



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Talk of the Towne's

Welcome to *Week 14* of Fresh Picked
Produce

News from the Farm

Dear {FIRST_NAME|Friend},

What a fabulous finale and a great day to celebrate a wonderful season! As you know, tonight is your last night of 2012 CSA. We have enjoyed seeing you all each week and getting to know you. We are sincerely grateful for your support this season.

Be sure to bring the family tonight!

We'll have some good ol' farm fun with activities and snacks.

(including *The Cupcakes, Mary*)

It is with fond memories that I, Anna, bid you adieu. I will be graduating in the spring so this will be my last season with you. Tim Reusch, a first year Sustainable Food Systems graduate student who many of you have already seen at pick-up, will be taking over the reigns. You will also see a new Assistant Manager next season as Nic will be moving on to use the skills that he learned with us at another farm in the community. As we make this transition, and as we do every year, we will be sending out a post-season survey to elicit your feedback on what you liked and what you'd like to see changed. We very much value this information and use it to better our program each year.

THANK YOU AGAIN FOR YOUR SUPPORT!

See you tonight!

- Chaz, Anna, Tim & Nic

The Goodies this Week

Greens

Kale - This week we will feature the incredibly delicious and nutritious purple kale! Kale has high amounts of vitamins K, A, and C as well as an important source of fiber you can add to your diet. This versatile cruciferous (family name) can be used in salads, baked, roasted, wilted, steamed, or blended.

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 mixed heirloom potatoes. The perfect addition to add to your fall stews, soups, and roasts for those chilly fall evenings.

Cabbage - Another member of the cruciferous family is in your share this week! Tonight purple cabbages will be available and would make a beautiful salad or coleslaw.

Carrots - A bundle of carrots will be available tonight for your culinary pleasure. Carrots are an excellent staple to soups, stews, amazing side dishes, and a wide variety of desserts. In case you ever need carrot trivia, the world's heaviest carrot was nearly 19 pounds! Also, the world's longest carrot is over 19 feet long!
<http://www.carrotmuseum.co.uk/record.html>

Onions - Yellow onions are essential ingredient to your fall cooking recipes. They are nearly limitless in possibilities and have an excellent storage life.

Dried Basil - A fantastic herb when dried, though it is not as strong as fresh basil. To ensure that your next culinary masterpiece has the desired basil flavor, add your dried basil to the dish near the end cooking.

Garlic - Another member of the *allium* genus is featured in this week's share along with onions. The self-proclaimed garlic capital of the world is located in Gilroy, California however, China is the largest exporter in the world of garlic currently.

Jack-O-Lantern Pumpkin - Most commonly used for decorative purposes these large pumpkins are excellent for Halloween carvings and decorations.

Broom Corn- A bundle of broom corn will be available for decoration as well. So if your front porch is currently barren due to the lack of fall decor, take a bundle of broom corn to spruce up your porch for a festive fall look.

Recipe Ideas

Spinach:

Braised Kale with Bacon and Cider

Courtesy of Floataway Cafe

Ingredients

- 2 bacon slices
- 1 1/4 cups thinly sliced onion
- 1 (1-pound) bag chopped kale
- 1/3 cup apple cider
- 1 tablespoon apple cider vinegar
- 1 1/2 cups diced Granny Smith apple (about 10 ounces)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Directions

1. Place a Dutch oven over medium heat. Add bacon; cook 5 minutes or until crisp, stirring occasionally. Remove bacon from pan, reserving 1 teaspoon drippings in pan. Crumble bacon, and set aside.
2. Increase heat to medium-high. Add onion to pan; cook 5 minutes or until tender, stirring occasionally. Add kale, and cook 5 minutes or until wilted, stirring frequently. Add cider and vinegar; cover and cook 10 minutes, stirring occasionally. Add apple, salt, and pepper; cook 5 minutes or until apple is tender, stirring occasionally. Sprinkle with bacon.

Cabbage:

Purple Cabbage Salad with Carrots, Currants, and Almonds

<http://veganyummy.com/2007/02/purple-cabbage-salad-with-currants-carrots-and-almonds/>

Carrots:

Carrot Cake Pancakes

Ingredients:

- 1 1/4 cup white whole wheat flour
- 2 tsp baking powder
- 1 tsp ground cinnamon
- 1/4 tsp salt
- 1/8 tsp ground cloves
- 1/8 tsp ground ginger
- 1/8 tsp ground nutmeg
- 1/4 cup brown sugar
- 3/4 cup low fat butter milk (I use the milk we have on hand, often 1percent and it works great)
- 1 TB canola oil
- 1 1/2 tsp vanilla

- 2 large eggs, lightly beaten
- 2 cups of freshly grated carrots (it takes about 1 lb of carrots to make 2 cups grated)
- Butter or cooking spray for your pan

Directions:

Combine flour and the next 6 ingredients (through nutmeg) in a bowl. Stir with a whisk. Next combine brown sugar and the next 4 ingredients (through eggs); add sugar mixture to flour mixture, stirring just until moist. Finally, gently fold in 2 cups of grated carrots. Stirring just until combined.

Heat a large nonstick skillet over medium heat. Coat pan with butter or cooking spray. Spoon batter (about a 1/4 cup for each pancake) onto pan, spreading gently with the cake of your spoon. Cook for 2 minutes or until tops are covered with little bubbles and edges start to look cooked. Carefully turn pancakes over; cook 1 minute or until bottoms are lightly browned. Repeat procedure for the remaining batter.

Garlic:

A Variety of Great Garlic Recipes from a Wonderful Recipe Source

http://food52.com/recipes/search?recipe_search=garlic&c=1

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

www.townesharvest.montana.edu
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.

