

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 3

Hello Everyone!

Summer is in full swing and the tomatoes and peppers look like they will be ready soon! As many of you may have read in the Daily Chronicle this weekend, part of Towne's Harvest works in conjunction with a grant to provide seniors in rural communities with reduced priced organic produce. We have already been able to sell to over one hundred seniors in Three Forks, Belgrade, and Gallatin Gateway. This would not be possible without the support from you, the CSA community which contributes funds before the season starts, so that we may grow extra crops so we that are able to offer fresh and nutritious to communities that may not always have the convenience of attaining local produce. Thank-you so much for your continuing support!

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 3 Produce

### Red Kohlrabi

German for turnip, the taste and texture of kohlrabi are similar to those of a broccoli stem or cabbage heart, but milder and sweeter, with a higher ratio of flesh to skin. The young stem in particular can be as crisp and juicy as an apple, although much less sweet.

#### Stir Fry with Kohlrabi

Serves 6

#### Ingredients

3 kohlrabi, peeled  
 3 medium carrots  
 4 tablespoons peanut or safflower oil  
 3 cloves garlic, peeled and thinly sliced  
 1 inch piece gingerroot, peeled and thinly sliced  
 3 green onions, sliced  
 1-2 fresh chili peppers, sliced, optional salt  
 4 tablespoons oyster sauce (optional)  
 3 teaspoons sesame oil & soy sauce, each



#### Directions

Slice kohlrabi and carrots into thin ovals. Heat oil in large heavy skillet; when it begins to smoke, toss in garlic and ginger. Stir once then add kohlrabi and carrots; toss and cook 2 minutes. Add green onions and chilies; stir-fry 1 minute, then pour in  $\frac{1}{2}$  cup water. Cover, reduce heat and cook 5 minutes. Remove cover and toss in a little salt and the sesame and soy, and oyster if using. Serve with rice.

### Radish

#### Radish Trivia:

- Americans eat 400 million pounds of radishes each year, most of which is consumed in salads.
- Radishes were first cultivated thousands of years ago in China, then in Egypt and Greece. Radishes were so highly regarded in Greece that gold replicas were made. The radish did not make its way to England until approximately 1548. By 1629 they were being cultivated in Massachusetts.
- In Oaxaca, Mexico, Christmas Eve is also the Night of the Radishes, when large radishes are cut into animal shapes.

## Broccoli

### Parmesan Roasted Broccoli

#### Ingredients

4 to 5 pounds broccoli  
 4 garlic cloves, peeled and thinly sliced  
 Good olive oil  
 1 1/2 teaspoons kosher salt  
 1/2 teaspoon freshly ground black pepper  
 2 teaspoons grated lemon zest  
 2 tablespoons freshly squeezed lemon juice  
 3 tablespoons pine nuts, toasted  
 1/3 cup freshly grated Parmesan cheese  
 2 tablespoons julienned fresh basil leaves (about 12 leaves)



#### Directions

Preheat the oven to 425 degrees F. Cut the broccoli florets from the thick stalks, leaving an inch or two of stalk attached to the florets, discarding the rest of the stalks. Cut the larger pieces through the base of the head with a small knife, pulling the florets apart. You should have about 8 cups of florets. Place the broccoli florets on a sheet pan large enough to hold them in a single layer. Toss the garlic on the broccoli and drizzle with 5 tablespoons olive oil. Sprinkle with the salt and pepper. Roast for 20 to 25 minutes, until crisp-tender and the tips of some of the florets are browned. Remove the broccoli from the oven and immediately toss with 1 1/2 tablespoons olive oil, the lemon zest, lemon juice, pine nuts, Parmesan, and basil. Serve hot.

## Basil

### Green Risotto

#### Ingredients

5 cups reduced-sodium chicken broth, or vegetable broth  
 1 10-ounce bag spinach, tough stems removed  
 1 cup fresh basil leaves  
 2 tablespoons extra-virgin olive oil  
 1 cup chopped shallots or onion  
 4 cloves garlic, minced  
 1 1/2 cups arborio, carnaroli or other Italian "risotto" rice  
 1/4 teaspoon salt  
 1 cup dry white wine  
 1 cup finely shredded Parmigiano-Reggiano cheese, divided  
 Freshly ground pepper to taste  
 1/3 cup toasted pine nuts

#### Directions

Bring broth to a simmer in a medium saucepan over medium-high heat. Reduce the heat so the broth remains steaming, but is not simmering. Rinse spinach thoroughly with cold water and place in a large microwave-safe bowl. Cover with plastic wrap and punch several holes in it. Microwave on High until wilted, 2 to 3 minutes. Let cool, then squeeze out excess moisture. Transfer to a food processor or blender, add basil and puree until smooth; set aside. Heat oil in a Dutch oven over medium-low heat. Add shallots (or onion) and cook, stirring occasionally, until softened, about 2 minutes. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add rice and salt and stir to coat. Stir 1/2 cup of the hot broth and a generous splash of wine into the rice. Cook, stirring frequently, until the liquid has been absorbed. Continue to cook on medium-low, adding broth in 1/2-cup increments followed by a splash of wine, and stirring frequently after each addition, until most of the liquid is absorbed. The risotto is done when you've used all the broth and wine and the rice is creamy and just tender, 25 to 35 minutes total. Stir in the reserved spinach-basil puree. Remove from the heat; stir in 3/4 cup cheese and pepper. Serve sprinkled with pine nuts and the remaining 1/4 cup cheese.





## Fennel

The three different parts of fennel—the base, stalks and leaves—can all be used in cooking. Cut the stalks away from the bulb at the place where they meet. If you are not going to be using the intact bulb in a recipe, then first cut it in half, remove the base, and then rinse it with water before proceeding to cut it further. Fennel can be cut in a variety of sizes and shapes, depending upon the recipe and your personal preference. The best way to slice it is to do so vertically through the bulb. If your recipe requires chunked, diced or julienned fennel, it is best to first remove the harder core that resides in the center before cutting it. The stalks of the fennel can be used for soups, stocks and stews, while the leaves can be used as an herb seasoning.

### Salmon with Fennel

#### Ingredients

1 medium lime  
 1 teaspoon fennel seeds  
 1 large fennel bulb, sliced  
 1/4 teaspoon salt  
 4 teaspoons olive oil, divided  
 2 garlic cloves, minced  
 4 salmon filets fillets (8 ounces *each*)  
 1 tablespoon chopped fennel fronds



#### Directions

Cut lime in half; cut four slices from one half for garnish. Finely grate enough peel from remaining half to measure 3/4 teaspoon; squeeze juice from lime half. Set aside. In a dry small skillet over medium heat, toast fennel seeds until aromatic, about 1-2 minutes. Cool. Crush seeds in a spice grinder or with a mortar and pestle. In a large saucepan, bring 1 in. of water to a boil. Add sliced fennel and salt; cover and boil for 6-10 minutes or until crisp-tender. Drain and pat dry. In a large nonstick skillet, sauté fennel in 2 teaspoons oil for 3 minutes or until fennel is lightly browned. Add garlic; cook 1 minute longer. Remove from the pan and set aside. In the same skillet over medium-high heat, cook fillets in remaining oil for 3-4 minutes on each side or until fish flakes easily with a fork. Drizzle with lime juice; sprinkle with lime peel and crushed fennel seeds. Serve with sautéed fennel. Garnish with fennel fronds and lime slices.

## Chocolate Wafers with Ginger Fennel and Sea Salt

#### Ingredients

1 1/2 teaspoons fennel seeds  
 1/4 teaspoon sugar  
 7 ounces bittersweet chocolate (70 to 75 percent cacao), chopped  
 16 wafer-thin crispbreads, such as Finn Crisp (1 1/2-by-3 inches)  
 2 tablespoons minced crystallized ginger  
 Maldon sea salt

Line a baking sheet with parchment paper. In a small skillet, toast the fennel seeds over moderate heat until fragrant, about 2 minutes. Add the sugar and cook, stirring frequently, until the sugar is melted and coats the seeds, about 15 seconds. Scrape the candied fennel seeds onto a plate and let cool. Crumble any clumps to separate the seeds. Put the chocolate into a microwave-safe bowl and microwave in 30-second bursts until almost melted. Stir the chocolate until completely melted and an instant-read thermometer inserted in it registers 90°F. Working very quickly, dip a crispbread in the chocolate and use an offset spatula to spread the chocolate in a very thin layer so it completely coats the crispbread. Transfer to the prepared baking sheet and sprinkle with some of the fennel seeds, ginger and sea salt. Repeat with the remaining crispbreads, chocolate and toppings. Refrigerate, then serve.