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The Dirt

Towne's Harvest Garden October, 2013



Towne's Harvest CSA Summer & Fall Share Week 14

Hello Everyone!

This week is the last CSA distribution of the season. I cannot believe how quickly this season has passed, from starting to deliver spring greens in May to distributing the delicious fall bounty of winter squash and pumpkins here in October. I would like to express my thanks to all of you for your support of Towne's Harvest this season. As CSA members you helped started the farm this season, allowing us to get the necessary materials to not only start the farm but also help teach and empower students. Without your early contributions students would not have had a place to learn about farming and understand what the various requirements are to make a financially and socially viable food enterprise here in the Gallatin Valley. This week we have a beautiful fall medley of crops for your last CSA. Have wonderful fall and I wish you all the best in your endeavors and life.

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. There will be hot apple cider, pumpkin carving, and fall coloring pages. 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 14 Produce

Parsnips

Parsnip is considered a winter vegetable because its flavor is not fully developed until the roots have been exposed to near-freezing temperatures for 2 to 4 weeks in the fall and early winter. The starch in the parsnip root changes into sugar, resulting in a strong, sweet, unique taste.

Baked Parsnip Fries with Rosemary

Ingredients

2 1/2 pounds parsnips, peeled, cut into about 3x1/2-inch strips
 1 tablespoon finely chopped fresh rosemary, plus 5 sprigs rosemary
 1 large garlic clove, minced
 3 tablespoons olive oil
 Kosher salt, freshly ground pepper
 1/2 teaspoon (or more) ground cumin



Directions

Preheat oven to 450°. Mix parsnips, chopped rosemary, garlic, and oil on a large rimmed baking sheet. Season with salt and pepper and toss to coat. Spread out in a single layer. Scatter rosemary sprigs over. Roast for 10 minutes; turn parsnips and roast until parsnips are tender and browned in spots, 10–15 minutes longer. Crumble leaves from rosemary sprigs over; discard stems and toss to coat. Sprinkle 1/2 tsp. cumin over. Season to taste with salt, pepper, and more cumin, if desired.

Parsley

Parsley facts:

- Parsley is thought to have originated in Sardinia.
- Parsley was used to flavor and garnish food as early as the third century B.C
- The name 'parsley' comes from the Greek word petros, meaning 'stone,' because the plant was often found growing among rocks.
- In ancient times, wreaths were made with parsley and were worn to prevent intoxication.
- Parsley was brought to the New World by the colonists.
- Parsley seed oil is used in shampoo, soap and men's perfumes.



Carrots

Dilly Carrots

Ingredients

2 1/2 pounds carrots, peeled and cut into 3-inch sticks (about 9 cups)
 12-24 sprigs fresh dill
 3-6 whole large cloves garlic, sliced
 3 cups distilled white vinegar or cider vinegar
 3 cups water
 2 tablespoons plus 2 teaspoons sea salt
 2 tablespoons sugar

Directions

Place a large bowl of ice water next to the stove. Bring a large pot of water to a boil in a large pot. Add half of the carrot sticks, cover, return to a boil and cook for 2 minutes. Use a slotted spoon to transfer the carrots to the ice water to cool. Repeat with the remaining carrots.

Drain the cooled carrots and divide among 6 pint-size (2-cup) canning jars or similar-size tempered-glass or heatproof-plastic containers with lids. Divide the dill and garlic among the jars. Combine vinegar, 3 cups water, salt and sugar in a large saucepan. Bring to a boil and stir until the salt and sugar dissolve. Boil for 2 minutes. Remove from the heat. Carefully fill jars (or containers) with brine to within 1/2 inch of the rim, covering the carrots completely. (Discard any leftover brine.) Place the lids on the jars (or containers). Refrigerate for at least 24 hours before serving. Store in the refrigerator for up to 1 month.



Winter Squash

Pasta With Winter Squash

Ingredients

1 small butternut squash, about 1 1/2 pounds, peeled, seeded, and cut in 1/2-inch dice
 3 garlic cloves, unpeeled, lightly crushed
 Salt and freshly ground pepper
 2 teaspoons chopped fresh rosemary or sage (to taste)
 2 tablespoons extra virgin olive oil
 3/4 pound pasta, either long pasta like spaghetti, or penne
 2 ounces ricotta salata, grated, or 2 ounces crumbled goat cheese
 1 tablespoon chopped fresh parsley

Directions

Preheat the oven to 425°F. Cover a baking sheet with foil. In a bowl, toss the squash with the garlic, salt, pepper, rosemary or sage, and 1 tablespoon of the olive oil until all of the squash is coated with oil. Transfer to the baking sheet, place in the oven and roast for 30 minutes, or until tender and caramelized. Remove from the heat. Remove the garlic cloves and discard. Transfer the squash to a wide pasta bowl and add the cheese. Keep warm. Bring a large pot of generously salted water to a boil and add the pasta. Cook al dente, following the timing instructions on the package but checking the pasta a minute or two before. Ladle about 1/2 cup cooking water from the pasta into the bowl with the squash and cheese and stir together. When the pasta is ready, drain and toss with the squash mixture, the remaining tablespoon of olive oil, and the parsley. Serve hot.

10 Fun things to do with Pumpkins

1. Pumpkin Face Mask- Take a couple of tablespoons of purred pumpkin, either cooked fresh or from a can (make sure to buy a can of 'pure' pumpkin, not pumpkin pie mix). Add a touch of honey and a dab of milk, apply to face for fifteen minutes while you relax, then wash off and bask in your new glow!
2. Pumpkin Pot of Stew- Just cut off the tops, scoop out the seeds, rub the insides with oil and sprinkle with salt and pepper. Bake the pumpkins and their lids, right side up, for 25 minutes at 350 degrees on baking sheets lined with parchment paper. Remove lids, turn pumpkins upside down and bake another 25 minutes. Let cool and then fill with your favorite fall stew. The pumpkin provides an edible bowl and sweet-savory taste addition to your choice of stew.
3. Pumpkin Tree- Get an assortment of bright orange, round pumpkins and hang them from a tree in your front yard to make a pumpkin tree! Leave it up all season long or invite guests over to "pick" a pumpkin and throw a jack-o-lantern carving party. If you are really handy, you can hang the jack-o-lanterns back up in the tree for a spooky glowing effect.
4. Smash it! - Make a pumpkin piñata by carving out the pumpkin through a small hole in the top and filling it with candy. Hang it from a tree at your harvest party, blindfold the players one at a time and try to smash it with a bat. It will be really messy – and the kids will absolutely love it, of course.
5. Grow it-Wash, dry and save the seeds from your pie pumpkin or jack-o-lantern, and plant them the following spring in your yard or garden. Pumpkins are easy to grow, and from the tiny round globules in late spring to the giant orange wonders that result in the fall, watching your very own pumpkin grow is a traditional way to mark the seasons.
6. Pumpkin Bowling-Find the roundest pumpkin you can and remove the stem, and then use it in place of the ball in a kiddie bowling set at your Halloween party for kids or adults. The pumpkin will never roll quite straight, and that is half the fun on the crooked holiday of Halloween!
7. Table Décor-Feeling crafty? Buy an assortment of pumpkins in different shapes and sizes, as well as some pretty fall flowers (real or artificial) and colorful candles. Remove the pumpkins' stems and hot glue flowers or candles on top of them for an assortment of looks that fits your holiday table – or give the decorations out individually as harvest gifts.
8. Wear it to Scare-Cut a large hole in the bottom of a large pumpkin, scrape out all of the insides very well, then carve a jack-o-lantern face. You can wear it this way on your head, or use it to scare trick-or-treaters: cut a hole in a card table and sit underneath it (hidden by a table skirt) on your front porch. When trick-or-treaters arrive for their candy, they will get the trick of a moving, talking pumpkin head!
9. Fill it with Guts and Eyeballs-Carve the top off a medium-size pumpkin and scoop out all of the insides. Fill it with cold cooked spaghetti noodles (guts) and peeled grapes (eyeballs), and then trick your partygoers with the gooey mess as they enter or exit your party! Younger children will get a real kick out of the "guts and eyeballs."
10. Pumpkin Hair Mask- Mix one cup of pureed pumpkin with four tablespoons of coconut oil into a food processor. Apply the mixture to your hair in a shower cap for thirty minutes. Rinse thoroughly and then shampoo.

