

TALK *of the* TOWNES

Good news—here in week #10, we finally have tomatoes! Nature’s finally given us enough heat to get the fruit ripe enough for picking and we hope you all enjoy them. This week, our theme is “food preservation”, so you’ll be stocked up with a lot of things fit for preserving—you’ll also notice that the majority of the recipes are different preservation methods.

Today we had a decent showing of folks who were interested in harvesting their own food for this week’s CSA distribution so we set to work on carrot-diggin’, beet-pullin’, and bean pickin’. It was a hot one, but we had a good time, got some much-appreciated assistance with our chores, and hopefully yall learned a thing or two.

As our time with our interns is coming to a close, we’ll be sad to see them go, as most of them have been intricate and invaluable components of the living organism that is Towne’s Harvest Garden. We hope that you all enjoyed your interactions with them throughout the season.

Enjoy your produce this week!

Towne’s Harvest Garden

WHAT TO EXPECT THIS WEEK...

Green beans, carrots, onions, basil, summer squash, tomatoes, potatoes, cucumbers, kale, sunflowers, cabbage—Large shares will also get: leeks, bok choy, beets, cherry tomatoes



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please let us know what you think.

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**Sustainable Food &
Bioenergy Systems**



Basil Pesto (www.epicurious.com)

Ingredients

- 4 cups packed fresh basil leaves, washed well
- 1/2 cup pine nuts, toasted until golden, cooled, and chopped fine
- 1/2 cup freshly grated Parmesan (about 1 1/2 ounces)
- 2 large garlic cloves, minced
- 1/4 cup plus 3 tablespoons extra-virgin olive oil

Preparation

Have ready a bowl of ice and cold water. In a saucepan of boiling salted water blanch basil, a handful at a time, 2 seconds, transferring with a slotted spoon to bowl of ice water to stop cooking. Drain basil in a sieve and pat dry.

In a food processor purée basil with remaining ingredients until smooth and season with salt and pepper. Pesto may be made 2 days ahead and chilled, its surface covered with plastic wrap

Peppered Squash Relish (www.tasteofhome.com)

Ingredients

- 3 pounds yellow summer squash, finely chopped
- 3 pounds zucchini, finely chopped
- 6 large onions, finely chopped
- 3 medium green peppers, finely chopped
- 3 medium sweet red peppers, finely chopped
- 1/4 cup salt
- 2 cups sugar
- 2 cups packed brown sugar
- 2 cups white vinegar
- 4 teaspoons celery seed
- 1 teaspoon ground turmeric
- 1 teaspoon ground mustard

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Preparation

- In a large bowl, combine the first six ingredients. Cover and refrigerate overnight.
- Drain vegetable mixture. Rinse in cold water and drain again. Place vegetables in a Dutch oven. Add the sugars, vinegar, celery seed, turmeric and mustard. Bring to a boil. Reduce heat; simmer, uncovered, for 15-20 minutes or until liquid is clear.
- Remove from the heat; cool. Spoon into containers. Cover and refrigerate for up to 3 weeks. **Yield:** 4 quarts

Frozen Green Beans (www.greenbeansmore.com)

Preparation

- 1) Rinse your green beans in cool water. Drain.
- 2) Cut the ends of the beans off. Cut the beans to whatever length you prefer.
- 3) Put the green beans into rapidly boiling water, cover the pot and boil them for 3 minutes. (You can re-use this water three to five times - but make sure it's brought back to a rolling boil).
- 4) Use a large slotted spoon to remove the green beans from the boiling water and immediately plunge them into a bowl of ice water to stop the cooking. Keep them in the ice water for 3 minutes. Drain them well.
- 5) If you have a FoodSaver a great time to use it is right now. If you don't, put the green beans into zip-lock freezer bags. Make sure you get as much air out of the ziplock bag as possible to help prevent freezer burn.

Moroccan Raw Carrot Salad (www.epicurious.com)

Ingredients

- 1 pound carrots, coarsely grated (about 4 cups)
- 1/4 cup vegetable oil or extra-virgin olive oil
- 3 to 4 tablespoons fresh lemon juice
- 1/4 cup chopped fresh cilantro or parsley
- 2 to 4 cloves garlic, mashed or minced
- 1 teaspoon ground cumin or 1/2 teaspoon ground cumin and 1/4 teaspoon ground cinnamon
- 1 teaspoon sweet paprika
- Pinch of salt
- About 1/2 teaspoon *harissa* (Northwest African chili paste), 1 tablespoon minced green chilies, or 1/4 to 1/2 teaspoon cayenne (optional)

Preparation

In a large bowl, mix together all the ingredients. Cover and let marinate in the refrigerator for at least 2 hours or up to 2 days to allow the flavors to meld and permeate the carrots. Served chilled or at room temperature.