

S U M M E R 2 0 1 3

# The Dirt

Towne's Harvest Garden August, 2013



## Towne's Harvest CSA Summer & Fall Share Week 8

Hello Everyone!

School is once again in session and the quiet roads of Bozeman summer have quickly been filled with the influx of students and their families bustling between Target and Costco to frantically purchase every item required for their first initial year of college. The farm is continuing to display it's incredible bounty as more produce is discovered between every leaf and unearthed with excitement. I would like to take a time to welcome some new hands to the farm, our four fall semester interns as well as the interns from the Montana Dietetic Internship who well spending part of their rotation on the farming learning about how nutrition and local systems are connected. Have a great week everyone!

Cheers,

Tim, Alex, and Chaz



## Bee Gone?

What is up with all of this talk of bees?

Bee pollination is responsible for more than \$15 billion in increased crop value each year. About one mouthful in three in our diet directly or indirectly benefits from honey bee pollination.

Commercial production of many specialty crops like almonds and other tree nuts, berries, fruits and vegetables are dependent on pollinated by honey bees. These are the foods that give our diet diversity, flavor, and nutrition. Colony losses from CCD are a very serious problem for beekeepers.

Annual losses from the winter of 2006-2011 averaged about 33 percent each year, with a third of these losses attributed to CCD by beekeepers. The winter of 2011-2012 was an exception, when total losses dropped to 22 percent. Source: USDA (2013) More information:

<http://www.ars.usda.gov/News/docs.htm?docid=15572>

## Week 8 Produce

### Potatoes

Potatoes originated in the Andean mountain region of South America. Researchers estimate that potatoes have been cultivated by the Indians living in these areas for between 4,000 and 7,000 years. Unlike many other foods, potatoes were able to be grown at the high altitudes typical of this area and therefore became a staple food for these hardy people.

#### Roasted Potatoes

#### Ingredients

1 1/2 pounds small red or white-skinned potatoes (or a mixture)  
 1/8 cup good olive oil  
 3/4 teaspoon kosher salt  
 1/2 teaspoon freshly ground black pepper  
 1 tablespoons minced garlic (3 cloves)  
 2 tablespoons minced fresh rosemary leaves



#### Directions

Preheat the oven to 400 degrees F.

Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, garlic and rosemary; toss until the potatoes are well coated. Dump the potatoes on a baking sheet and spread out into 1 layer; roast in the oven for at least 1 hour, or until browned and crisp. Flip twice with a spatula during cooking to ensure even browning. Remove the potatoes from the oven, season to taste, and serve.

### Fennel

#### Fennel Trivia:

- In India, Fennel seeds are used as breath fresheners...:)
- The name "fennel" is originally from the Greek word for marathon. In 490 B.C, the Greeks fought the Persians on a field of Fennel.
- Fennel's taste is similar to anise or licorice. It also looks like celery.
- Romans believed that Fennel would control obesity!
- In Europe, fennel syrup is approved for inflammation of the upper respiratory tract in children.
- Both fennel seed and oil are approved by the German Commission E for stomach spasms, fullness, and gas, and for inflammation of the upper respiratory tract.

## Tomatillos

### Scrambled Eggs with Tomatillos

#### Ingredients

Olive oil  
 1/2 pound tomatillos, papery husks removed and discarded, rinsed, roughly chopped  
 1/3 cup chopped onion  
 1 fresh or canned jalapeno chile pepper, minced (more or less depending on how hot the pepper is, and how much heat you want)  
 Splash of lemon or lime juice  
 4 to 6 eggs  
 Salt and pepper  
 Some chopped fresh cilantro for garnish

#### Directions

Heat a tablespoon of oil in a medium-sized skillet on medium heat. Add the chopped tomatillos, onion, jalapeño chile pepper, and a small squeeze of lemon or lime juice. Cook on medium to medium-low heat (you want to gently cook, not brown) for about 5 minutes, stirring occasionally, until the onions have softened, and the tomatillos are no longer bright green. Add the eggs directly to the pan (no need to whisk first). Break up the yolks with your stirring spoon. Cook gently, stirring and scraping the bottom of the pan with a wooden spoon. Salt and pepper to taste. Remove from heat when the eggs begin to set, but are still moist, about 3 minutes. Serve immediately. Sprinkle on cilantro for garnish.



## Leeks

### Pork Tenderloin with sautéed apples and leeks

#### Ingredients

2 pork tenderloins (1 1/2 to 2 pounds total), trimmed  
 2 tablespoons of olive oil  
 Coarse salt and ground pepper  
 2 leeks, white and light-green parts only, halved lengthwise, and cut crosswise into 1-inch pieces  
 1/2 teaspoon fennel seeds  
 3 Gala apples, cored and cut into 1/4-inch-thick slices and halved crosswise  
 1 tablespoon honey  
 1 teaspoon sherry vinegar or red-wine vinegar

#### Directions

Heat broiler, with rack set 4 inches from heat. On a broilerproof rimmed baking sheet, rub pork with 1 tablespoon oil; generously season with salt and pepper. Broil, until pork registers 145 degrees on an instant-read thermometer, 12 to 14 minutes. Transfer to a plate, cover loosely with aluminum foil, and let rest, 10 minutes (temperature will rise about 5 degrees as it sits). Meanwhile, in a large skillet, heat remaining tablespoon oil over medium. Add leeks and fennel seeds; cook, stirring occasionally, until leeks are tender, about 6 minutes. Add apples, and cook, tossing, until just beginning to soften, 3 to 4 minutes. Remove from heat; stir in honey and vinegar, and season with salt and pepper. Thinly slice pork, and serve with apples and leeks.





## Carrots

### Mini carrot and ginger pudding pies

#### Ingredients

*For the crust:*

1-1/2 cups graham cracker crumbs

6 tablespoons melted butter

1/4 cup brown sugar

Dash of cinnamon

*For the pudding filling:*

3-1/3 cups grated carrots

2 cups milk (2 percent)

2 cups cream

1/2 cup water

3/4 cup sugar

4 tablespoons unsalted butter

1 teaspoon ground ginger

Dash of salt

Whipped cream to top



#### Directions

Prepare the crust by mixing the butter, graham crackers, sugar and cinnamon together. Carefully press about 2 - 3 tablespoons of crust into eight lightly-greased ramekins. Preheat the oven to 350 degrees and bake the crusts for about 8 minutes, or until lightly browned. Heat the milk, cream and water in a medium saucepan over high heat. Once the mixture starts to bubble (but not boil) stir in the carrots and ginger. Bring the mixture to a boil and then reduce heat to low. Let the pudding simmer for about 40 minutes, or until the milk and cream have evaporated. Add in the butter, sugar and dash of salt. Stir the mixture constantly until the liquid and sugar dissolves. Scoop about 1/3 cup of pudding over each crust in the ramekins. Chill for at least an hour, or until cooled. Serve with a garnish of whipped cream and enjoy!

## Yellow bean salad with warm vinaigrette

#### Ingredients

2 tablespoons olive oil

1 shallot, minced

1/4 cup black olives, pitted  
and roughly  
chopped

1 lemon, juiced

1 pound yellow  
beans, trimmed  
and blanched

Salt and pepper

Heat olive oil in a medium size sauté pan. Add shallots and sauté until tender and translucent. Add olives and lemon juice to pan.

Allow liquid to reduce slightly, add blanched yellow beans, toss and remove from heat.

