



Locally, Sustainably and Educationally Grown  
MSU Friends of Local Foods

# Towne's Weekly

July 23, 2009



## NOTES FROM THE FIELD

### Veggie List

Lettuce

Spinach

Scallions

Cabbage

Broccoli

Beets

Summer Squash

Prepare yourself, it's summer squash season! Our N field squash plants are looking really strong and have started producing. A 2 inch squash today, will triple in size in just a few days. Our root crops are sizing up as well. We harvested young beets this week to thin and make more space for larger beets later in the season. *Don't forget that the entire beet is edible -- the greens are great steamed or mixed with salad greens.* The lettuce and broccoli have produced well, but are nearing the end as temperatures rise. But they will be back as we have planted a second succession for late season harvest. Upon returning to the farm after the hot weekend, our tomatoes plants have put out a tremendous amount of flowers...and we are hoping for a good harvest in a few weeks. In the line up for the next few weeks: cabbage, peas, peppers and hopefully green beans. Hope this finds you well and feel free to contact us with questions. Look forward to seeing you this evening!!



## MEET YOUR FARMERS



My name is **Madeline Kelly** and I'm from New Hampshire. I came to Montana in the spring of 2008 to go to school and experience the west! I recently declared my major in sustainable foods. This internship is one requirement for my major and I think that's because an important component to leading a sustainable lifestyle is localizing your lifestyle. I am learning what it is like to work on a small, organic farm which is difficult and rewarding. I take part in growing food for the Gallatin Valley Food bank, members of our CSA program, and shoppers at two local farmer's markets. This is a really great experience because it shows that there are many people invested in leading a sustainable lifestyle. When I'm not digging in the dirt I like to make music, ride my awesome bike, eat really good food, and work at the Pickle Barrel Ice Cream shop. In the winter I like being up at Bridger Bowl on my snowboard!

Hello everyone, my name is **Tim Reusch** and I am originally from Grand Rapids Michigan. I enjoy backpacking, skiing, and camping in this beautiful state. I will be junior in the fall studying Sustainable Food Systems and Bionenergy with the sustainable crop option. I am working on the farm to study within my major, and I am learning the ropes of the basics of farming and hopefully applying them to my future. Hopefully I will working on developing sustainable urban agricultural practices. I hope you enjoy the harvest that this lovely has to offer you.





# Spinach

## Nutritional Facts

Serving Size:	1 1/2 cups
Calories	40
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	160mg
Total Carbohydrate	10g
Dietary Fiber	5g
Sugars	0g
Protein	2g

## % Daily Value\*

Vitamin A	70%
Calcium	6%
Vitamin C	25%
Iron	20%
Dietary Fiber	19%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Utilization & Storage:

Your spinach has been rinsed, but please wash before consumption.

Spin or allow spinach to air dry as too much moisture will reduce the quality and shelf life of your spinach.

Fresh spinach loses much of its nutritional value with storage of more than a few days, so eat it soon.

While refrigeration slows this effect to about eight days, spinach will lose most of its folate and carotenoid content, so for longer storage it is frozen, cooked and frozen, or canned.

To freeze, steam or quickly blanch and freeze in quart size bags. Store in the freezer for up to eight months.

## Recipe

### Spinach Balls

#### Ingredients

- 2 c spinach, blanched, cooled and thoroughly patted dry.
- 1/2 c finely chopped onion
- 1/3 c Fiber One all-bran cereal
- 1/4 c reduced-fat parmesan cheese
- 1 egg
- 3 Tbs fat free cream cheese at room temperature
- 1 Tbs margarine
- 3/4 tsp minced garlic
- 3/4 tsp italian seasoning
- 1/4 tsp salt
- 1/8 tsp black pepper

#### Directions

Preheat oven to 350 degrees. In a large bowl, combine all ingredients except for the Fiber One, and stir until completely mixed.

In a food processor or blender, grind Fiber One to a bread-crumbl-like consistency. Add Fiber One crumbs to the large bowl and mix until integrated. Prepare a baking sheet by lightly spraying it with non-stick spray. Scoop out about 1 tablespoons of the mixture, form it into a ball with your hands, and place it on the baking sheet. Repeat with the rest of the mixture, yielding a total of about 18 balls.

Bake in the oven for 20 minutes. Allow to cool slightly, and then have a ball (or several)!

## POPEYE WAS NO DUMMY!

### Iron:

Spinach is a rich source of iron. By weight, spinach has nearly the same amount of iron as ground beef. However, the iron in spinach is poorly absorbed by the body unless eaten with vitamin C.

### Calcium:

Spinach is also rich in calcium. However, the oxalate content in spinach also binds with calcium decreasing its absorption.

### Vitamins and Minerals:

It is a rich source of vitamin A (vitamin C, vitamin E, vitamin K, magnesium, manganese, folate, vitamin B2, potassium, vitamin B6, folic acid, copper, protein, phosphorus, zinc, niacin, selenium and omega-3 fatty acids.