

S U M M E R 2 0 1 3

The Dirt

Towne's Harvest Garden July, 2013



Towne's Harvest CSA Summer & Fall Share Week 2

Hello Everyone!

I hope everyone is able to take advantage of the hot weather as much as our plants have been. This week the farm is bustling with activity as students and staff get ready to host President Cruzado and guests at the annual President's Lunch held every year at Towne's Harvest Garden. Student's from the Farm to Table class, and farm intern's harvest and prepare for a luncheon that will feed sixty people and using the ingredients from the farm. The luncheon is held to showcase all of the work that is happening as the farm to continues to progress and change every season. We look forward to seeing everyone on Wednesday night and we have a wonderful offering of crops this week including kale, basil, mint, green onions, baby beets, arugula, radishes, and head lettuce.

Cheers,

Tim, Alex, and Chaz

BEEF!

Exciting news for everyone this week! Towne's Harvest Garden will now have beef for sale every week at the farm during CSA nights for our members. CSA members will have option of buying beef from B Bar Ranch at a reduced rate because of their CSA membership. Every week various cuts of beef will be stocked in our meat freezer to help reduce your weekly shopping trips. Established in 1906, the B Bar today manages a herd of Ancient White Park cattle from which organic, grass-finished beef is sold throughout Montana. Tours of B Bar ranch are encouraged and it is another way to be more involved in our local food system.

B Bar Ranch 818 Tom Miner Creek
Road Emigrant, MT 59027-
6013 Phone - (406) 848-7729

Week 2 Produce

Arugula

Bunched arugula needs to have its tough stems removed and discarded before cleaning. Arugula is best cleaned in a large bowl or basin of cool water. Gently swish leaves in the water, letting any dirt fall to the bottom of the bowl. Lift clean leaves out of the water and transfer to a salad spinner or several layers of paper towels or a clean kitchen towel. Dry in the spinner or by rolling in the towels. Transfer leaves to a layer or two of paper towels (or clean, dry ones if you dried the leaves with towels), gently roll them up, and store in a loosely closed plastic bag in the fridge.

Grilled Cheese with Peaches and Gruyere

Serves 6

Ingredients

4 slices of rustic bread
 2 very ripe peaches, peeled and sliced
 4-6 ounces Gruyere cheese, sliced
 Handful of arugula
 Butter



Directions

The key, in my opinion, to a good grilled cheese sandwich is to use medium to medium-low heat. I started by putting my pan over medium heat and then added two slices of bread, the peaches, and then the cheese. Then add a handful of arugula and the top piece of bread, butter side up. These sandwiches will probably take anywhere from 8-10 minutes to cook. Again, don't get in a hurry. If your bread is browning too much on one side, flip it over to give that side a rest and turn down the heat a bit.

Head Lettuce

Head Lettuce Trivia:

- Lettuce is a member of the sunflower family.
- In 2006 according to the USDA, 70% of the nation's head lettuce was produced in California.
- In 2000, 73% of all the lettuce grown in the U.S. was iceberg lettuce.
- Lettuce (of all types) is the second most popular fresh vegetable in the United States behind #1 [potatoes](#). The average American eats approximately 30 pounds of lettuce each year, which is five times what was eaten in 1900.

Green Onions

Grocery stores label long, skinny, green-topped onions that have white bottoms as either scallions or green onions. But they are almost always the exact same plant, green onions/scallions are the genus and species *Allium fistulosum*, a.k.a. the Japanese bunching onion or Welsh onion.

Ingredients

2 or 3 large leftover baked potatoes
1 tablespoon vegetable oil
2 tablespoons butter
5 scallions, finely chopped, whites and greens
Salt and pepper or steak seasoning blend

Directions

Scoop cooked potatoes from shells and coarsely chop. Heat a medium nonstick skillet over moderate heat. Add oil and butter to the pan. When butter melts into the oil, add green onions and cook 1 minute. Add potatoes and cook, turning occasionally, until potatoes are crusted and golden and onions begin to brown at edges.



Mint

Lemon Mint Sherbet

Ingredients

Fresh mint (handfuls)
1 cup of sugar
½ cup of fresh lemon juice
2 2/3 cup of milk
1 1/2 teaspoons of lemon zest.



Directions

Reserve a few mint leaves for garnish. Stir the sugar, lemon juice, and remaining mint leaves together in a medium bowl. Let stand for 1 hour. Stir the milk into the lemon juice mixture, then strain the mixture through the sieve into a bowl, pressing lightly on the mint leaves; discard the mint. Add the lemon zest. The mixture will thicken slightly and may look curdled—this is okay. Pour the mixture into a shallow pan, cover, and freeze until hard, 3 to 4 hours. Break the frozen mixture into chunks with a fork, and process in the food processor or blender until the mixture is smooth and the color has lightened. If some of the frozen chunks are stubborn, don't be afraid to continue processing: extra processing only makes smoother, creamier sherbet. Serve immediately as a slushy spoon drink, garnished with the reserved mint leaves, or transfer to an airtight container and refreeze until hard enough to scoop, 3 to 4 hours. If the sherbet freezes too hard, let it soften in the fridge for 15 minutes or longer, or carefully soften it in the microwave on the defrost setting, a few seconds at a time. For the best flavor and texture, serve within 2 to 3 days.

Basil

Fettuccine with Shiitake Mushrooms and Basil

Ingredients

2 tablespoons extra-virgin olive oil
 3 cloves garlic, minced
 2 ounces shiitake mushrooms, stemmed and sliced (1 1/2 cups)
 2 teaspoons freshly grated lemon zest
 2 tablespoons lemon juice, juice
 1/4 teaspoon salt, or to taste
 Freshly ground pepper, to taste
 8 ounces whole-wheat fettuccine, or spaghetti (see Ingredient note)
 1/2 cup freshly grated Parmesan cheese, (1 ounce)
 1/2 cup chopped fresh basil, divided

Directions

Bring a large pot of lightly salted water to a boil for cooking pasta. Heat oil in large nonstick skillet over low heat. Add garlic and cook, stirring, until fragrant but not browned, about 1 minute. Add mushrooms and increase heat to medium-high; cook, stirring occasionally, until tender and lightly browned, 4 to 5 minutes. Stir in lemon zest, lemon juice, salt and pepper. Remove from the heat. Meanwhile, cook pasta, stirring occasionally, until just tender, 9 to 11 minutes or according to package directions. Drain, reserving 1/2 cup cooking liquid. Add the pasta, the reserved cooking liquid, Parmesan and 1/4 cup basil to the mushrooms in the skillet; toss to coat well. Serve immediately, garnished with remaining basil.

Baby Beets

- The Leaf beet is not grown for its roots, but rather for its leaves. It's more commonly known as Swiss Chard.
- Sugar beets have about twice the amount of sugar as other beets and account for about 1/3 of the world's supply of sugar
- Modern varieties of beets are derived from the sea beet that grows wild along the coasts of Europe, Africa, and Asia

Kale with Roasted Beets and Bacon

Ingredients

2 beets (about 14 ounces)
 1 tablespoon olive oil
 Kosher salt and freshly cracked black pepper
 6 thick-cut applewood-smoked bacon slices (8 ounces), diced
 1 large bunch kale (about 1 1/2 pounds), washed, stemmed and cut into 1-inch pieces
 1/3 cup low-sodium chicken stock
 4 tablespoons apple cider vinegar

Preheat the oven to 425 degrees F. Wash and trim the beets, removing both ends. Place them on a 12-inch square sheet of heavy-duty aluminum foil. Drizzle with the olive oil and season generously with salt and pepper. Seal up the foil packet and roast until the beets are fork-tender, about 1 hour. In a large skillet over medium heat, cook the bacon until medium-crisp (or however you prefer your bacon). Transfer the bacon to a paper towel-lined plate. Increase the heat to high and add the kale, stirring to coat in the rendered bacon grease. Cover and cook for a few minutes, and then add the chicken stock and 2 tablespoons of the vinegar. Stir to combine, cover and allow to wilt for 6 to 8 minutes. Peel and cut the beets into chunks and add them to the kale. Stir in the remaining 2 tablespoons vinegar. Add the bacon, stir to combine and season with salt and pepper.