

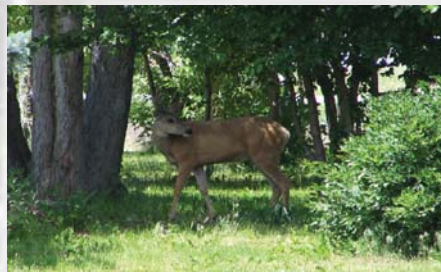


Towne's Harvest Newsletter

July 10, 2007 Week 3

This week's share includes...

<i>Spinach</i>	<i>Salad Mix</i>
<i>Spring Onions</i>	<i>Radishes</i>
<i>Basil</i>	<i>Parseley</i>
<i>Dill</i>	<i>Kale</i>
<i>Cauliflower (for cooking only)</i>	
<i>Flower bouquet</i>	



Notes from the Field

This is already our third week for CSA pickup and the garden is rapidly producing vegetables. If you have not yet had a chance, please come out and take a look at the garden and see the progress that it makes from week to week. There are also new pictures of the garden posted to the website every seven to ten days. We hope you enjoy not only the produce, but also the beauty of the garden.

Please note that the cauliflower you received this week should be cooked. This variety tends to increase in taste and flavor after cooking. It could simply be boiled and eaten, or boiled and then have cheese melted over the top. Enjoy your vegetables and we will see you next week!

Recipe: 15 MINUTE SALMON WITH MUSTARD, DILL SAUCE

This salmon recipe has a fresh tasting mustard sauce that is a perfect complement to the rich flavor of salmon. It is very quick and easy to prepare, and is done in 15 minutes from start to finish with very little effort, giving you a tasty way to make a sauce for your salmon that is healthy and zesty.

Ingredients:

1 ½ lbs salmon filet cut into 4 pieces, skin and bones removed

2 medium garlic cloves, pressed

1 TBS Dijon mustard

2 + 1 TBS fresh lemon juice

¼ cup chicken broth

1 tsp honey

1 tsp chopped fresh dill

salt and white pepper to taste

Directions:

Prepare all the ingredients and have ready.

Preheat a 12-inch stainless steel skillet on medium high heat for about 2 minutes. Rub salmon with 1 TBS lemon juice and season with a little salt and white pepper. When pan has gotten hot place salmon skinned side up in the hot pan, and cook for about 2-3 minutes. (You do not need oil or liquid for this) Turn and cook for another 2-3 minutes on the other side. This is our Stovetop Searing cooking method. Remove salmon from pan, and place on a plate.

Wipe hot pan quickly with a paper towel and return to burner. This removes excess oil and burnt particles from the pan while retaining the flavor left in the pan to enhance your sauce.

Add garlic and stir for half a minute. Add mustard, and whisk in 2 TBS lemon juice, broth, honey, salt and pepper. Cook on high heat for a minute to reduce slightly and add dill. Pour over salmon and serve.

To ensure moistness in your salmon start by choosing salmon filets that are from the thickest part of the fish. Because the temperature varies in stoves check your salmon for doneness about half a minute after turning. You can do this by sticking the tip of a sharp knife into the filet. The flesh will separate easily and it should look pink in the center. You want to cook it slightly less than how you want to eat it, as it continues to cook after you remove it from the heat. For best flavor, use a good quality plain, smooth, Dijon mustard. This sauce may take slightly more or less than 1 minute to reduce depending on your exact heat. You want a slightly thickened sauce that is creamy in texture. Use a whisk for best results for this. The sauce will also intensify in flavor as it reduces. Check for personal preference. Make sure you wait until the end of reducing sauce before adding fresh dill, as it will lose its flavor as it cooks.

Found at <http://www.whfoods.org/genpage.php?pfriendly=1&tname=recipe&dbid=132>

Contact information

Email: msu.flf@gmail.com

Mailing Address: Towne's Harvest Garden, MSU, Sub Mail Box 71, Bozeman, MT 59717