



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Towne's Weekly

August 13, 2009



Veggie List

Scallions

Carrots

Summer Squash

Basil

Potatoes

Beets

Onion

Peas

COMMUNITY PARTNERS GALLATIN VALLEY FOOD BANK

We wanted to take a moment to highlight Towne's Harvest Garden's partnership with the **Gallatin Valley Food Bank**. The Gallatin Valley Food Bank (GVFB) has been a generous community, as well as financial supporter from the establishment of Towne's Harvest Garden. Together, through this partnership, we hope to increase access to fresh, wholesome produce for individuals who might not otherwise have the means. Every week, the Food Bank arrives with a refrigerated truck, which we promptly fill with crates of beautiful, high quality produce. This produce will then be utilized in the Food Bank's emergency food assistance program. This year, THG produce has also been incorporated in the GVFB Summer Lunch Program which offers summer meals to school-aged children in the Bozeman community. In years past, THG has provided over 6,000 lbs of produce to the Food Bank, and we are on target for that amount this year. Your support of THG is vital to our ability to provide this service to our community. Thanks!



MEET YOUR FARMERS



I am **Kristel Slifer** and I am from Boise Idaho and I am studying horticulture currently-- thinking about changing to the Sustainable Foods and Bioenergy Systems major. I decided to be a part of THG because I love to dig in the dirt and help things grow, especially food. I enjoy being outside: camping, hiking, being on my bike, skiing and just being in the sun. I have a real passion for local nutritionally healthy food and I want to continue to be a part of the concept of knowing who grew my food and supporting local infrastructure in Bozeman, Montana.



My name is **Sarah Payton**. I am from the suburbs of Chicago. For the summer, I work as the Horticulture Farm Technician which is a fancy title that means I am in charge of making sure the farm is aesthetically pleasing. As a Horticulture student, I work mostly with ornamental plants. I am also very interested in the processing of vegetables, so working with THG fit perfectly. Camping, hiking, biking leisurely, cooking and knitting occupy my time when I'm not gardening.

Beets



Selection and Handling: If harvesting, select beets to the size you desire, leave two inches of stem at the top and do not cut the root off. When selecting from the grocery store look for the size of beet you want with a damage free skin that is vibrant in color. Large sizes are good for cooking and smaller are better for pickling. When selecting beet greens, choose leaves free of holes and damage, and that look fresh and crisp.

Preservation: Beet greens should be stored separately from beets. They should be in a bag in the crisper section of the fridge, and should not be washed until right before use. Beet greens can last up to 5 days in the fridge when stored correctly. Beets can be stored in the crisper for up to 4 weeks. Remember to leave about 2 inches of the stem on the beet when storing so the beet does not bleed.

Simple preparation: To cook beets boil for 20-25 minutes, and then peel after they cool. Boil the beets whole and with about 2 inches of the stem on. Add vinegar or lemon juice to brighten the color of the beet, and add salt to taste at the end of cooking. Beets can also be sliced, lightly oiled and roasted in an oven at 350°. Beet greens can be sautéed, or braised and mixed with other greens for a great tasting side dish. Beets can also be canned, either pickled or plain. For a simple pickled beet, follow the recipe below.

Pickled Beets:

Ingredients:

- 15 small beets
- ½ Cup of Sugar
- 1 ¼ cup Vinegar
- 1 tablespoon whole pickling spices

Directions:

Clean beets well, and trim leaves about two inches above the beet. Boil for about 30 minutes or until tender. Cool the beets, remove skin, and slice.

Simmer sugar, vinegar, and a packet of spices (tie in cheese cloth) for 15 minutes. Add beets. Bring to a boil. Discard spices and chill beets. Serve cold.



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