



Towne's Harvest Newsletter

July 3, 2007 Week 2

This week's share includes...

Salad Greens

Chard

Broccoli

Cilantro

Spinach

Radishes

Mustard Greens

Oregano/Sage

Upcoming Events

Thursday evening from 3-7 pm is volunteer night. Please come join us and see how your food is grown.



Notes from the Field

Broccoli is best kept fresh by remaining unwashed in the refrigerator crisper until ready for use. Wash the broccoli thoroughly just before cooking or consuming.

Trim 1/4 inch off of the cilantro stems and place them in a dish of water in the fridge. Wash the portion that you are going to use just before consumption.

Recipes

MUSTARD GREEN SAUTE

4 slices of bacon

1/2 cup onion, chopped

2 cloves garlic, diced

1 jalapeno, seeds removed and diced

4 cups mustard greens

Cook the bacon until crispy. Remove from pan and chop into small pieces. Add onion and garlic to pan and cook until onion is tender. Add the jalapeno and cook 2 minutes or until jalapeno softens. Add mustard greens to pan and cook for about 5 minutes or until the mustard greens are soft.

Note: If the mustard greens dry out during cooking, add a splash of water to steam and soften the greens. Also, feel free to adjust the amounts of the ingredients to your tastes and season with salt and pepper if desired.

VINAIGRETTE

1 to 2 tablespoons excellent wine vinegar, or a combination of vinegar and lemon juice

1/8 teaspoon salt

Optional: 1/4 to 1/2 teaspoon dry or Dijon mustard

6 to 8 tablespoons best-quality olive oil or salad oil

Fresh ground pepper

Optional: 1 tablespoon minced shallots or scallions and/or 1/4 teaspoon dried herbs such as tarragon or basil

Either make the dressing in your empty salad bowl: Beat vinegar or vinegar and lemon juice, salt, and optional mustard in bowl to dissolve the salt. Then beat in the oil by droplets, and finally the optional shallots or scallions, and such seasonings as you feel necessary.

Or place all ingredients in a covered jar, shake vigorously to blend, and correct seasoning.

The French Chef Cookbook

April 1998

Julia Child

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