



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Talk of the Towne's

Welcome to *Week 8* of Fresh Picked
Produce

News from the Farm

Dear {FIRST_NAME|Friend},

Squash is coming out of our ears now, and we know yours too. We made a big donation of it to the Gallatin Valley Food Bank this week (and still have plenty for you).

As you know, school has begun and the transition into our new schedule, both at the farm and academically (we are all enrolled in courses now) is still underway. You'll see some familiar faces and some new ones at pick-up tonight. Get to know our new fall interns and our dietetic interns.

We're doing a cheer for the warm weather persisting to ripen those tomatoes and that corn and keep the delicious food coming! The frost scare last week did not hurt us at all thankfully. We have some new items in your share this week that we are excited to offer you. See you this evening.

- Chaz, Anna, Nic

The Goodies this Week

Herbs

Dill - This bundle will be enough for your favorite dilly pickle recipes. It's great on fish and in eggs too.

Basil - We've pulled the whole plant up by the roots, literally. Though we don't advise you replant it outside, it should last and keep producing for at least a couple of weeks if kept in a jar of water. Read more about this method here: http://bellaverdifarms.com/images/uploaded_images/flyer.pdf

Other Various Delights

Beans - Growing in abundance, you can expect yet 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 or lemon cucs, all 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. If you are growing weary of so much squash, freeze it for later. If you have a food processor just shred them (doesn't matter what variety, they shred the same) and throw them into a ziploc freezer bag and into the freezer (I don't blanch mine). I often measure 1 and 2 cup bags and label them for easy use in recipes during the winter.

Onions - Both a red and a white onion today

Fingerling Potatoes - These Rose Finn potatoes are the first harvest this season and are tender and absolutely delicious. These versatile potatoes can be roasted, baked, boiled, broiled (did I leave any method out?)

Green and Red Tomatoes - Ah, finally! You've been asking for weeks and they are here today. You'll get a bag with all shapes, sizes and colors, some ripe and ready to eat, some just needing a few days in the window and some great for those fried green tomato 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.

Herb Preservation:

Easy Ways to Preserve Herbs

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

Beans:

Green Bean Salad Recipe with Cucumber, Pepper and Tomato

<http://www.savoringthethyme.com/2011/07/green-bean-salad-recipe-with-cucumbers-cubanelle-pepper-and-tomato/>

Peppers:

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

Cucumbers:

Refrigerator Dill Pickle Recipe

<http://www.foodiewithfamily.com/2011/07/22/homemade-claussen-knock-off-pickles/>

Summer Squash:

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

Refrigerator Pickle Recipe for Any and All of the Above Veggies

<http://hipgirlshome.com/blog/2011/5/31/fridge-pickles-101.html>

Fingerling Potatoes:

Salt and Vinegar Broiled Fingerlings

<http://umamigirl.com/2009/11/salt-and-vinegar-broiled-fingerling-potatoes.html>

Dill Fingerlings

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

Tomatoes:

Fried Green Tomatoes

<http://www.epicurious.com/recipes/food/views/Fried-Green-Tomatoes-242647>

Green Tomato Recipes

<http://tipnut.com/green-tomato-recipes/>

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

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