

S U M M E R 2 0 1 3

The Dirt

Towne's Harvest Garden September, 2013



Towne's Harvest CSA Summer & Fall Share Week 11

Hello Everyone!

Fall is rapidly approaching and all of a sudden night has arrived by 8:00pm and I am now finding myself ready to go to sleep earlier than ever. On a more serious note, our neighbors to the south in the wonderful state of Colorado under experiencing devastating floods. The floods have affected 15 counties and thousands of families left in a state of utter disbelief and devastation. If anyone has the means to help those affected the Denver Post has list organizations that you can donate or volunteer with. Have great week everyone and see all of you Wednesday.

Cheers,

Tim, Alex, and Chaz

http://www.denverpost.com/breakingnews/ci_24096409/colorado-floods-how-help-those-impacted

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!

Week 9 Produce

Edamame

Edamame is a green vegetable more commonly known as a soybean, harvested at the peak of ripening right before it reaches the "hardening" time. The word Edamame means "Beans on Branches," and it grows in clusters on bushy branches.

Roasted edamame with sea salt and black pepper

Ingredients

16 ounces of shelled edamame
2 teaspoons extra-virgin olive oil
1 teaspoon sea salt
1/2 teaspoon freshly-cracked black pepper
(or 1-2 teaspoons alternate seasoning)

Directions

Preheat the oven to 375°F.

Pour the edamame in a strainer and run under warm water for a few seconds to melt any ice crystals. Spread the edamame on a clean dish towel and pat gently with another dish towel to dry them as much as possible. In a mixing bowl, toss the edamame with the olive oil, salt, and pepper (or other seasonings). Taste one of the edamame and add more seasonings if desired. Spread the edamame in a single layer on a sheet pan and roast for 30-40 minutes. Stir every 10 minutes and watch for the edamame to begin puffing and turning golden-brown. Their color will also darken, the exterior will be dry, and you'll hear them "singing" as steam escapes from inside the bean. Remove the pan from the oven and transfer the roasted edamame to a serving bowl. They are best if eaten within a few hours of roasting.



Potatoes

Potato Trivia:

- In October 1995 the potato became the first vegetable to be grown in space! NASA wanted to develop super-nutritious and versatile spuds to feed astronauts on long space voyages.
- Potatoes contain more potassium than bananas
- Louis XVI of France wore potato flowers in his buttonhole to stimulate interest in the plant.
- Potatoes were often eaten aboard ship to prevent scurvy, a disease caused by a deficiency of vitamin C.
- The Incas used the potato to treat injuries. They also thought it made childbirth easier.
- China is now the world's largest potato-producing country, and nearly a third of the world's potatoes are harvested in China and India
- The year French Fries were first served to America.

Shallots

Roasted Chicken with Caramelized Shallots

Ingredients

3 tablespoons olive oil
 3 tablespoons red wine vinegar
 1 tablespoon soy sauce
 4 large shallots, peeled and minced
 sea salt and freshly ground black pepper
 One whole chicken, cut into 8 pieces
 one generous **handful** of coarsely chopped flat-leaf parsley



Directions

Preheat the oven to 425°F (220°C). In a large baking dish, one which will hold all the chicken pieces in a single layer, mix the olive oil, vinegar, soy sauce, shallots, and some salt and pepper. Toss the chicken in the mixture, so they're completely coated with the shallots. Turn the chicken pieces so they are all skin side up. Roast the chicken for about twenty minutes, until it starts to brown on top. Turn the pieces of chicken over. Scrape any juices and shallots over the chicken that may be clinging to the pan, and bake for another twenty minutes, or until the pieces of chicken are cooked through and the shallots are well-caramelized. Remove from oven and toss in the chopped parsley, then serve.

Leeks

Potato and Leek Gratin

Ingredients

2 tablespoons unsalted butter, more for greasing the pan
 2 large leeks, trimmed and halved lengthwise
 1 1/2 pounds peeled Yukon Gold potatoes
 1 teaspoon kosher salt
 1/2 teaspoon ground black pepper
 2 thyme sprigs
 1 cup heavy cream
 1 fat garlic clove, finely chopped
 1 bay leaf
 1/4 teaspoon freshly ground nutmeg
 3/4 cup Gruyère, grated.



Directions

Heat oven to 350 degrees and butter a 2-quart gratin dish. Wash the leeks to remove any grit and slice thinly crosswise. Using a mandoline or sharp knife, slice the potatoes into rounds, 1/8-inch thick. Toss with 3/4 teaspoon salt and 1/4 teaspoon pepper. Layer the rounds in the gratin dish. Melt the 2 tablespoons butter in a large skillet over medium heat. Add leeks, remaining salt and pepper, and thyme. Cook, stirring, until leeks are tender and golden, 5 to 7 minutes. Discard thyme and scatter the leeks over the potatoes. Add cream, garlic and bay leaf to the skillet, scraping up browned bits of leeks from the bottom of the pan. Simmer gently for 5 minutes. Stir in nutmeg. Pour the cream over the leeks and potatoes and top with the Gruyère. Cover with aluminum foil and transfer to the oven. Bake for 40 minutes, uncover and bake until the cheese is bubbling and golden, 15 to 20 minutes longer. Let cool slightly before serving.

Beets

Dark Chocolate Beet Brownies

- 2 large beets, peeled
- 3 large eggs
- 2/3 cup brown sugar
- 2/3 cup sugar
- 1/2 cup oil
- 2 tsp vanilla extract
- 1 1/4 cup cocoa powder
- 3/4 cup all purpose flour
- 1 tsp baking powder
- 1/2 tsp kosher or sea salt
- 1 cup chocolate chips, at least 60% cocoa

Directions

In a medium saucepan, cover the beets with water by an inch. Place the pot over medium high heat and bring the water to a boil. Reduce the heat to medium and simmer the beets until they are soft enough to easily be pierced through the center with a knife, about 25 minutes. Drain the beets and puree them. You may need to add a tablespoon or two of water to the beets to get them to puree smoothly, Add only what you need. Set the beet puree aside to cool. Preheat your oven to 350 degrees. In a large bowl whisk together the eggs, oil, and sugars. Add the vanilla extract and beet puree and whisk to fully combine. Mix the flour, cocoa powder, baking powder and salt into the wet ingredients. Stir in the chocolate chips. Pour the batter into a 9x13 inch baking pan that has been sprayed with cooking spray or lined with foil or parchment. Bake for about 30 minutes or until a toothpick inserted into the center of the brownies comes out clean but still moist. Cool the brownies completely before cutting. They will keep in an airtight container for 3 days.



Roasted Garlic Dipping Sauce with Ginger

Ingredients

- 1 large head roasted garlic
- 3/4 cup extra-virgin olive oil
- 1/2 cup good-quality aged balsamic vinegar
- 1 tablespoon tamari sauce or soy sauce
- 2 teaspoons shredded/grated fresh ginger root
- 1/2 teaspoon dark sesame oil

Directions:

Chop garlic into smaller sections. Stir all the ingredients together. Serve. That's it.

