

TALK *of the* TOWNES

In week #12 (next to last week of CSA pick-up), we're going to be sending you all home with a plethora of root vegetables along with what we've managed to hang onto with our summer crops given the lack of summer we've had this season! Looking ahead, we have what's sure to be a dynamite event sponsored by MSU Friends of Local Foods...

Get Your Food On and Have a Fun Night at *Culinary Cabaret*...

September 7th, 2010, Bozeman, MT. Enjoy a bountiful harvest, this October 1st, with good company, great entertainment, and of course, fabulous cuisine at *Culinary Cabaret – A play on food*. This evening of multiple delights will take place from 7:00pm to 10:00pm at the Emerson Ballroom.

A tapas-style dinner and dessert will showcase Montana foods and will be prepared by the talented chefs of Montana Epicurean, Sola Café, and the Emerson Grill. A cash bar will be available to accompany your delicious dinner. Would you like some fun with your food? Laughs from improv comedy will be supplied by Equinox Theater, and musical entertainment by Jawbone Railroad.

Tickets can be purchased for \$25 in advance at Cactus Records, the Towne's Harvest Garden booth at the Bogert Farmers Market, or by emailing msu.flf@gmail.com. Tickets at the door are available for \$30, or for \$5 starting at 9:00pm for musical enjoyment only. Proceeds from the event benefit the sponsors: MSU Friends of Local Foods, Towne's Harvest Garden, and the Gallatin Valley Food Bank.

Friends of Local Foods was formed in the fall of 2006 to bring concerned students, faculty, and community members together to raise awareness, create academic opportunities and conduct research related to local food systems and food quality. Out of this effort grew the Towne's Harvest Garden project, a 3-acre diversified teaching vegetable farm.

WHAT TO EXPECT THIS WEEK...

Potatoes, Leeks, Carrots, Onions, Beets, Beans, Broccoli, Arugula, Swiss Chard, Green Tomatoes, Peppers, Cabbage, Cucumbers, Summer Squash, and Winter Squash



please let us know what you think.

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Carrot and Beet Pancakes (*Courtesy Epicurious.com*)

Ingredients

- 1 1/3 cups (packed) coarsely shredded peeled beets (from 2 medium)
- 1 cup coarsely shredded peeled carrots (from 2 medium)
- 1 cup thinly sliced onion
- 1 large egg
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup all purpose flour
- 3 tablespoons olive oil
- Low-fat sour cream

Preparation

Preheat oven to 300°F. Place baking sheet in oven. Combine beets, carrots and onion in large bowl. Mix in egg, salt and pepper. Add flour; stir to blend well.

Heat 1 1/2 tablespoons oil in heavy large skillet over medium heat. Using 1/3 cup beet mixture for each pancake, drop 4 pancakes into skillet. Flatten each into 3-inch round. Cook until brown and cooked through, about 4 minutes per side. Transfer pancakes to baking sheet in oven; keep warm. Repeat with remaining beet mixture, making 4 more pancakes.

Serve pancakes with sour cream.



Swiss Chard w/ Almonds & Raisins (*Courtesy Epicurious.com*)

Ingredients

- 1/2 large onion, sliced lengthwise 1/4 inch thick (1 cup)
- 2 1/2 tablespoons extra-virgin olive oil, divided
- 1/4 teaspoon Spanish smoked paprika
- 2 pounds Swiss chard, center ribs discarded and leaves coarsely chopped
- 1/2 cup golden raisins
- 1/2 cup water
- 1/4 cup coarsely chopped almonds with skins

Preparation

Cook onion with 1/4 teaspoon salt in 2 tablespoons oil in a 5- to 6-quart heavy pot over medium heat, stirring, until softened. Sprinkle with paprika and cook, stirring, 1 minute. Add chard in batches, stirring frequently, until wilted, then add raisins and water. Cook, covered, stirring occasionally, until chard is tender, about 7 minutes. Season with salt.

Cook almonds in remaining 1/2 tablespoon oil in a small heavy skillet over medium-low heat, stirring frequently, until golden, 3 to 5 minutes. Sprinkle almonds over chard.



Broccoli, Bacon, and Onion Salad (*Courtesy Epicurious.com*)

Ingredients

- 5 cups broccoli florets (from about 1 large bunch)
- 8 slices bacon
- 2/3 cup olive oil
- 3 tablespoons red wine vinegar
- 1 cup chopped red onion
- 1/2 cup toasted salted sunflower seeds

Preparation

Cook broccoli in medium pot of boiling salted water until crisp-tender, about 4 minutes. Drain well. Cook bacon in heavy large skillet over medium heat until brown and crisp. Transfer bacon to paper towels and drain. Crumble bacon. Whisk oil and vinegar in medium bowl to blend. Mix in onion. Season to taste with salt and pepper. (Broccoli, bacon and dressing can be prepared 2 hours ahead. Let stand separately at room temperature.)

Combine broccoli and bacon in large bowl. Toss with enough dressing to coat. Garnish with sunflower seeds. Pass remaining dressing separately.