



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Towne's Weekly

July 16, 2009



NOTES FROM THE FIELD

Veggie List

Lettuce

Radishes

Kale

Broccoli

Scallions

Cauliflower

Well, as you've likely noticed, with all the rain in Bozeman, we haven't had to turn on our irrigation in a while! The cool wet temperatures have made for pleasant days in the field for our farmers, but our plants are hoping for that sun!! This week we've seen our first squash blossoms, so prepare yourself for the zucchini rush in a couple weeks. Our lettuce and other greens have benefitted from the cool temps, but will likely see the end of their days sooner than later. Peas and green beans have been slow to blossom, but keep an eye out for those delicate flowers. Thus far we've harvested mainly from the greenhouses, raised beds and strip garden. However, some of this week's broccoli and lettuce came from our large N field. Hope you are enjoying the presence of fresh local produce in your diet as much as we are!! As you adjust to the workings of our CSA, please feel free to contact us with questions, comments or concerns. Thanks and happy veggie munching to you are yours!



MEET YOUR FARMERS



My name is **Jacqualynn Jones** I am from Bozeman and am in the Sustainable Food and Bioenergy Systems program at MSU. I have a daughter and stepson who are helping me with my garden, four huskies and twenty six chickens. Both my husband and I enjoy the outdoors with the family, our dogs pull us around on a sled or skis. The sustainable foods program interests me because I think that we as Americans need to stop living beyond our means and start to think about the future for our children who will have to live with many obstacles that have just started to be noticed. So my education will have an influence on my own children whom I can teach to be self sustaining.

Hey ya'll. My name is **Tim Holland** and I am a student intern at the Towne's Harvest this summer. I am originally from La Crosse, WI and moved to MT for the mountains. I will be a senior in Horticulture Science this fall. I love anything outdoors, and I am an avid climber and snowboarder. I am very interested in Organic Sustainable Horticulture and it is my focus as I continue my schooling. I am looking forward to meeting all of you at the CSA distributions.



Broccoli



Broccoli is a member of the cabbage family and is closely related to and highly resembles cauliflower with its “tree-like” appearance. It has a thick fibrous stalk and soft flowery florets that are connected to the stalk by stems. Broccoli ranges in color from bright green to deep sage to purplish green depending on the variety.

Picking/Selecting/Handling

When selecting broccoli, choose broccoli in which the floret clusters are compact and not bruised. The broccoli should be uniform in color (dark green, sage, or purplish-green) and free from yellow spots. The stalks and stems should be firm, the leaves should have a vibrant color, and there should be no slime anywhere on the vegetable.

Preserving/Storing

Broccoli is highly perishable so it is important that it is stored properly. It should be stored in an open plastic bag in a crisper in the refrigerator for up to one week. Never wash broccoli before refrigerating it because the water will degrade the vegetable. If broccoli is blanched and then frozen, it will keep for up to one year. Leftover cooked broccoli will last for a few days if stored in a tight container in the refrigerator.

Cooking Techniques/ Unusual Ways

Raw broccoli has the highest nutrient content, but it can also be steamed, blanched, stir-fried, or microwaved. Of these methods, steaming retains the most nutrients. Broccoli may also be added to casseroles, omelets, or pizza, or it may be pureed with cauliflower to make a soup base.

Nutrients: Vitamins A, C, K, Folate; Cancer-preventing compounds, and Fiber

Using the Whole Vegetable

Broccoli florets have the most flavor, but you can also use the stalks in stir-fries, omelets, or casseroles. The leaves are not commonly eaten but are very high in nutrients. The leaves can be cooked in pasta dishes, omelets, casseroles, salads, or may be added to a puree for a soup base.

FEATURED RECIPE:

Fresh Broccoli Salad

INGREDIENTS

- 2 heads fresh broccoli
- 1 red onion
- 1/2 pound bacon
- 3/4 cup raisins
- 3/4 cup sliced almonds
- 1 cup mayonnaise
- 1/2 cup white sugar
- 2 tablespoons white wine vinegar

DIRECTIONS

- 1.Place bacon in a deep skillet and cook over medium high heat until evenly brown. Cool and crumble.
- 2.Cut the broccoli into bite-size pieces and cut the onion into thin bite-size slices. Combine with the bacon, raisins, your favorite nuts and mix well.
- 3.To prepare the dressing, mix the mayonnaise, sugar and vinegar together until smooth. Stir into the salad, let chill and serve.