



Locally, Sustainably and Educationally Grown  
MSU Friends of Local Foods

# Talk of the Towne's

Welcome to *Week 7* of Fresh Picked  
Produce

## News from the Farm

Dear {FIRST\_NAME|Friend},

Sad week here at the farm. This is our last week with our summer practicum students who've worked so hard this entire summer planning, planting, weeding, harvesting, packing and selling our wonderful food. We've enjoyed getting to know each of them and their interests, strengths and dreams and will miss them. For some, this was their first experience working on a farm and for others it was a step in their journey to become the farmer. In any case, we'll surely be seeing them again.

*"Some stories don't have a clear beginning, middle, and end. Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next. Delicious ambiguity..."*

- Gilda Radner

Good luck to all of you and stop by the "roost" anytime for a visit!

Where one experience blossoms into other opportunities, another experience begins. Next week we welcome our Fall interns, 3 returning from summer and 3 new students. In addition the second ever class of Montana Dietetic Interns begins working with us for the month of September. We're excited to have

them join the THG team. You'll be seeing them on Wednesdays starting next week.

Another exciting note; we just received our first MSU onion order for the season and will begin regular deliveries next week. We are nearly a month and a half ahead of where we were last year with this schedule and we're happy that our gorgeous red onions will be featured in the first meals served in the dining halls for the 2012-2013 year. Thanks for your support MSU Food Services!

- Chaz, Anna, Nic

## ***The Goodies this Week***

### **Herbs**

**Parsley** - Very high in Vitamins K, C and A, parsley and has multiple benefits, including tumor prevention, heart health and reduction of oxidative stress. Read more about this often overlooked and underutilized herb here: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=100>

### **Greens**

**Rainbow Swiss Chard** - In the beet family, you won't find only red in this mix but a blend of vibrant oranges, yellows and pinks. A perfect substitute for spinach in any recipe, I use it in eggs, lasagna, enchiladas, soups, stir fries and just about everything else you can imagine something "green" in.

**Baby Braising Mix** - A blend of turnip, pak choi, arugula and kale greens, this mix is delicious simply sauteed in olive oil, garlic, salt and pepper or added to the roasting pan with chicken or fish.

### **Other Various Delights**

**Carrots** - Large and sweet, these beautiful carrots are perfect for slicing into sticks to pack into school lunches or take to work for a snack.

**Beets** - Choose from traditional red or chioggia (candy cane) beets. These are large enough for pickling, roasting or shredding. Don't forget to eat the tops too.

**String Beans** - Growing in abundance now, you can expect another hearty bag today.

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

**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.

## *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 Preservation:**

*Easy Ways to Preserve Herbs*

<http://www.rodale.com/freezing-herbs-and-preserving-herbs?page=0,0>

*How to Store Parsley, Cilantro, and Other Fresh Herbs*

[http://www.simplyrecipes.com/recipes/how\\_to\\_store\\_parsley\\_cilantro\\_and\\_other\\_fresh\\_herbs/](http://www.simplyrecipes.com/recipes/how_to_store_parsley_cilantro_and_other_fresh_herbs/)

*Creative Parsely Recipes*

<http://www.mariquita.com/recipes/parsley.html>

### **Swiss Chard:**

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

*Variety of Chard Recipes*

[http://topics.nytimes.com/top/news/health/series/recipes\\_for\\_health/chard/index.html](http://topics.nytimes.com/top/news/health/series/recipes_for_health/chard/index.html)

### **Braising Greens:**

*Horseradish-crusting Chinook Salmon with Braised Greens and Roasted New Potatoes*

<http://www.foodnetwork.com/recipes/40-a-day/horseradish-crusting-chinook-salmon-with-braised-greens-and-roasted-new-potatoes-recipe/index.html>

### **Carrots:**

*Variety of Carrot Recipes*

<http://www.mariquita.com/recipes/carrots.html>

### **Beets:**

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

*Variety of Beet Recipes*

<http://www.mariquita.com/recipes/beets.html>

### **Beans:**

*Tarragon String Bean Salad*

## Salad:

4 cups green beans  
1.5 cups cooked beans  
1/2 red onion or a few shallots  
1 bunch fresh tarragon  
1/2 cup toasted hazelnuts or almonds  
300 grams goat feta  
Freshly ground pepper

## Dressing:

3 Tbsp extra-virgin olive oil  
1 Tbsp maple syrup  
2 tsp strong mustard  
1 Tbsp apple cider vinegar  
Pinch sea salt

Wash and top green beans. Steam for 4 to 5 minutes until crispy (do not over steam!) Make dressing: Combine all ingredients in a jar and shake vigorously. When beans are cooked, remove from heat and rinse in cold water. Place in a large bowl and add all other salad ingredients. Toss green bean mixture in dressing; season to taste with sea salt and freshly cracked black pepper.

## Peppers:

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

## Cucumbers:

*Variety of Cucumber Recipes*

[http://www.eatingwell.com/recipes\\_menus/collections/healthy\\_cucumber\\_recipes](http://www.eatingwell.com/recipes_menus/collections/healthy_cucumber_recipes)

## Summer Squash:

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

### *Baked Zucchini Fries*

3-4 medium zucchini, sliced into 1/4" wide sticks, 2" long  
1 tablespoon oil combined with 1/4 cup cornmeal and 1 t. salt and pepper.

Preheat an oven to 425 degrees F.

Roll each zucchini stick in the cornmeal mixture and place on a lined baking sheet. Bake 20 minutes until slightly browned. To prevent sticking, gently shaking pan a few times during baking.

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

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