



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},

Well, it looks like our beautiful fall weather has come to an end at last. The snow may have arrived but that does not mean your weekly share of fresh produce has stopped. Come by tonight and brave the elements to pick up your veggies and say hello to us. The share looks beautiful this week, with a wonderful array of hearty root vegetables, delicious spinach, and amazing heirloom tomatoes.

Also, be sure to follow us on the official Towne's Harvest Twitter page, where you can see what is happening at the farm, view reminders for CSA members, and have just another way to connect to your farmer. The newsletter will now be on Facebook and Twitter as well for your viewing pleasure.

See you tonight!

- Chaz, Anna, Tim & Nic

## The Goodies this Week

## Greens

**Spinach** - A mild green with a variety of culinary uses, from salads to quiches this super green is never a disappointment at any meal. Spinach is an excellent source of iron, vitamin A, and antioxidants.

## 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.

**Shallots** - A relative to onions and garlic, shallots are great recipe addition if your onion or garlic supply is running low. The bulb of the shallot can be used just like it's relatives and is an excellent combination of flavors between a sweet yellow onion and a clove of garlic.

**Brussels Sprouts** - Resembling miniature cabbages, brussels sprouts are high in vitamins A and K and found to have a great number of other health benefits. These fall delicacies can be roasted, steamed, boiled, and grilled. However, overcooking brussels sprouts will cause them to emit a sulfurous odor.

**Beets** -This week we will feature an heirloom variety called Bulls Blood Round beet that has beautiful burgundy foliage and beet itself being tender and sweet. The greens and beet can be used in salads, wilted, roasted, canned, pickled, or used in desserts for the culinary curious.

**Black Radish** - A winter variety of radish with black skin and a white interior, this variety is more commonly found in Europe. Black radishes will have a spicy taste and will be an excellent addition to a mild spinach salad.

**Garlic** - Another member of the *allium* genus is featured in this week's share along with shallots. An incredible culinary ingredient, garlic is also an excellent source of protein.

**Parsley** -Most commonly used as a garnish, parsley is a wonderful herb that does not receive enough culinary attention in today's cuisine.

**Winter Squash**-Another round winter squash is available this week and on it's way to your table. The seemingly endless uses for the squash add a beautiful medley of color and flavor to a fall meal. If you do not plan on using your squash immediately, store in a cool, dry, dark area and they will store for most of winter.

## ***Recipe Ideas***

## **Spinach:**

### **Garlic Creamed Corn and Spinach**

Courtesy of Rachel Ray

#### **Ingredients**

2 tablespoons butter  
4 ears corn, kernels scraped from cob  
2 large cloves garlic, finely chopped  
Salt and freshly ground black pepper  
1/2 cup heavy cream  
Freshly grated nutmeg, to taste  
2 bundles fresh farm spinach, about 1/2 pound trimmed weight, chopped

#### **Directions**

Heat a large skillet over medium heat and add the butter. When the butter is hot, stir in the corn and the starchy liquid scraped from the cobs. Cook for 5 minutes, then stir in the garlic and season with salt and pepper, to taste. Cook for 2 to 3 minutes more, then add the cream and nutmeg, stirring occasionally, until very creamy, about 15 minutes. Add the spinach and stir until wilted. Season with salt and pepper, if needed. Transfer to a serving bowl and serve.

## **Shallots:**

*Pan Roasted Brussels Sprouts with Bacon and Shallots*

[http://food52.com/recipes/1387\\_pan\\_roasted\\_brussel\\_sprouts\\_with\\_bacon\\_shallot](http://food52.com/recipes/1387_pan_roasted_brussel_sprouts_with_bacon_shallot)

## **Brussels Sprouts:**

*Marinated Brussels Sprouts with a Dark Chocolate Cayenne Sauce*

[http://food52.com/recipes/1277\\_marinated\\_brussels\\_sprouts\\_with\\_a\\_dark\\_chocolate\\_cayenne\\_sauce](http://food52.com/recipes/1277_marinated_brussels_sprouts_with_a_dark_chocolate_cayenne_sauce)

## **Beets:**

*Fresh Beet and Carrot Slaw*

#### **Ingredients:**

- 1/2 pound beets (weighed without greens), ends trimmed
- 2 carrots, ends trimmed
- 1/4 cup finely chopped mint
- Juice of 1 small lemon
- 2 teaspoons white wine vinegar
- 1 tablespoon minced lemon zest
- 2 tablespoons extra virgin olive oil
- Salt and freshly ground black pepper to taste
- 1/2 cup crumbled feta
- 1/2 cup sunflower seeds

#### **Directions:**

1. Using a box grater or a food processor fitted with a grating blade, shred beets and carrots. Spread on a stack of paper towels and set aside.

2. In a large bowl, whisk together lemon juice, vinegar, mint, lemon zest, and olive oil. Season with salt and pepper.
3. Add shredded beet mixture to bowl and toss to coat. Right before serving, gently toss with feta and sunflower seeds.

### **Black Radish:**

*Variety of Black Radish Recipes*

<http://www.mariquita.com/recipes/black%20spanish%20radish.htm>

### **Garlic:**

*Towne's Harvest Practical Produce Guide*

<http://townesharvest.montana.edu/documents/Garlic.pdf>

### **Parsley:**

*New Potato Salad with Parsley and Mint Pesto:*

<http://www.delish.com/recipefinder/potato-salad-parsley-mint-pesto>

### **Winter Squash Recipes**

*A variety of winter squash recipes:*

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

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

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