



Locally, Sustainably and Educationally Grown  
MSU Friends of Local Foods

# Talk of the Towne's

Welcome to *Week 11* of Fresh Picked  
Produce

## News from the Farm

Dear {FIRST\_NAME|Friend},

The fields are looking different now as we begin our Fall "clean-up" where crops that have finished for the season are tilled into the soil in preparation for next season's bounty. Feel free to take a walk and see the changes, taking note of the especially resilient plants that are still growing strong and producing despite the cool evening temperatures.

Just a reminder that the last distribution for the season isn't until October 10th (there were a few questions last week). You still have another 4 weeks (counting today) of farm fresh fare!

See you tonight!

- Chaz, Anna, Nic

## The Goodies this Week

Greens

**Red Russian Kale** - Considered a superfood, this Russian heirloom variety is packed full of antioxidants, phytonutrients, vitamins and minerals.

**Salad Mix** - Baby spinach and mesclun mix. Now you can enjoy the long awaited salad greens again.

### **Other Various Delights**

**Chioggia Beets** - AKA Candy Cane or Bullseye Beets, these gorgeous marvels of mother nature are an Italian heirloom that have a stunning red and white striped flesh. The colors, however, run together when cooked.

**Onions** - Choose from Ciopollini Reds or Candy Whites. The Candy Whites are the Walla Walla's for northern climates and will be extra sweet.

**Tomatoes** - A mixed bag of heirloom Green Zebra, Mortgage Lifter, Sungold, Black Russian & Romas and greenhouse friendly Arbason varieties.

**Potatoes** - A blend of all blues and traditional reds. Together these make an outstanding potato salad, especially if you're feeling patriotic!

**Carrots** - Picked just yesterday, these large, bright orange Sugarsnax and Bolero varieties are sweet, crispy and all around yummy.

**Edamame** - Fresh soybeans that you can enjoy fresh, roasted, boiled or any other creative way you can imagine. This video is an 11 minute "tutorial" on edamame: <http://www.youtube.com/watch?v=pZZQTl8A6wM>

**Cucumbers** - Choose from large slicing and delicious salt and pepper cucumbers today.

**Cut Flowers** - Just to brighten your day!

## **Recipe Ideas**

### **Red Russian Kale:**

*Kale, Potato and Onion Frittata*

<http://www.epicurious.com/recipes/food/views/Kale-Potato-and-Onion-Frittata-363789>

*Variety of Kale Recipes*

<http://www.serious-eats.com/2012/03/kale-recipes-salads-sausage-dinners.html>

### **Chioggia Beets:**

*Chioggia Beets with Raspberry Mint Vinaigrette*

<http://www.epicurious.com/recipes/food/views/Chioggia-Beets-with-Raspberry-Mint-Vinaigrette-232297>

*Raw Chioggia Beet Salad with Honey-Lime Vinaigrette*

<http://www.npr.org/2012/07/11/156390375/raw-chioggia-beet-salad-with-honey-lime-vinaigrette>

**Cipollini Onions:**

*Variety of Recipes*

<http://www.tastepotting.com/tag/cipollini+onions>

**Potatoes:**

*Roasted Red, White and Blue Potatoes*

<http://glutenfreegoddess.blogspot.com/2007/01/one-potato-blue-potato.html>

**Edamame:**

*Variety of Edamame Recipes*

<http://www.sheknows.com/food-and-recipes/articles/817339/Edamame-Recipes>

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

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