

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 12

Hello Everyone!

Brace yourselves, winter is coming.... Well snow is forecasted from Wednesday to Thursday afternoon. The fall interns are working feverishly to harvest as many crops out of the field before the frost and snow take their inevitable toll. Yesterday, at the Emerson Cultural Center, a film titled *A Place at the Table* had a special screening event. The film is about hunger in the United States and the social, political, economic, and cultural implications hunger invokes. The film's director and her husband *Top Chef* judge Tom Colicchio also had panel discussion at the end of the film discussing hunger on nation and local level, and how to create solutions within communities. For more information please visit:

<http://www.takepart.com/place-at-the-table>

<https://tofu.msu.montana.edu/cs/childhunger2013/>

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!

Week 12 Produce

Potatoes

Potatoes arrived in the Colonies in 1621 when the Governor of Bermuda, Nathaniel Butler, sent two large cedar chests containing potatoes and other vegetables to Governor Francis Wyatt of Virginia at Jamestown. The first permanent potato patches in North America were established in 1719, by Scotch-Irish immigrants. From there, the crop spread across the country.

Potato Leek Soup

Ingredients

8 cups chicken stock
 6 russet potatoes, peeled and cut into large pieces
 4 leeks (whites only), thoroughly washed and sliced
 3 stalks celery, roughly chopped
 1 bay leaf
 1 1/2 teaspoons finely chopped fresh thyme
 Salt and freshly ground pepper
 1 cup heavy cream



Directions

Put the chicken stock, potatoes, leeks, celery, bay leaf and thyme in a large pot and sprinkle with salt and pepper. Boil until the potatoes are soft, 15 to 20 minutes. Remove the bay leaf. Using an immersion blender (or in batches in a blender or food processor), blend the soup until smooth. Pour the soup into a medium pot; add the cream and simmer until the soup has thickened, about 20 minutes.

Kohlrabi

Kohlrabi Trivia:

- The name 'kohlrabi' comes from the German 'kohl', meaning cabbage, and 'rabi' meaning turnip. Indeed, kohlrabi does taste like a cross between these two.
- Around 800 A.D. the Holy Roman Emperor Charlemagne ordered kohlrabi to be grown in the Imperial Gardens.
- Kohlrabi (*Brassica oleracea* Gongylodes Group) is a low, stout cultivar of the cabbage that will grow almost anywhere.
- It is also used extensively in the southern part of India.

Carrots

Roasted Carrot Salad

1 teaspoon cumin seeds
 2 teaspoons fresh lemon juice
 2 teaspoons Sherry vinegar
 1 teaspoon Dijon mustard
 1/2 cup plus 3 tsp. extra-virgin olive oil, divided
 1 tablespoon finely chopped fresh mint
 Kosher salt and freshly ground black pepper
 1 pound baby carrots with 1/2' of tops attached, peeled
 6 small (1 1/2' diameter) red beets, scrubbed, trimmed leaving 2' of stem attached
 3/4 cup (lightly packed) flat-leaf parsley leaves, divided
 1/2 cup crumbled feta (about 4 oz.)



Directions

Stir cumin seeds in a small dry skillet over medium heat until fragrant, 3–4 minutes. Let cool. Finely grind in a spice mill. Whisk cumin, lemon juice, vinegar, and Dijon mustard in a medium bowl. Gradually whisk in 1/2 cup oil, then mint. Season vinaigrette with salt and pepper. Cook carrots in a large pot of boiling salted water for 1 minute; using a slotted spoon, transfer carrots to a bowl. Add beets to same pot of boiling water and cook until just tender, 20–25 minutes. Drain. Let stand at room temperature to cool slightly, about 15 minutes. Peel and trim beets; halve lengthwise. **DO AHEAD:** Vinaigrette and vegetables can be made 1 day ahead. Cover separately; chill. Return vinaigrette to room temperature and whisk before using. Preheat oven to 450°. Season carrots with salt and pepper. Toss with 1 1/2 tsp. oil. Arrange on half of a large rimmed baking sheet. Place beets in same bowl; season with salt and pepper and toss with remaining 1 1/2 tsp. oil. Arrange in single layer opposite carrots on same baking sheet. Roast vegetables, turning once, until slightly charred and just tender, about 15 minutes. Place carrots, 1/2 cup parsley leaves, and feta in a medium bowl; drizzle 1/4 cup vinaigrette over and toss to coat. Arrange carrot mixture on a small platter. Place beets in another medium bowl. Add 2 Tbsp. vinaigrette; toss to coat. Tuck beets in among carrots. Sprinkle remaining 1/4 cup parsley leaves over. Drizzle with remaining dressing.

Onions

Classic

Creamed Onions

2 lbs of onions
 2 tablespoons olive oil
 1/4 cup cream sherry
 2 tablespoons unsalted butter
 1 1/2 tablespoons all-purpose flour
 1/2 teaspoon dried thyme leaves, crumbled
 1/8 teaspoon ground nutmeg
 1 pinch ground cloves
 1 1/2 cups half and half
 1 cup chicken broth



Directions

Cut, and Pat onions dry with paper towels. Heat oil in a large deep skillet over moderately high heat until hot but not smoking. Add onions, stirring occasionally, until golden brown, about 6 minutes. Remove pan from heat and add sherry. Simmer until reduced to 1 tablespoon, about 2 minutes. Transfer onion mixture with a slotted spoon to a bowl. Add butter to skillet and melt over moderate heat. Whisk in flour, thyme, nutmeg and cloves and cook, whisking constantly, until golden in color, about 2 minutes. Add half and half and broth in a stream, whisking, then whisk until smooth. Simmer mixture until thickened, about 3 minutes. Return onions to pot, stirring them to coat, and simmer until mixture is heated through, about 2 minutes. Season with salt and pepper to taste.

Roasted Corn with Basil-Shallot Vinaigrette

Ingredients

3 cups fresh corn kernels
 2 tablespoons extra-virgin olive oil
 1/4 cup chopped fresh basil
 1 tablespoon minced shallot
 1 tablespoon red-wine vinegar
 1/4 teaspoon salt
 Freshly ground pepper, to taste



Directions:

Preheat oven to 450°F. Toss corn and oil to coat and spread out on a large baking sheet. Bake, stirring once, until some kernels begin to brown, about 20 minutes. Combine basil, shallot, vinegar, salt and pepper in a medium bowl. Add the corn; toss to coat. Serve warm or cold.