



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Talk of the Towne's

Welcome to *Week 3* of Fresh Picked
Produce

News from the Farm

Dear {FIRST_NAME|Friend},

This week is the beginning of our full market season. We had the maiden voyage of our newest project, The Community Food Truck yesterday, and start our MSU Campus Farm Stand tomorrow. We also are experiencing that time in the season when our Spring crops have officially stopped producing and our Summer crops are just now ripening. You might notice this transition time today at pick-up with the end of some favorites and the beginning of others.

The Community Food Truck, our mobile farm stand, strengthens food security in Southwest Montana by increasing access to fresh, nutritious produce for limited resource senior households and by providing beneficial nutrition education. The idea of a mobile farm stand was conceptualized and piloted by graduate student Marcy Gaston in 2011. In 2012 MSU's Department of Health and Human Development, Friends of Local Foods, Towne's Harvest Garden, the Gallatin Valley Food Bank, and the Human Resources and Development Council collaborated, applied for and was awarded the funding to develop the Community Food Truck through AARP Foundation's Hunger Innovation grants program. It travels to the communities of Three Forks and Belgrade and students in the SFBS and Nutrition programs set up a produce stand at the senior centers, offering affordable fresh vegetables to older adults who may not otherwise have access to them. If you know of any older adults in either of these communities, please encourage them to come check it out (I can get more details to you).



- Chaz, Anna, Nic & Student Interns

The Goodies this Week

Herbs

Cinnamon Basil - So named because it actually contains the same compound, cinnamate, that gives cinnamon its unique flavor. This basil is excellent with fruit or in tea.

Cilantro - A very controversial herb, as it turns out. If you love it or hate it, you can read why here (and get some good laughs) <http://ihatecilantro.com/> & http://www.nytimes.com/2010/04/14/dining/14curious.html?_r=1

Sage - Used medicinally for things such as memory improvement, stress relief, anti-inflammation and many others. It has a slightly woody flavor and is great with "homestyle" recipes containing pork, poultry, potatoes and pasta. Read more about it here: <http://www.helpwithcooking.com/herb-guide/sage.html>

Greens

Salad Mix - Delicious for a quick nutrient dense lunch or dinner.

Other Various Delights

Snap Peas - The last of them for this season.

Bunching Onions - Red and white to choose from.

Purple Kohlrabi - A member of the cabbage family, these little globes resemble space ships and/or alien life forms, depending on your perspective. They taste similar to broccoli stems and are as juicy and crisp as an apple, the purple variety having a bit more "radish spice" than the white. They are delicious raw or cooked.

Baby Beets - These little beauties are tender and delicious, greens and all, and by enjoying them now they leave room in the field for the others to mature which we will share with you later in the season.

Summer Squash - Choose from Zucchini, Zephyr and Pattypan varieties. They are just starting to produce in abundance which we will be passing on to you in the next couple of weeks.

Raspberries - Sun ripened and sweet. Bet these will be gone before you reach the end of the road.

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.

Cinnamon Basil:

Cinnamon Basil Sorbet

<http://www.herbcompanion.com/cooking/cinnamon-basil-sorbet.aspx>

Cinnamon Basil Whole Wheat Peach Bread

<http://www.cooks.com/rec/view/0,184,153179-247205,00.html>

Cilantro:

Mushroom, Zucchini & Cilantro Pesto Quesadilla

<http://ohmyveggies.com/recipe-mushroom-zucchini-quesadillas-with-cilantro-pesto/>

Sage:

Penne with Pancetta, Sage & Mushrooms

<http://www.epicurious.com/recipes/food/views/Penne-with-Pancetta-Sage-and-Mushrooms-395064>

Green Gnocchi With Peas and Fresh Sage Butter

<http://www.nytimes.com/recipes/12492/Green-Gnocchi-With-Peas-and-Fresh-Sage-Butter.html>

Snap Peas:

Kohlrabi, Apple & Snap Pea Slaw (had it for dinner last night, yummy!)

<http://www.janssushibar.com/recipes/Kohlrabi,%20Apple%20and%20Bacon%20Slaw.pdf>

Kohlrabi:

5 Uses for Kohlrabi (purple or white)

<http://well.blogs.nytimes.com/2012/03/09/discovering-kohlrabi-its-a-vegetable/>

Baby Beets:

Roasted Baby Beets and Arugula Salad with Lemon Gorgonzola Vinaigrette

<http://www.epicurious.com/recipes/food/views/Roasted-Baby-Beets-and-Arugula-Salad-with-Lemon-Gorgonzola-Vinaigrette-234415>

Baby Beet and Goat Cheese Pizza with Dill and Roasted Walnuts

<http://braveapron.com/2012/06/25/baby-beet-and-goat-cheese-pizza-with-dill-and-roasted-walnuts/>

Summer Squash:

Zucchini Pancakes

http://www.huffingtonpost.com/2011/10/27/zucchini-pancakes_n_1058119.html

Pesto-Topped Grilled Summer Squash

<http://www.eatingwell.com/print/7644>

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

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