



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Towne's Weekly

September 3, 2009



Veggie List

Summer Squash

Green Beans

Leeks

Garlic

Tomatoes

Peppers

Lettuce

Cucumbers



NOTES FROM THE FIELD

The squash leaves have begun to yellow and just yesterday we removed the pea trellises. With the first twinges of fall in the air, summer squash, peas and green beans are definitely on the way out. If you have a garden at home, beware, our first frost is predicted for early next week. We will cover our tomatoes and peppers in hopes of prolonging the season as much as possible.

We decided to give you a week to catch up with the carrots and beets you likely still have in the refrigerator. You will see more in the next couple weeks. Our final distribution is Sept 17 and we are hoping to load you up with vegetables that you will be able to store. You will see potatoes, carrots, beets, winter squash and onions. These vegetables can be kept for a few weeks as you transition back into purchasing vegetables elsewhere.

We will be conducting an end of the season survey soon and greatly look forward to your feedback.

FALL EVENTS

If in the next month or so, you find yourself missing your connection to the local food / sustainability movement:

- Sept. 8, 2:30 - 4 PM - MSU Friends of Local Foods Campus Farmer's Market - THG and FLF will be selling vegetables on campus (Romney Flag Pole area). This is our inaugural market and we hope to increase access and awareness with student, faculty and staff.
- Sept. 15, 5-6 PM - Sustainable Food and Bioenergy Systems Seminar Series, Leon Johnson Hall, Room 346. Paul Gannon, professor in the Department of Chemical and Biological Engineering, will discuss current sources of renewable and nonrenewable energy and energy conversion systems. The seminar is free and open to the public.
- Oct. 16- 18 7th Annual Northern Rockies Bioneers Conference, Emerson Cultural Center. An exciting collection of local and national speakers and workshops on sustainable food and much more!



Go Tomato!

Summer Bruschetta

- 1 cup fresh, ripe tomatoes diced
- 1 tbsp fresh chopped basil leaves
- 2 tsp olive oil
- 1 clove garlic, finely chopped
- Salt and ground pepper to taste
- 1 loaf French bread, cut into inch thick pieces, toasted

1. Combine first 4 ingredients in a small mixing bowl and mix well.
2. Spoon tomato mixture onto sliced bread and serve.

Serves 4

The tomato, native to South America, arrived in Europe after the exploration of the New World. It was thought to be poisonous and was not well accepted until advocates of the tomato claimed that it had aphrodisiac powers.

Tomatoes are an excellent source of Vitamins A, C, and K and provide potassium and magnesium. Lycopene, an antioxidant, is also found in tomatoes and has been shown to prevent prostate cancer in men, reduce the chances of heart disease, and protects against many types of cancers.

Unlike some vegetables and fruits, some aspects of the nutrient content of food actually improve when cooked!

How Can You Include Tomatoes Into Your Diet?

- Add fresh diced tomatoes to dips like guacamole and hummus, or fresh salads.
- Make a salad of sliced tomatoes, olive oil, mozzarella, and basil leaves.
- Add canned tomatoes to soups, stews, and pasta dishes.

Did You Know That...



- Tomatoes should not be stored in the refrigerator! They will have a longer shelf life if stored on your counter top.
- There are over 60 million tons of tomatoes produced each year, 16 million more tons than the banana.