

TALK *of the* TOWNES

This week at the farm, we've been dealing with some fall weather sooner than expected and that's presented some interesting challenges at the farm. Right now, we're keeping our fingers crossed that our summer crops (i.e. tomatoes, peppers) reach ideal ripeness.

Some of you have been absolutely dynamite about bringing us your egg cartons to use to package our pastured eggs – that said, the more the better so please them coming!

Mark your calendars for **Wednesday August 25th from 4pm-6pm** – that day we're opening up the farm for you all to come and harvest some of the produce that you'll be picking up the following evening at CSA pick-up. Bring the entire family and come hang out with all of us at the farm!

As mentioned last week, please spread the word to friends who are non-CSA members about our Friday farm stand at the MSU campus. The farm stand will run every Friday in August and September from 3pm-6pm on 7th Street between Kagy and Grant on the lawn adjacent to the tennis courts.

Enjoy your produce this week!
Towne's Harvest Garden

WHAT TO EXPECT THIS WEEK...

Broccoli, green beans, fennel root, sunflower, beets, carrots, parsley, chard, kale



please let us know what you think.

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RECIPES

Braised Fennel with Onion and Sweet Pepper

- 2 teaspoons olive oil*
- 4 cups thinly sliced fennel bulb (about 4 small bulbs)*
- 3 cups vertically sliced onion*
- 1 cup red bell pepper strips*
- 2/3 cup vegetable broth*
- 1/4 teaspoon salt*
- 1/4 teaspoon fennel seeds*
- 1/8 teaspoon coarsely ground black pepper*
- 1 garlic clove, minced*
- 2 tablespoons thinly sliced basil*
- 1 1/2 tablespoons chopped fennel fronds or fresh flat-leaf parsley*

Heat oil in a large nonstick skillet over medium-high heat. Add fennel, onion, and bell pepper; saute 6 minutes. Add broth and next 4 ingredients (broth through garlic). Cover, reduce heat, and simmer 20 minutes or until vegetables are tender. Stir in basil and fennel fronds.

Chicken with Fennel, Tomatoes, and Zucchini

6 (4-ounce) skinless, boneless chicken breast halves

- 2 1/2 tablespoons Italian-seasoned breadcrumbs
- 5 teaspoons olive oil, divided
- 2 cups thinly sliced fennel bulb (about 2 small bulbs)
- 2 cups finely chopped zucchini
- 1 1/2 cups thinly sliced leek (about 2 large)
- 1/2 cup fat-free, less-sodium chicken broth
- 2 tablespoons tomato paste
- 1/4 teaspoon salt
- 1/4 teaspoon fennel seeds
- 1/4 teaspoon dried tarragon
- 1/8 teaspoon coarsely ground black pepper
- 1 (14.5-ounce) can diced tomatoes, undrained
- 2 tablespoons chopped fennel fronds or fresh flat-leaf parsley

Dredge the chicken in breadcrumbs. Heat 3 teaspoons oil in a large nonstick skillet over medium-high heat. Add the chicken; sauté 3 minutes on each side or until golden brown. Remove from pan.

Heat 2 teaspoons oil in pan over medium heat. Add fennel bulb, zucchini, and leek; cook 5 minutes, stirring occasionally. Add broth and next 6 ingredients (broth through tomatoes). Cover, reduce heat, and simmer 15 minutes or until the vegetables are tender, stirring occasionally.

Return the chicken to pan; cover and cook 12 minutes or until the chicken is done. Sprinkle with fennel fronds

Fennel, Leek, and Potato Soup

- 1 tablespoon butter
- 2 cups chopped fennel bulb (about 2 small bulbs)
- 2 cups thinly sliced leek (about 2 large)
- 1 3/4 cups (1-inch) cubed peeled baking potato
- 1 1/4 cups water
- 1/2 teaspoon salt
- 1/4 teaspoon fennel seeds
- 1/8 teaspoon black pepper
- 2 (14 1/2-ounce) cans fat-free, less-sodium chicken broth
- Fennel fronds (optional)

Melt the butter in a Dutch oven over medium-high heat. Add fennel bulb and leek; sauté 4 minutes. Add potato, water, salt, fennel seeds, pepper, and broth, and bring to a boil. Cover, reduce heat, and simmer 20 minutes or until potato is tender. Place half of the soup in a blender; process until smooth. Pour pureed soup into a bowl. Repeat procedure with remaining soup. Return pureed soup to pan; simmer 5 minutes or until slightly thick. Garnish with fennel fronds, if desired.

