



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Talk of the **Towne's**

Welcome to *Week 4* of Fresh Picked
Produce

Pick-up is from **4:00 - 6:00 pm** tonight!

Look for us in the **new building** at the farm!

News from the Farm

Dear {FIRST_NAME|Friend},

Wow, what a summer we are having. With the heat and drought taking it's toll in the midwest and food prices expected to skyrocket, be proud that you are supporting your local food system that is thriving, healthy and resilient.

You may notice some changes today at the farm. The shed that you've been collecting your veggies has been moved and we are making the transition into our new space. We are not officially "moving in" until after the final inspection but will soon be completely up and running and you can expect to find us there for the rest of the season.

Speaking of inspections, we had our official inspection today for our Organic Certification of the fields. It was a lengthy process but we should be able to highlight very soon which of your vegetables are Certified Organic. Rest assured however, we use organic practices on all of our crops but are only certifying our three acre field production.

Once again, we invite you to tour the fields and see all of the changes. It's surprising what a difference a week can make!

- Chaz, Anna, Nic & Student Interns

The Goodies this Week

Herbs

Sweet Basil - Large bunches of basil this week, it's time to make some pesto, or your favorite basil recipe, whatever it might be.

Italian Flat-Leaf Parsley - Often thought of as the curly-leafed garnish on the side of your plate at a restaurant, flat-leaf parsley is full of unique flavor and featured in many dishes such as Tabbouleh (see recipe below).

Greens

Sorrel - A citrus flavored leafy green, it is best used like an herb, paired with other ingredients such as fish, poultry, sauces and soups.

Kale - Choose from Lacinato, aka Dinosaur Kale, or Russian Red Kale. As a whole, Kale is considered a superfood and though these varieties are very different in appearance they are equally delicious.

Rainbow Swiss Chard - Beautiful vibrantly colored stems support emerald green leaves that are mild and delicious. I use swiss chard almost daily in eggs, on burgers, in pastas and salads or whatever is on the menu. It can also be substituted for spinach in most recipes.

Other Various Delights

Garlic - Drying nicely, these bulbs are not yet of storage quality so enjoy them now or leave them in a dry, well ventilated area for another week or two to store.

Bunching Onions - Red and white to choose from.

Beets - Mostly Chioggia with some traditional red mixed in. The Chioggia beets are more orange in color but when sliced have the most beautiful red and white spiral colored flesh.

Summer Squash - Choose from Zucchini, Zephyr and Pattypan varieties. They've grown up a bit this week.

Raspberries - As if you need more reason to love them, raspberries are they are incredibly high in Vitamins C, K & B-Complexes. They also are rich in phytochemicals and antioxidants and did you know that the popular sweetener Xylitol is often extracted from raspberries?

Sunflowers - Just to brighten your week, we've cut some sunflowers for you to enjoy.

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.

Parsley:

Tabbouleh

<http://www.foodnetwork.com/recipes/ina-garten/tabbouleh-recipe/index.html>

Sorrel:

50 Things to do with Fresh Sorrel

http://chocolateandzucchini.com/archives/2011/04/50_things_to_do_with_fresh_sorrel.php

Kale:

Practical Produce Guide:

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

Lacinato Kale Salad

<http://www.marinmamacooks.com/2012/03/lacinato-kale-salad.html>

Red Russian Kale and Red Onion Savory Breakfast Squares

<http://www.kalynskitchen.com/2008/08/red-russian-kale-and-red-onion-savory.html>

Swiss Chard:

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

Garlic:

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

Beets:

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

Candy Cane Beet Salad with Pistachios & Goat Cheese

<http://familystylefood.com/2011/04/candy-cane-beet-salad-with-pistachios-goat-cheese/>

Summer Squash:

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

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.

