



Locally, Sustainably and Educationally Grown  
MSU Friends of Local Foods

## Talk of the Towne's

Welcome to Week 5 of Fresh Picked  
Produce

### News from the Farm

Dear {FIRST\_NAME|Friend},

Last week was a busy week of visitors. We had 40 kids come tour and work at the farm from LINKS for Learning in Livingston. They had a blast. We also had our first sheep flock visit. They very successfully mowed our cover crop. As part of the research on the sheep's effect on soil fertility, they will come again in the fall. Ask Chaz if you are interested in learning more about the study.

The warm summer has been good on most crops and they are growing like weeds. We should have green beans next week and if you are Pesto makers, we have an abundance of basil. If you'd like to order some for your preservation projects, let us know and we'll have it available for you to purchase at the next pick-up.

As of next week, our students only have two to go. They have been absolutely instrumental in the success of the farm this year and we've enjoyed watching their progress. They spend the entire summer with us, which is a big commitment as you can imagine, and have only a weekend off before their fall semester begins. We appreciate their dedication!

We have received our official approval to sell produce to MSU Food Services again this year and are very excited to start with Donna Jackson, Catering Manager. She is very supportive of purchasing local

products and will be designing menus around our produce availability for the upcoming Farm to School Conference next week. If you know anyone in Food Services, let them know how much you appreciate them supporting Towne's Harvest.

- Chaz, Anna, Nic & Student Interns

## The Goodies this Week

### Herbs

**Cinnamon Basil** - This again is great in both sweet and savory dishes. Read some fun facts about it here (including its trip to space) <http://www.herbcompanion.com/in-the-herb-garden/love-your-basil-cinnamon-basil.aspx>

**Italian Flat-Leaf Parsley** - Dark green and full of nutrients, this herb makes a great addition to pastas, soups and sauces.

### Other Various Delights

**Carrots** - The first crop of these sweet and delicious favorites.

**Fennel** - With a unique and mild anise like flavor, the whole plant is edible from the frilly fronds to the bulb.

**Root Parsley** - Meant to grow like a carrot, ours produced a small bulb but with all the flavor. Read more about this uncommon, ancient veggie here: <http://eatdrinkbetter.com/2008/10/23/its-a-parsnip-its-a-carrot-no-its-parsley-root/>

**Bunching Onions** - Red and white to choose from.

**Beets** - Mostly traditional red with some Chioggia mixed in.

**Summer Squash** - Choose from Zucchini, Zephyr and Pattypan varieties. These all have the same texture and are similar in flavor so may be used interchangeably in recipes.

**Raspberries** - Another treat for your trip home.

## 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 & Lime Icebox Cookies

<http://www.epicurious.com/recipes/member/views/CINNAMON-BASIL-LIME-ICEBOX-COOKIES-1271204>

### **Parsley:**

*Skirt Steak with Chimichurri Sauce (enjoy this Argentinian recipe with a good Malbec)*

<http://www.foodnetwork.com/recipes/emeril-lagasse/skirt-steak-with-chimichurri-sauce-recipe/index.html>

### **Parsley Root & Fennel:**

*Israeli Couscous with Apple, Fennel, and Parsley Root (Chef Jonathan Miller)*

This is a fun little salad. Bright and refreshing. Make sure you don't peel your apple(s) for this. The color of the skin helps make this salad look better.

1 c water  
1/2 rice vinegar  
1/3 c sugar  
1 1/2 T salt  
1 whole clove  
1 t mustard seeds  
1/2 t pepper  
1 t grated fresh ginger  
1 small jalapeno, seeded and minced  
1 c Israeli couscous  
olive oil  
1 large or two small apples, cut into small dice  
1 large or two small fennel, cored and finely diced  
1-2 parsley root (peeled), cut into small dice  
3 tangerines, or 1 orange, peeled and sectioned  
1/2-3/4 c raisins  
1/4 c chopped parsley, plus a small amount of very small whole leaves

Put the water, vinegar, sugar, salt, clove, mustard, pepper, ginger, and jalapeno in a small saucepan. Bring to a boil, stirring until the sugar and salt dissolve. Continue to boil until the mixture is reduced to 1/2 cup. Remove from heat and allow to cool completely. Remove the clove.

Cook the couscous according to the package instructions. Remove from the pot and immediately toss with a very small amount of olive oil to keep from clumping together. Allow to cool.

Combine the apples, fennel, parsley root, tangerines, raisins, and the chopped parsley in a bowl. Gently toss with a few tablespoons olive oil. Add the cooled couscous and gently toss again. Begin to add the reduced spiced vinegar a little at a time, stirring so everything gets coated. Keep tasting as you add it so you don't go farther than you like. Use as much of, or as little of the dressing you like. Finish with the whole parsley leaves and serve at room temperature

*Tilapia with cider-glazed parsley root and carrots*

<http://nightowlchef.wordpress.com/2009/11/10/parsley-root/>

**Fennel:**

Practical Produce File emailed separately with wonderful recipes, especially the cake!

**Beets:**

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

*Chocolate Beet Cupcakes*

<http://pinchmysalt.com/what-makes-these-dark-chocolate-muffins-special-beets-me/>

**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.

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