



# Towne's Harvest Newsletter

July 17, 2007 Week 4

## *This week's share includes...*

Carrots	Chard
Purple Cabbage	Lettuce Mix
Napa Cabbage	Lemon Basil
Cilantro	Beets
Peas	Onions
Mint	

*Summer Squash: eight ball zucchini, zepher squash, yellow squash and long zucchini*

## *Tips for utilizing the vegetables...*

*Purple Cabbage is good for cole slaw (see recipe on back)*

*Napa Cabbage can be used in a saute.*

*Onions should be eaten very soon because this variety does not store well.*

*Lemon Basil can be stuffed in a fish cavity and then the fish can be baked or barbequed.*



## *Notes from the Field*

*Group visits and volunteer assistance are always welcome at Towne's Harvest Garden. In the last month we have been fortunate enough to have help from boy scouts, MSU clubs, MSU classes, and fellow CSA members. Everyone is welcome to volunteer and your helping hands will be filled with fresh vegetables when you leave. If you are interested in touring or volunteering please email us at [MSU.FLF@gmail.com](mailto:MSU.FLF@gmail.com) and we will set up a time that works for you. Thank you for all your support.*

*Matthew Larsen  
Volunteer Coordinator*



## MARINATED BEETS

*Healthy Cooking Tips: If you have time to plan ahead this recipe actually tastes better the longer it marinates. The beets will soak up some of the marinade, so you might want to add a little more after they sit for awhile. .*

- 4 medium beets, about 3" in diameter
- 1 TBS extra virgin olive oil
- 1 TBS balsamic vinegar
- 1 TBS fresh minced chives
- salt and cracked black pepper to taste

1. Bring medium sized pot of salted water to a boil. Wash and place whole, unpeeled beets with 1 inch of the stem and roots intact into boiling water. Cook until you can insert a thin-bladed knife easily into center, about 30 minutes.
2. Remove beets from water and allow them to cool. If you let them cool naturally, remove them from the water while they are still a little crisp inside, as they will continue to cook as they cool down.
3. Peel and either slice or cut into chunks. Toss with rest of ingredients. Let them marinate for at least 15 minutes for fuller taste.

Recipe found at <http://www.whfoods.org/genpage.php?tname=foodspice&dbid=135>

## CABBAGE AND CORN SLAW WITH CILANTRO AND ORANGE DRESSING

1/3 cup frozen orange juice concentrate, thawed

1/3 cup unseasoned rice vinegar

1/3 cup canola oil or vegetable oil

2 (8-ounce) bags coleslaw mix (or shred up the purple cabbage head in your CSA share)

4 ears of fresh corn, shucked, kernels cut from cob

2 medium carrots, peeled, coarsely grated

1 medium red bell pepper, stemmed, cored, cut into thin strips

6 medium green onions, thinly sliced

1/2 cup chopped fresh cilantro

Whisk orange juice concentrate, rice vinegar, and canola oil in small bowl. Season with salt and pepper. **DO AHEAD** Dressing can be made 1 day ahead. Cover and refrigerate.

Combine slaw mix, corn kernels, carrots, red bell pepper strips, sliced green onions, and chopped cilantro in large bowl. Toss with enough dressing to coat. Season slaw to taste with salt and pepper. Let stand 15 minutes for flavors to blend. Toss again and serve.

Bon Appétit

July 2007

Pam Anderson

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## Contact information

Email: [msu.flf@gmail.com](mailto:msu.flf@gmail.com)

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