



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Talk of the **Towne's**

Welcome to *Week 2* of Fresh Picked
Produce

Second Distribution is TODAY, Wednesday the 18th

**Come anytime between 4:00 - 6:00 pm
for your Summer and Fall Share!**

**Go to our website to read the [CSA Member Reference](#) outlining important details our
2012 Summer Season!**

News from the Farm

Dear {FIRST_NAME|Friend},

We are happy to report that the Annual President's Lunch went exceptionally well! We had delightful weather, delicious food and great company. It was a great opportunity to give personal thanks to President Cruzado and the other supporters of our program. I'll be sharing recipes used for the luncheon with you because they are tried and true and got rave reviews.

We were also blessed last week with a group of first and second graders attending a MOSS camp titled "Colors in Nature." We sent them on a scavenger hunt around the farm with paint swatches, charged with the task of finding something on the farm that matched their color. They had a great time swarming around in search. After they harvested their snacks, they picked beets, spinach and yellow flowers to take back and make watercolor paints with. I'm curious to find out how it went. Thanks Alex and Madi for you help!

Lastly, we were so very thankful to get some rain. In the middle of this amazing summer we're having, any help from mother nature in the irrigation department is welcomed and appreciated. Please feel free to walk around tonight and see the changes that happen so quickly each day.

- Chaz, Anna, Nic & Student Interns

The Goodies this Week

Herbs

Basil & Mint - A fresh bunch of each.

Greens

Arugula - This peppery, often overlooked favorite is also called Rocket. It dates back to Roman times, as this article states: <http://www.gourmetsleuth.com/Articles/Produce-440/arugula.aspx>

Salad Mix Infused with Fresh Dill & Microgreens - A beautiful mix of color, texture and flavor in this salad blend with the zesty flavor of dill.

Flash Troutback Lettuce - An heirloom, known as Forellenschluse (Austrian for Speckled Like a Trout's Back), is a variety of romaine but with more tender leaves. It makes a gorgeous fresh salad!

COS Romaine Lettuce - Long, crisp heads of bright green, sturdy leaves make this great for fresh eating or grilling. That's right, see the recipe below!

Kale & Chard - A hearty bundle of this nutrient packed pair, the Practical Produce guides below offer great information about these greens, complete with recipes.

Sorrel - A long used, medicinal herb, sorrel's flavor has a strong citrus essence, making it a great partner for all things fish. Read more about it here: <http://www.herbcompanion.com/gardening/herb-to-know-sorrel-rumex-scutatus-r-acetosa.aspx>

Other Various Delights

Snap Peas - Just in case your's didn't make it all the way home last week, we decided to offer you some more.

Green Garlic - You get the whole plant which includes a bulb, the stalk and a garlic scape. The bulb is not dried down so is not considered for storage, but has all the deliciously pungent flavor! Try the garlic scape diced into your scrambled eggs, stir fry or salad for a mild garlic flavor.

Farm Fresh, Pastured Eggs - A half dozen colorful eggs to round out the week (no pun intended).

Sampler of Strawberries and Raspberries - Fresh off the vine, we've got just a touch to share with you this week. If you can resist them until you get home, try them tossed with your arugula, some gorgonzola cheese, toasted nuts and a vinaigrette. Yum!

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.

Basil:

Variety of Basil Recipes

http://www.eatingwell.com/recipes_menus/collections/fresh_basil_recipes

Mint:

Watermelon Salad with Feta and Mint

<http://whippedtheblog.com/2008/07/17/watermelon-salad-with-feta-mint-and-lime/>

Arugula:

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

Dill Infused Salad:

Mint & Dill Salad (the romaine in the recipe can be substituted with the already dill infused greens)

http://cleananddelicious.com/2009/06/06/herbed_romaine_salad/

Flashy Troutback Lettuce:

Summer Lettuce Salad

<http://www.ming.com/food-and-wine/recipes/simply-ming-season-7/melina-shannon-dipietros-summer-lettuce-salad-with-red-wine-teriyaki-vinaigrette.htm>

Romaine:

Grilled Romaine Heads

http://www.simplyrecipes.com/recipes/grilled_romaine_lettuce/

Kale & Chard:

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

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

Sorrel:

Chilled Sorrel & Garlic Soup (Served at the President's Lunch last week, a big hit!)

Sorrel Garlic Soup

Serves 4-6

1 tablespoon butter
1 medium onion, diced small
4-6 cloves green garlic, minced (or 2-3 cloves mature garlic, minced)
salt and pepper, to taste
1-2 bunches sorrel, ribs removed and roughly chopped
3 yukon gold potatoes, peeled and diced small
2 cups vegetable stock
2-3 cups water
1 cup cream
Tabasco, to taste (or cayenne pepper)
1/2 cup sour cream
2 tablespoons chopped chives
1 teaspoon fresh garlic, minced

In a soup pot, heat the butter over medium heat. Add the onions and garlic; sauté until soft, about 3-5 minutes. Season lightly with salt and pepper. Add the potatoes, stock, and water. Cook until potatoes are tender, about 10-15 minutes. Add the sorrel and cook until wilted, about 3-4 minutes. Remove from heat and cool for 10-15 minutes.

Puree soup with a stick blender until smooth. Pour soup into a bowl and refrigerate until completely chilled. Whisk in the cream, lemon juice, and Tabasco. Adjust seasoning with salt and pepper.

In a bowl, combine the sour cream, chives, and teaspoon of garlic. Serve with the soup.

Snap Peas:

A variety of recipes

<http://www.delish.com/recipes/cooking-recipes/sugar-snap-pea-recipes#slide-1>

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

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