



Locally, Sustainably and Educationally Grown  
MSU Friends of Local Foods

# Talk of the Towne's

Welcome to *Week 10* of Fresh Picked  
Produce

## News from the Farm

Dear {FIRST\_NAME|Friend},

You must be wondering how the farm fared last night? Well, let's just say that the typical summer crops will taper down in the next couple of weeks. We harvested many things in preparation for a frost, many things were hit hard, many things will persevere and many things love nothing more than frost bitten mornings and warm, sunny afternoons. Nonetheless, we have a great line up for you today and for the next four weeks.

Chaz has just returned from a conference in Oregon where most of the leading institutions around the country gathered to discuss their sustainability and farming programs. He was very pleased to announce that MSU ranks in the top three institutions for cutting edge programming and development, along with UC Davis and British Columbia. How exciting to be among the leaders!

- Chaz, Anna, Nic

## The Goodies this Week

## Herbs

**Basil** - It's all pulled from the field and the cooler is bulging at the seams with it. You can expect a hearty portion today. Be sure to freeze or dry some of it for use this winter!

**Parsley** - A nice bundle of this freshly picked herb that's great to add pizzazz to many dishes. It brightens and enhances flavors if added fresh chopped just before serving because of it's bitter flavor. Bitter, who wants that? Read this article for an explanation of balanced flavors and their importance to your palate:

[http://www.simplyrecipes.com/recipes/whats\\_the\\_deal\\_with\\_parsley/](http://www.simplyrecipes.com/recipes/whats_the_deal_with_parsley/)

## Other Various Delights

**Tomatoes** - Another mix if all shapes, sizes, colors and varieties.

**Mixed Beans** - A blend of green and purple beans with maybe a few yellows mixed in. These colorful beans make a gorgeous fresh bean salad, especially with other colorful veggies added. The purple beans do lose their color when cooked, but still taste every bit as delicious.

**Broccoli** - Bright green and full of nutrition this broccoli can be enjoyed fresh in a salad or for a snack, stir fried with your other favorite veggies, steamed as a side dish or blended into a broccomole (see below).

**Kohlrabi** - Monstrous green, crisp and juicy, these space ship relatives of broccoli and cabbage are just the right size this week to shred into a slaw or soup or diced and roasted with root vegetables.

**Carrots** - Frost kissed last night and fresh picked this morning will ensure these carrots are sweet and delicious.

**Summer Squash** - Soon these abundant and robust zucchini, zephyr and patty pans will be gone from our lives for another season. We still have lots to share for now though. If you are tiring of eating them fresh each week, throw them into the food processor and shred them. Put a handful into a ziploc bag and pop it into the freezer. Then anytime you make muffins, bread, soups, stews, chilis, stir fries etc. during the winter just pull out a bag and toss them in.

**Winter Squash** - We have quite a variety for you to choose from today, including Delicata, Kabocha, Buttercup, Spaghetti and Acorns.

## *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:**

*Easy Ways to Preserve Herbs*

<http://www.rodale.com/freezing-herbs-and-preserving-herbs?page=0,0>

*Way Beyond Pesto: Basil Recipe Ideas*

<http://oldtips.blogspot.com/2009/08/friday-recipes-basil.html>

## **Green Beans:**

*Green Bean and Cherry Tomato Salad*

<http://smittenkitchen.com/blog/2008/05/green-bean-and-cherry-tomato-salad/>

## **Broccoli:**

*Broccomole*

<http://www.myrecipes.com/recipe/broccamole-50400000115434/>

*Parmesan Roasted Broccoli*

<http://www.foodnetwork.com/recipes/ina-garten/parmesan-roasted-broccoli-recipe/index.html>

## **Kohlrabi:**

*Kohlrabi Slaw*

<http://southernfood.about.com/od/coleslawcabbagesalads/r/Kohlrabi-Slaw.htm>

*Kohlrabi Soup (you can healthify this recipe using evaporated (NOT condensed) milk in place of the cream)*

<http://www.gastronomersguide.com/2008/12/kohlrabi-soup.html>

## **Winter Squash:**

*Variety of Recipes*

[http://www.eatingwell.com/recipes\\_menus/collections/healthy\\_squash\\_recipes](http://www.eatingwell.com/recipes_menus/collections/healthy_squash_recipes)

*Nut Stuffed Delicata Squash*

<http://www.myrecipes.com/recipe/nut-stuffed-delicata-squash-10000001842377/>

*Kabocha Squash Risotto*

[http://www.bonappetit.com/recipes/2011/02/kabocha\\_squash\\_risotto\\_with\\_sage\\_and\\_pine\\_nuts](http://www.bonappetit.com/recipes/2011/02/kabocha_squash_risotto_with_sage_and_pine_nuts)

*Herbed Spaghetti Squash*

<http://www.foodnetwork.com/recipes/emeril-lagasse/herbed-spaghetti-squash-recipe/index.html>

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

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