



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Talk of the Towne's

Welcome to *Week 12* of Fresh Picked
Produce

News from the Farm

Dear {FIRST_NAME|Friend},

Our Montana Dietetic Interns have finished their rotations with us. We were very grateful to have their help and expertise entering this fall season. They had a great, well-rounded experience working in the fields and at each of the distribution outlets. They all commented on very much enjoying their interactions with all of you at CSA pick-up.

Remember, we still have two more weeks after tonight. You will start seeing more greens and storage veggies in the next couple weeks. We still have beans producing in the field so if any of you would like to get your hands dirty this evening, you are welcome to walk out and harvest some. Our cilantro has matured into coriander seeds now and you are also welcome to collect some as well.

See you tonight!

- Chaz, Anna, Tim & Nic

The Goodies this Week

Greens

Tatsoi and Arugula Blend - A flavorful mixture of tatsoi asian greens that are mildly flavored, much like spinach, spicy and delicious arugula. This blend can be eaten fresh in a salad or cooked into a healthy side dish.

Rainbow Swiss Chard - A bundle of beautiful red, orange, yellow and white stems and deep green foliage perfect for wilting into a side dish, julienning into eggs, adding to soups or salads.

Other Various Delights

Tomatoes - A mixed bag of heirloom Green Zebra, Mortgage Lifter, Sungold, Black Russian & Romas and greenhouse friendly Arbason varieties. Read about their nutritional qualities and more here: Practical Produce Guide: <http://www.townesharvest.montana.edu/documents/Tomatoes.pdf>

Potatoes - A large bag of German Butterballs. These delicious golden round potatoes are very versatile for roasting, smashing and baking.

Peppers - A variety of Jalapeno, Anaheim, Antohi Romanian, Yellow Karlo and Sweet Bells to choose from.

Winter Squash - You'll get both a Butternut and a Delicata squash today. Butternuts are similar in flavor and texture to pumpkins and can be used interchangeably in recipes. Delicata, aka the Sweet Potato squash fall somewhere in between a winter and summer squash. The rinds and seeds (when toasted separately) can be eaten. Both are extremely high in vitamins and minerals, fiber and antioxidants.

Parsnips - An ancient relative of the carrot, parsnips are similar in size and shape but more yellow. They have very high amounts of potassium and fiber and are delicious in stews, soups, boiled and mashed or roasted. For more information read the Practical Produce Guide: <http://www.townesharvest.montana.edu/documents/Parsnips.pdf>

Broccoli - Large, gorgeous heads of bright green fall broccoli. As much as we love it, so do the little buggies. It has been thoroughly washed here, but when you get it home, cut it up, then soak in a bowl of salted water to get any remaining critters out.

Leeks - Mild onion relatives, great in soups, stir fries and sauces.

U-Pick - Coriander Seed (from mature cilantro plants) & Green and Purple Beans - If you'd like to pick some fresh beans and/or coriander today, we can show you the way.

Recipe Ideas

Tatsoi & Arugula Blend:

Tatsoi Wilted in Mustard Dressing

From "Vegetables from Amaranth to Zucchini" by Elizabeth Schneider

Ingredients

About 1 pound tatsoi
2 scallions
2 tablespoons lemon juice
1 teaspoon Dijon mustard
1¼ teaspoon kosher salt
3 tablespoons olive oil

Method

Trim tatsoi bases to separate leaves. Rinse in several changes of water, inspecting for grit. Dry thoroughly.

Clean scallions and trim root. Separate lighter colored bulb and darker green tops. Mince bulbs and thinly slice greens. Mix bulbs with lemon juice, mustard and salt, stirring to dissolve salt. Blend in oil.

Pour dressing into a very wide skillet set over moderate heat. Add leaves and turn to coat with dressing (tongs are most efficient). Cook until leaves almost wilt but stems retain crunch, about 2 minutes. Add scallion greens and toss.

Arrange on a platter, lined up like asparagus. Pour any remaining dressing on top.

Makes four side-dish servings.

Swiss Chard:

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

Lentil and Swiss Chard Salad

<http://tfc.howstuffworks.com/home/healthy-lentil-swiss-chard.htm>

Potatoes:

Potato Leek Soup with (or without) Bacon

<http://www.foodnetwork.com/recipes/food-network-kitchens/potato-leek-soup-with-bacon-recipe/index.html>

Butternut Squash:

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

Delicata Squash:

Roasted Delicata Squash with Quinoa Salad

<http://www.foodandwine.com/recipes/roasted-delicata-squash-with-quinoa-salad>

Parsnips:

Roasted Parsnips with Cinnamon and Coriander

<http://www.finecooking.com/recipes/roasted-parsnips-cinnamon-coriander.aspx>

Variety of Parsnip Recipes

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

Leeks:

Leek and Swiss Chard Tart

<http://www.marthastewart.com/313566/leek-and-swiss-chard-tart?center=276955&gallery=274312&slide=264000>

Grilled Leeks

<http://www.theravenouscouple.com/2009/05/grilled-leeks-on-a-whim.html>

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

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