



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Talk of the Towne's

Welcome to *Week 9* of Fresh Picked
Produce

News from the Farm

Dear {FIRST_NAME|Friend},

You will begin to see weekly changes as early crops are tilled in and late crops are ripening. The pendulum is slowly swinging back toward the cooler weather and you will start seeing more greens and fall crops in the coming weeks. Boy, where does the time go?

We are finishing our second week with our "new" crew and enjoying getting to know everyone. You'll see familiar faces again this week and then a whole set of new ones next as the first set of Dietetic Interns finish their rotation with us. They've been working in the fields, marketing the produce at distributions and developing recipes with the seasonal offerings back in the lab. If you have any nutritional questions, tonight would be a good time to ask them.

Also, feel free to take a walk around the farm to see any changes.

In addition, if you came early last week and received a "dill look-a-like" (I have your names) it was actually parsnip flowers that resemble dill only in appearance. Honest mistake... We do have your actual dill this week and will be sure to get it to you.

- Chaz, Anna, Nic

The Goodies this Week

Herbs

Cilantro - A large bunch of our second succession crop.

Fennel - Large bulbs today, complete with fronds. Be sure to use the whole plant, it's all delicious! Read more about it here: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=23>

Greens

Mixed Greens - Baby spinach, turnip and arugula greens blended in

Other Various Delights

Sweet Corn - We managed to fight off the raccoons and harvest enough corn to share with you today. Turns out they love it just as much as we do.

Cucumbers - A steady blend of pickling, slicers and "salt and pepper" cucs for you to pick from.

Tomatoes - Another mix if all shapes, sizes, colors and varieties.

Shallots - Fresh picked and still "green" these onion relatives are great for sauces, dressings

Garlic - Large, easy to peel and absolutely delicious heads.

Peppers - Choose from Jalapenos, Anaheims, Antohi Romanian and Yellow Karlos (in order of spiciness).

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>

Tomatoes, Cilantro, Peppers:

Salsa Fresca - Fresh Tomato Salsa

<http://localfoods.about.com/od/condiments/qt/salsafresca.htm>

Fennel:

Roasted Fennel with Parmesan

2-4 servings

3 T. oil, plus more for baking dish

2 fennel bulbs, cut horizontally into ½ inch thick slices, fronds reserved

salt and pepper

1/3 cup shredded parmesan

Preheat oven to 375. Lightly oil a glass baking dish. Arrange fennel in the dish and sprinkle with salt, pepper, and cheese. Drizzle with oil and bake until fork tender, about 45 minutes. Chop 2 t. of fennel fronds and sprinkle over roasted fennel.

Orange and Fennel Salad

<http://www.foodnetwork.com/recipes/robin-miller/orange-and-fennel-salad-recipe/index.html>

Bacon, Fennel and Apple Chutney

http://www.huffingtonpost.com/2011/10/27/bacon-fennel-and-apple-c_n_1059506.html

Tomatoes:

Green Tomato Ideas

<http://www.farmgirlfare.com/2009/09/got-green-tomatoes-try-my-super-simple.html>

Peppers:

How to roast peppers and what to do with them

http://dcist.com/2012/08/how_to_roast_peppers_and_what_to_do.php

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

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