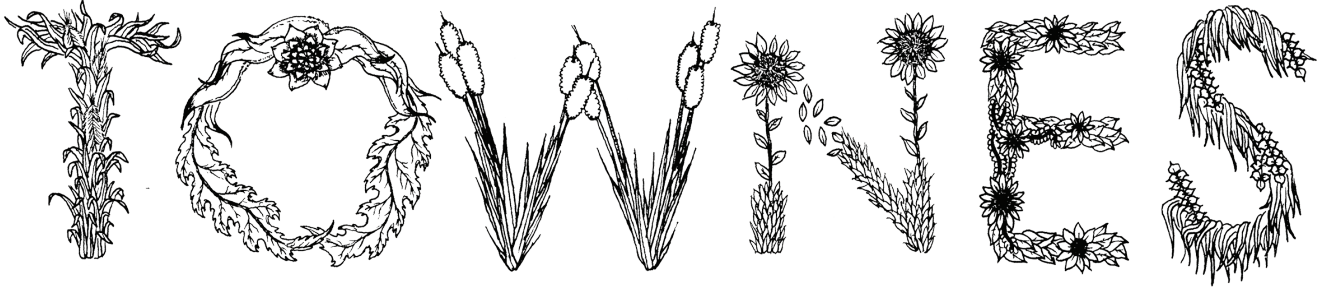


# Talk of the



## THE TOWNE'S HARVEST GARDEN WEEKLY NEWSLETTER



83°

*Blue Skies and Grey Clouds*

K.K.  
R.R.

### Music On Main

Thursday, July 1st .....6:30 -8:30 p.m.



80°

### Bogart Farmers Market

Tuesday, July 6th ..... 5-8 p.m.

As the plants do grow, so does the farm. It grows in efficiency, in productivity, in diversity, and in its philosophy. Right now, the farm is in its seedling stage. It has emerged from the soil and is growing at the greatest possible speed, using whatever resources its roots can tap into. The CSA that you are apart of is the first harvest: young, tender, and delicious. However, it is not yet the mature fruit. But all around are signs pointing towards that maturity, that fullness of flavor. Under the guidance of Chaz Holt, we are beginning to see the maturity of not only our vegetables, but also of the farm itself.

One of the goals of Towne's Harvest Garden is to provide you with the highest quality, locally grown food possible. We have the ability to diversify without some of the dangers other farms might face and as so, we plan to expand the range of products available to our CSA members. Some of our future plans include:

**Egg CSA:** This share would include a weekly supply of free range chicken eggs. Our flock is still small but with a new batch of layers quickly growing, we should soon be getting around two dozens eggs a day, depending on the season.

**Meat CSA:** Old hens make delicious soups and stocks, full of a lifetimes worth of vitamins and minerals. Young broilers ranged on grass is also an excellent tasting source of healthy meat. We also hope to provide other choices in the future.

**Food Preservation CSA:** This share would provide you with a large amount of foods that can be canned and preserved. With the recent planting of our orchard, complete with apples, pear, plums, and cherries, this CSA is a good option for shareholders looking to learn how to preserve food into the winter months.

### KEY

	SOWED
	SPROUTED
	WEEDED
	HARVESTED

JAN FEB MAR APR MAY JUNE JULY AUG SEPT OCT NOV DEC

<b>Onion</b>																		<b>Sm. Squash</b>	
<b>Peas</b>																			



### What to do with Radishes?

- \* Dip them in salt, drink with a cold beer
- \* Dip them in vodka
- \* **Pickled Radish and Carrot** ( For Salads)

- 1/2 cup distilled white vinegar
- 1/4 cup white sugar
- 1 small carrot, peeled and cut into matchsticks
- 1 daikon radish, peeled and cut into matchsticks
- 2 tablespoons chopped fresh cilantro
- 1 Thai chile pepper, seeded and chopped

Heat vinegar and sugar in a saucepan over low heat until sugar is dissolved. Remove from heat, and refrigerate to cool. Place daikon and carrot in a glass jar with the cilantro and chile peppers. Pour the cooled vinegar mixture over, submerging the vegetables. Cover and refrigerate for at least 4 hours, or overnight.

### Spinach Omelet

- 2 eggs
- 1 cup torn baby spinach leaves
- 1 1/2 tablespoons grated Parmesan cheese
- 1/8 teaspoon ground nutmeg
- Onion
- Salt and pepper to taste

In a bowl, beat the eggs, and stir in the baby spinach and Parmesan cheese. Season with onion powder, nutmeg, salt, and pepper. In a small skillet coated with cooking spray over medium heat, cook the egg mixture about 3 minutes, until partially set. Flip with a spatula, and continue cooking 2 to 3 minutes. Reduce heat to low, and continue cooking 2 to 3 minutes, or to desired doneness.

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### Rotini with Broccoli and Pancetta (Marcy)

- 1 box rotini pasta (or penne), cooked, drained, and tossed in 1-2 tablespoons olive o.
- 3 tablespoons olive oil
- 4 ounces pancetta, diced
- 1/2 red onion, diced or sliced thin
- 2 cloves garlic, minced
- 1/2 teaspoon red pepper flakes
- 1 head of fresh broccoli florets cut into bit size pieces
- Salt and pepper, to taste
- Grated Parmesan cheese
- Chopped fresh parsley



In a large sauté pan, heat the olive oil over medium heat. Add the pancetta and sauté until crispy. Remove from the pan and place on a paper towel. Set aside. Add the red onion to the pan. Sauté for 2-3 minutes. Add the garlic and red pepper flakes. Sauté another minute or so. Add the broccoli florets. Toss well to coat with the onions and oil. Season with 1/2 teaspoon salt and freshly ground black pepper. Reduce heat to medium low, cover, and cook for about 5 minutes. If you want softer broccoli, cook an additional 2-3 minutes. Toss in the cooked pasta, Parmesan cheese, cooked pancetta, and parsley. Drizzle 2-3 tablespoons olive oil over the top and serve as a side dish or as an entrée.