

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 4

Hello Everyone!

The season of summer squash is set to begin! Personally the arrival of summer squash means that farm is about bust with ample amounts of wonderful field veggies and everyday here is a harvest day. Today also happens to be the last July and I cannot believe how quickly summer has gone by. August approaches with the whispers of school to begin once more and football to commence once again. I personally still have a few outdoor adventures on my checklist before the throes of books and fantasy football decisions invade my life. So I encourage us all to take a few moments and think about what are your adventures you would like to accomplish with your family and loved ones before our beautiful summer draws to a close. Have a wonderful everyone and I will see all of you tonight.

Cheers,

Tim, Alex, and Chaz

## Dr. Bob's Orchard

This week a dedication ceremony took place at the newly established fruit orchard here at the teaching farm. The orchard is dedicated Dr. Bob Gough whose life and work was an invaluable contribution to Montana State University and horticulture efforts throughout Montana. Though I had not had the privilege of meeting Dr. Bob I had the opportunity of taking a class from his wife Cheryl who often spoke of his work and dedication to understanding horticulture in the rocky mountain west. Thank-you Dr. Bob for being a source of inspiration to the Montana horticultural community, and may those who follow in your footsteps find your passion and dedication in their own areas of study.

## Week 4 Produce

### Raspberries

Raspberries belong to the rose (*Rosaceae*) family of plants. There are over 200 species of raspberries, all belonging to the scientific genus called *Rubus*. Fortunately, however, many of the raspberry species that are grown commercially can be placed into one of three basic groups: red raspberries, black raspberries, and purple raspberries.

#### Summer Berry Cobbler

Serves 6

#### Ingredients

##### *Filling*

4 cups mixed berries  
 1/4 cup plus 1 Tbsp sugar  
 2 Tbsp instant tapioca  
 1 Tbsp fresh lemon juice

##### *Topping*

1/2 cup flour  
 1/2 cup shredded coconut  
 1/4 cup sugar  
 1/4 cup chopped walnuts  
 1/4 teaspoon baking powder  
 Pinch of salt  
 4 Tbsp (1/4 cup) cold, unsalted butter, cut into cubes

#### Directions

Preheat oven to 375°F. Butter a 9x9 inch-baking dish. In a large bowl, mix together the filling ingredients - berries, sugar, tapioca, and lemon juice. Pour into the baking dish. In a medium sized bowl, stir together the flour, coconut, sugar, walnuts, baking powder and salt from the topping ingredients. Use your fingers to mix in the cubes of butter. Rub the butter into the other ingredients until the mixture looks like coarse crumbs. Sprinkle the topping over the filling. Bake for 35-40 minutes, until the topping is golden brown and crispy, and the filling is bubbling. Let cool for at least an hour. Serve with vanilla ice cream or whipped cream.



### Beets

#### Beet Trivia:

- An old Harper's Bazaar article says that beets are good for removing wrinkles and bags under the eyes.
- The name beet comes from the fact that when the seed pods swell they look like the Greek letter beta.
- The Romans considered beet juice to be an aphrodisiac.
- Borscht is an Eastern European soup made from beets that has been an important winter staple in countries like Russia and Poland since the 14th century.

## Summer Squash

### Easy Sautéed Summer Squash

#### Ingredients

4 small summer squash or 2 to 3 medium  
 nonstick cooking spray  
 1/4 cup vegetable broth or chicken broth  
 1/2 teaspoon crushed garlic  
 3 or 4 green onions, thinly sliced  
 about a dozen medium basil leaves, cut thin  
 salt and freshly ground black pepper, to taste

#### Directions

Spray a large skillet with cooking spray and heat over medium heat. Sauté the sliced summer squash, stirring constantly, for about 2 minutes. Add the vegetable broth to the skillet and continue cooking and stirring for a few minutes longer, until almost tender. Add the garlic and green onions and continue cooking and stirring until tender but still a bit firm. Stir in the basil and add salt and pepper to taste.



## Baby Red Onion

### Green Risotto

#### Ingredients

1 cup uncooked orzo (rice-shaped pasta; about 8 ounces)  
 2 cups bagged prewashed baby spinach, chopped  
 1/2 cup chopped drained oil-packed sun-dried tomato halves  
 3 tablespoons chopped red onion  
 3 tablespoons chopped pitted kalamata olives  
 1/2 teaspoon freshly ground black pepper  
 1/4 teaspoon salt  
 1 (6-ounce) jar marinated artichoke hearts, undrained  
 3/4 cup (3 ounces) feta cheese, crumbled and divided



#### Directions

Cook the orzo according to package directions, omitting salt and fat. Drain; rinse with cold water. Combine orzo, spinach, and next 5 ingredients (through salt) in a large bowl. Drain artichokes, reserving marinade. Coarsely chop artichokes, and add artichokes, reserved marinade, and 1/2 cup feta cheese to orzo mixture, tossing gently to coat. Sprinkle each serving with remaining feta cheese.



## Peppers

### Stuffed Peppers

#### Ingredients

1 tablespoon unsalted butter  
 1 tablespoon olive oil  
 1/2 cup finely chopped red onion  
 6 cremini mushrooms  
 1/2 cup wild rice blend  
 1 cup chicken broth, divided  
 1/3 cup hazelnuts  
 1/4 cup dried cherries or cranberries  
 3 tablespoons finely grated Parmigiano-Reggiano  
 2 red bell peppers (1/2 pound each)  
 2 teaspoons balsamic vinegar  
 Special equipment: a (9- by 2-inch) square baking dish

#### Directions

Melt butter and oil together in a 2-quart heavy saucepan over medium heat. Add onion and cook, stirring occasionally, until softened, 3 to 5 minutes. Add mushrooms and cook, stirring, until liquid given off by mushrooms has evaporated, about 5 minutes. Add rice and toast, stirring, until fragrant, 1 to 2 minutes. Combine 1/2 cup chicken broth with 1/2 water and stir into rice. Simmer, covered, until rice is cooked through, 45 to 50 minutes. Let stand, covered, 10 minutes, then fluff with a fork. Preheat oven to 400F. While rice is cooking, put hazelnuts on a baking pan and toast until golden, 6 minutes. Place in a kitchen towel and rub off any loose skins, then chop. Transfer to a bowl with cherries and cheese. Halve peppers lengthwise through stem, leaving stem intact. Remove seeds and white ribs with a small sharp knife. Add rice to ingredients in bowl along with vinegar and stir to combine. Season to taste with salt and pepper (about 1/4 teaspoon each). Arrange pepper halves in baking dish and divide mixture between each. Pour remaining 1/2 cup chicken broth in dish (not on peppers). Cover tightly with foil and bake until peppers are softened, 35 to 40 minutes. Remove foil and bake, uncovered, to brown and crisp tops, 10 to 15 minutes more. Let cool 5 minutes before serving. Make ahead: Rice mixture can be cooked 1 day ahead and kept covered and chilled. Bring to room temperature before stuffing peppers. Serve with sauteed fennel. Garnish with fennel fronds and lime slices.



## Dark Chocolate Brownies with Raspberries

#### Ingredients

12 oz. dark chocolate  
 9 oz. unsalted butter  
 3 large eggs  
 9 oz. dark brown sugar  
 3 1/2 oz. all purpose flour,  
 sifted  
 1 tsp baking powder  
 6 oz. fresh raspberries  
 pinch of salt

Preheat oven to 325° and line a 9×9 inch baking pan.

Melt chocolate and butter together in double boiler or heatproof pot of simmering water. Set aside to cool. Whisk eggs until thick, gradually add the sugar and beat until glossy. Beat in the melted chocolate mixture, and then gently fold in flour, baking powder and salt. Pour just over half the mixture into the prepared pan. Scatter with fresh raspberries, then cover with the remaining mixture. Bake in the preheated oven for about 40 minutes or until the surface is set. They will be cooked when a skewer or toothpick inserted into the middle comes out with just a little mixture adhering. Remove the brownies from the oven and allow resting for about 20 minutes. Cut into squares and remove them from the tin when cooled. It is seriously tempting to remove them when they are still warm but they are far too fragile to decant unless cold.