

TALK *of the* TOWNES

We've now arrived at week 9 in the CSA season and should begin to see an increase in volume from this point forward if nature is agreeable. We've been fortunate enough to receive some heat that would actually suggest it's August around here, so that's helped with our tomatoes and squash. It's still getting pretty cool at night as you all have noticed, so that's made it a bit difficult to get our cucumbers and eggplant really going. Hopefully, we'll have some warmer nights to set them off in the right direction.

Also, a reminder that our CSA member harvest will be next Wednesday, August 25th from 4pm-6pm at the farm. We hope you can make and feel free to bring the whole family. For clarification, this will not serve as a substitute to CSA pick-up on Thursday and is intended to help our members get out in our fields and experience a harvest with us.

One other quick reminder—please continue to spread the word about our Friday farm stand—every Friday in August and September between 3pm-6pm on 7th Street between Kagy and Grant on the lawn adjacent to the tennis court parking lots.

Enjoy your produce this week!

Towne's Harvest Garden

WHAT TO EXPECT THIS WEEK...

Squash, Beets, Red/White Onions, Leeks, Carrots, Potatoes, Green beans, Parsley, Basil, Cucumbers, Spinach, Sorrel, Swiss Chard, Kale, Green tomatoes

please let us know what you think.

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&

<http://www.townesharvest.montana.edu>



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RECIPES

Intern Marcy Gaston has been a great help all year shouldering the recipe load of the newsletter, so please make sure and check out Marcy's blog - www.cookingrut.blogspot.com - if you like her recipes.

Sorrel

Sorrel is one of those leafy greens that most people are not that familiar with. It's similar to spinach, but some cultures consider sorrel to be more of an herb than a leafy green.

In terms of flavor, sorrel changes as it matures. The younger, smaller leaves have a fruitier taste. These can be added to salads or lightly sautéed like spinach. Whereas, the older, bigger leaves are more acidic in flavor. These leaves are best used in soups and stews, where a little acidity is a welcome addition.

Here is a recipe for Toscana soup. Traditionally this soup is made with kale, but sorrel would be a great substitute.

Toscana Soup

Serves 4-6

1 tablespoon olive oil
1 pound ground Italian sausage
1 teaspoon crushed red pepper flakes
1 large white onion, diced small
3 ounces pancetta, cut into small pieces or strips
2 cloves garlic, minced
8 cups chicken stock
¾ cup heavy cream
3 large red potatoes cut into ½ inch cubes OR 4-5 small or medium red potatoes
About a quarter pound of sorrel leaves that have been washed
Salt and freshly ground pepper to taste

In a large stockpot, sauté the Italian sausage in the olive oil. Add the crushed red pepper flakes. Drain off any excess fat. Remove the sausage from the pot and set aside.

In the same pot, add about 2 teaspoons of olive oil. Sauté the pancetta, onions, and garlic over medium low heat for about 10 minutes until the onions soften and the pancetta renders down.

Add the chicken stock and the potatoes. Cook until the potatoes are soft, about 30 minutes. Stir in the heavy cream, sausage, and sorrel. Let it simmer for about 15 minutes to wilt the sorrel. Adjust seasonings with the salt and pepper.

Enjoy!

Leek and Potato Soup

Serves 4-6

1 tablespoon butter

1 tablespoon olive oil

4 leeks, rinsed and chopped

3 Yukon gold potatoes (large), peeled and diced

3-4 cups chicken or vegetable stock

1/2 cup half and half

Salt and pepper to taste

Cayenne pepper to taste

Melt butter and olive oil in large pot over medium low heat. Add leeks and sweat until translucent. Add potatoes and stock. Cook until potatoes are tender (10-12 minutes). With a stick blender, puree the mixture until semi-smooth.* Add half and half, salt, pepper, and cayenne. Allow to cook another 5-10 minutes before serving. Adjust seasoning accordingly.

*Alternatively, you can use a blender or food processor to blend the soup. You may also strain it before adding the half and half.

Braised Leeks

3-4 leeks, cut in half lengthwise (only eat the white and pale green parts)

1 cup vegetable or chicken stock

2-3 tablespoons butter

Juice of one lemon

Salt and pepper to taste

2 methods -- can either be done completely on the stove top or in the oven, whichever works best for you.

Stovetop method:

In a saute pan (that has a lid), melt the butter over medium heat. Add the leeks flat-side down. Allow to saute slightly in the butter for 2 minutes or so. Add the stock and lemon juice. Cover and simmer for 20 minutes or until tender. Season with salt and freshly ground black pepper.

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Oven method:

Preheat oven to 425°. In an oven-proof saute pan, melt the butter over medium heat on the stove. Add the leeks flat-side down. Allow to saute slightly in the butter for 2 minutes or so. Add stock and lemon juice. Bring up to a strong simmer. Cover and place in hot oven and bake for 20 minutes or until tender.

*Optional Grilling --

You can char the leeks or endive on a hot grill before braising in liquid. Rub with olive oil and place on a hot grill for 2-3 minutes until it gets some nice color. If you are continuing to use your grill, place the leeks in foil. Add a couple tablespoons of stock and lemon juice. Wrap up and place on the grill (away from direct heat or over a medium-low burner). Put lid on grill and allow to cook for 20 minutes or until tender. Season with salt and pepper.

Fried Green Tomatoes (Source: www.allrecipes.com)

Ingredients

4 large green tomatoes

2 eggs

1/2 cup milk

1 cup all-purpose flour

1/2 cup cornmeal

1/2 cup bread crumbs

2 teaspoons coarse kosher salt

1/4 teaspoon ground black pepper

1 quart vegetable oil for frying

1. Slice tomatoes 1/2 inch thick. Discard the ends.
2. Whisk eggs and milk together in a medium-size bowl. Scoop flour onto a plate. Mix cornmeal, bread crumbs and salt and pepper on another plate. Dip tomatoes into flour to coat. Then dip the tomatoes into milk and egg mixture. Dredge in breadcrumbs to completely coat.
3. In a large skillet, pour vegetable oil (enough so that there is 1/2 inch of oil in the pan) and heat over a medium heat.
4. Place tomatoes into the frying pan in batches of 4 or 5, depending on the size of your skillet. Do not crowd the tomatoes, they should not touch each other. When the tomatoes are browned, flip and fry them on the other side. Drain them on paper towels.