



Locally, Sustainably and Educationally Grown  
MSU Friends of Local Foods

# Talk of the Towne's

Welcome to *Week 6* of Fresh Picked  
Produce

## News from the Farm

Dear {FIRST\_NAME|Friend},

We sent Nic off on vacation this week. He'll return to us a married man. Congratulations Nic and Sarah!

Today also marks the official "1st Day" for our newest faculty member and SFBS Program Coordinator. He is a fellow farmer, foodie and advocate for local food systems and we're excited to have him on board. Welcome Dr. Dean Williamson!

90's yesterday, 60's today. Don't look now but Fall may be just around the corner! Enjoy your week!

- Chaz, Anna, Nic & Student Interns

## The Goodies this Week

### Herbs

**Basil** - Large bunches of sweet basil. Great for making pesto, drying or freezing for use in the cold winter months when you need a burst of summer flavor.

**Cilantro** - The first summer/fall harvest. It should still be in abundance when the tomatoes ripen for your favorite salsa recipes.

### Other Various Delights

**Kohlrabi** - If you like funky food history, check out this write up on the history of Kohlrabi: <http://www.vegparadise.com/highestperch24.html>. The included recipe is now on my must try list as well.

**Green & Yellow Beans** - Growing in abundance now, you can expect a hearty bag today.

**Peppers** - Choose from Jalapenos, Sweet Bells, Mild Anaheims, Antohi Romanian Fryers or Mild Yellow Carlo Teardrops.

**Leeks** - A member of the same family as onions and garlic, these mild flavored bundle of leaf sheaths are delicious in soups, stir frys, sauces and all by themselves. Remember the edible part is the white/light green portion. The dark green leaves are tough and woody.

**Cucumbers** - Choose from slicers or picklers, both are crisp and juicy.

**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.

**You Pick Flowers** - If you'd like to head out to the fields and pick a fresh bouquet today, we'll be happy to show you the way. We have gorgeous flowers in bloom now.

## *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 & Cilantro Preservation:**

*Easy Ways to Preserve Herbs*

<http://www.rodale.com/freezing-herbs-and-preserving-herbs?page=0.0>

*Pesto 3 Ways*

<http://www.thisdeliciousjourney.com/archives/108>

### **Kohlrabi:**

*Pickled Kohlrabi*

<https://www.grit.com/food/recipes/pickled-kohlrabi-recipe-zm0z12maznem.aspx>

*Kohlrabi Risotto*

<http://www.nytimes.com/2012/03/05/health/nutrition/kohlrabi-risotto.html>

**Beans:**

*String Bean Salad with Toasted Walnuts and Goat Cheese*

[http://www.huffingtonpost.com/2011/10/27/string-bean-salad-with-to\\_n\\_1058124.html](http://www.huffingtonpost.com/2011/10/27/string-bean-salad-with-to_n_1058124.html)

*Roasted Green/Yellow Beans & Yogurt Sauce (Video)*

<http://www.gardenguides.com/video-140876-roasted-green-beans-yogurt-sauce-recipe.html>

**Peppers:**

*Mediterranean Roasted Vegetable Sandwich*

<http://humbleseed.com/blog/humbleseed/hot-for-the-antohi-romanian-specialty-frying-pepper/>

*Jalapeno Pepper Recipe Ideas*

<http://www.jalapenopepperrecipes.com/>

*Roasted Anaheim Pepper Salsa*

[http://www.sacfoodcoop.com/index.php?option=com\\_content&view=article&id=1028:roasted-anaheim-pepper-salsa&catid=31:recipesmain-content&Itemid=59](http://www.sacfoodcoop.com/index.php?option=com_content&view=article&id=1028:roasted-anaheim-pepper-salsa&catid=31:recipesmain-content&Itemid=59)

*16 Recipes for Sweet Bell Peppers*

<http://www.kitchendaily.com/2011/08/08/recipes-for-sweet-bell-peppers/>

**Leeks:**

*Leek Recipes and Information*

<http://www.simplebites.net/spotlight-ingredient-leeks/>

*Grilled Leeks*

<http://honestfare.com/perfectly-grilled-leeks/>

**Cucumbers:**

*Easy Refrigerator Pickles (For cucumbers, squash, beans and more...)*

<http://www.rodale.com/refrigerator-pickles>

**Summer Squash:**

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

*Squash Recipes featuring Patty Pan Squash and others*

<http://www.healthy-recipes-for-kids.com/scallop-squash-recipes.html>

anytime.  
www.townesharvest.montana.edu  
[townes.harvest@gmail.com](mailto:townes.harvest@gmail.com)

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