Hello Everyone!

Time has once again slipped by, disappearing in to the crisp cool night air of a rapidly approaching fall. We are entering the last month of the CSA season and we hope to continue to provide a bounty for the remainder of the season. We started to harvest winter squash this week, which means we will have pie pumpkins available soon! We are also hosting a new rotation of the Montana Dietetic Interns for the next two weeks, as they learn more about how local food systems have an influence on their career path. Have a wonderful night everyone and as usual I look forward to seeing all of you tomorrow!

Cheers,

Tim, Alex, and Chaz

CSA Celebration!

I wanted to post this announcement in advance to give our members plenty of notice. The last CSA will be on October 9th, and during that time we will have a harvest celebration! Towne’s harvest will provide light refreshments and activities for all of our members and their families, as a way of celebrating another wonderful growing season in Bozeman. It is our way of saying thank-you for taking the risk of farming and helping us get our season started. Without your support financially operating our farm would be incredibly difficult. So come on out and celebrate with us!
Tomatillos
Tomatillos are small fruits ensconced in a papery husk. These beauties belong to the nightshade family—yes, the same nightshade family that contains the usual scene-stealers, tomatoes, potatoes, eggplants, tobacco and even petunias and are a close relative to the gooseberry. The tomatillo is like the distant cousin that doesn’t make it to the family get-togethers, and it’s high time you two got to know each other.

Tomatillo Salsa

**Ingredients**

- 1 pound fresh tomatillos
- 1 large onion (about 12 ounces), cut into large chunks (about 3 cups)
- 3 cloves garlic
- 1/2 packed cup coarsely chopped cilantro leaves
- 1/2 jalapeno (seeds and all if you like heat)
- 1/2 lime, juiced
- Kosher or fine sea salt

**Directions**

Pull the husks from the tomatillos and wash them under cool water until they no longer feel sticky. Cut them into quarters and put them into the work bowl of a food processor. Add the onion and garlic and process until smooth. Add the cilantro, jalapeno and lime juice and process until the jalapeno is finely chopped. Scrape the mixture into a small saucepan. Season lightly with salt and bring to a boil over medium heat. Cook, stirring occasionally, until most of the liquid is boiled off and the salsa looks relish-y, about 15 minutes. Cool before using. The sauce can be refrigerated for up to 1 week. If refrigerated, you may want to add a little salt and or lime juice to the salsa before serving.

Tomatoes

Tomato Trivia:

**Heaviest tomato.** The heaviest tomato on record weighed in at 3.51 kg (7 pounds 12 ounces). A “delicious” variety, it was grown grown by Gordon Graham of Edmond, Oklahoma in 1986. Gordon sliced the tomato to make sandwiches for 21 family members.

**Biggest tomato tree.** According to the Guinness Book of World Records, the largest tomato tree grows at Walt Disney World Resort’s experimental greenhouse and yields a harvest of more than 32,000 tomatoes and weighs 1,151.84 pounds (522 kg). The plant was discovered in Beijing, China, by Yong Huang, Epcot’s manager of agricultural science, who took its seeds and grew them in the experimental greenhouse. Today, the plant produces thousands of golf ball-sized tomatoes that are served at Walt Disney World's restaurants, and can be seen by tourists riding the "Living With the Land" boat ride at the Epcot Center.

**Official veggie and official fruit.** The tomato serves as both the official state vegetable and the official state fruit of Arkansas, in honor of the South Arkansas Vine Ripe Pink Tomato, sometimes known as “Bradley Pink.”
Winter Squash

Butternut Squash Risotto

**Ingredients**
- 2 cups of cubed squash
- 2 tablespoons of butter
- 1 cup of Aborio rice
- 1 tomato, chopped
- 1/2 onion minced
- 1/3 cup of dry white wine
- 5 cups of hot chicken stock
- ¼ cup of grated parmesan cheese

**Directions**
Place squash cubes into a steamer basket in a saucepan. Add water, cover, and bring to a boil over medium-high heat. Allow to steam until the squash is tender (10 to 15 minutes), then drain, and mash in a bowl with a fork. Melt butter in a saucepan over medium-high heat. Add onion; cook and stir for 2 minutes until the onion begins to soften, then stir in the rice. Continue cooking and stirring until the rice is glossy from the butter, and the onion begins to brown on the edges, about 5 minutes more. Pour in the white wine; cook, stirring constantly, until it has evaporated. Stir in the mashed squash and 1/3 of the hot chicken stock; reduce heat to medium. Cook and stir until the chicken stock has been absorbed by the rice, 5 to 7 minutes. Add half of the remaining chicken stock, and continue stirring until it has been absorbed. Finally, pour in the remaining stock, and continue stirring until the risotto is creamy. Finish by stirring in the Parmesan cheese, and seasoning to taste with salt and pepper.

Yellow Onions

**Baked Onions**

**Ingredients**
- 4 large whole onions peeled
- 2 Tbs. softened butter
- 1 Tbs. fresh thyme or 1 tsp. dried salt and pepper to taste

**Directions**
Preheat oven to 375 F. Slice off and discard the top ½ inch of the stem end of each onion. Spread the cut surfaces with butter and sprinkle with thyme, salt and pepper. Place each onion on a square of oil, large enough to completely enclose it. Wrap each onion up tightly and put in preheated oven. Bake about 1 hour. Let each diner unwrap his or her own baked onion. Serves 4.
Carrots

**Carrot Soufflé**
2 lbs of carrots cut
1/4 cup sugar
2 TBS flour
1 1/2 tsp baking powder
1/2 tsp vanilla
3 large eggs
1/4 cup butter, softened

**Directions**
Place carrots in salted water in saucepan. Bring to a boil, then reduce heat and cook for 30 minutes until tender. Drain. Puree carrots with 1/4 cup sugar, flour, baking powder, and vanilla in food processor. Add 3 eggs, intermittently, blend after adding each egg. Add butter and mix thoroughly. Lightly grease 1 1/2 quart soufflé dish. Bake at 425 degrees for 45 minutes. Serve immediately. Enjoy!!

Green Beans with Tomato and Basil

**Ingredients**
1 1/2 pounds green beans, cooked
1 garlic clove, diced
1 small onion, thinly sliced
1 tbsp. olive oil
2 tomatoes or 1/2 basket of cherry tomatoes, coarsely chopped
salt & pepper to taste
1 tbsp. chopped fresh basil
1 tbsp. chopped fresh parsley

Cut beans into 1-inch lengths; set aside. Sauté garlic and onion in oil in skillet until soft. Add tomatoes, salt and pepper, and cook 2 minutes. Stir in basil and green beans. Cover, reduce heat to low and simmer 3 minutes. Remove from heat, stir in parsley, and serve immediately. Makes 4-6 servings.