fritatta or on your burger.

**Spinach** - A great source of iron, calcium and many other vitamins and minerals, spinach is among the most versatile of greens. It can be eaten raw in salads, or included in almost any dish from eggs to sauces, soups, pasta and more.

**Red Head Lettuce** - A couple of heads of beautiful and frilly red head lettuce. This delicate lettuce makes a very tender salad or addition to a sandwich.

## Other Various Delights

**Bunching Onions** - A selection of red or white onions, grown specifically to provide the small heads that we know as scallions or green onions.

**Cherry Belle Radishes** - Often used as a garnish or sliced in salads, these colorful, crispy and juicy mustard family relatives are packed with vitamins, minerals and antioxidants including Vitamin C, Selenium and Fiber. They make a great snack, providing a healthy alternative to chips and other crunchy cravings.

**Snap Peas** - Sweet and delicious, our crop is just taking off! They are delicious eaten alone for a snack or sliced into your salad.

**Garlic Scapes** - Foreign to many but gaining in popularity, these culinary delights are the flower of the garlic and are entirely edible. This blog tells more about them and gives some great ideas on what to do with them: <http://www.seriousseats.com/recipes/2010/06/the-crisper-whisperer-what-to-do-with-garlic-scapes-recipe.html>

## *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.

### **Basil:**

[http://www.huffingtonpost.com/2012/05/18/basil-recipes\\_n\\_1524556.html#s987155&title=Basil\\_Vinaigrette](http://www.huffingtonpost.com/2012/05/18/basil-recipes_n_1524556.html#s987155&title=Basil_Vinaigrette)

### **Cilantro:**

Green and Red Mojo Recipes (Delicious!!! Read ingredients for each sauce carefully as they are not all present in both green and red versions)

<http://www.seriousseats.com/recipes/2010/03/mojo-sauce-recipe-cuban-puerto-rican-caribbean.html>

### **Epazote:**

[http://www.sunsetparkcsa.org/downloads/resources/veggie\\_tipsheets/Epazote\\_Tipsheet.pdf](http://www.sunsetparkcsa.org/downloads/resources/veggie_tipsheets/Epazote_Tipsheet.pdf)

### **Frijoles Borrachos**

<http://www.epicurious.com/recipes/food/views/Frijoles-Borrachos-14151>

### **Arugula:**

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

**Spinach:**

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

Flourless Chocolate Mint Spinach Cake (make recipe as is but add about 1 lb spinach and a couple sprigs of fresh mint that has been pureed in a food processor)

<http://www.cooking.com/recipes-and-more/recipes/flourless-chocolate-cake-recipe-2858.aspx#axzz1zlm6f8ou>

**Red Head Lettuce:**

Red Head Lettuce with Balsamic Onions

<http://www.foodnetwork.com/recipes/ina-garten/red-lettuce-with-balsamic-onions-recipe/index.html>

**Radishes:**

Roasted Radishes

<http://www.shockinglydelicious.com/roasted-radishes/>

Snow Pea, Radish & Scallion Recipe

<http://www.foodnetwork.com/recipes/ellie-krieger/snow-pea-scallion-and-radish-salad-recipe/index.html>

**Garlic Scapes:**

<http://garlicfarmct.com/recipes.htm>

Garlic Scape Carbonara

<http://sarahscucinabella.com/2009/06/29/garlic-scape-recipe-garlic-scape-carbonara/>

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

[www.townesharvest.montana.edu](http://www.townesharvest.montana.edu)  
[townes.harvest@gmail.com](mailto:townes.harvest@gmail.com)

[Click to view this email in a browser](#)

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

Towne's Harvest Garden, Montana State University  
121 PE Complex  
Bozeman, Montana 59717  
US

[Read](#) the VerticalResponse marketing policy.



