



Towne's Harvest Newsletter

June 26, 2007 Week 1

This week's share includes...

Mixed salad greens

Arugula

Spinach

Asian Greens

Mustard Greens

Radishes

Basil

Oregano

Spring Onions

Upcoming Events

We are currently organizing events for the summer and will distribute that schedule soon.



Notes from the Field

We are very glad to see you today and we hope that you enjoy your vegetables. If for any reason you are unable to pick up your weekly share before 7 pm on Tuesday, please arrange to have someone else pick it up for you. We are unable to store the vegetables for long periods of time so, if it is not picked up by 7 pm, it will be donated to the food bank.

All the vegetables are harvested shortly before you arrive and, even though they are washed after harvesting, we do recommend that you wash them at least once more before consumption. Below are a few storage tips to keep your vegetables fresh throughout the week, but more detailed information can be found in the cookbook included in this week's box. We hope you enjoy your weekly vegetables!

Radishes are best kept fresh by cutting off the green tops and the root and storing the bulb in water in the refrigerator. The green tops can be washed and added to a salad for a touch of flavor.

Lettuce should be thoroughly washed and either spun dry in a lettuce spinner or wrapped in paper towels to remove excess moisture. The lettuce can then be placed in a plastic bag in the refrigerator.

This week's fresh cut herbs can be stored by wrapping a damp paper towel around the stems, placing the herbs in a plastic bag and storing them in the refrigerator.

Recipes: Provided by Elin Hert

RADISHES WITH TARRAGON BEURRE BLANC

*1/4 cup minced shallot
3/4 stick (6 tablespoons) cold unsalted butter, cut into tablespoons
1/2 cup dry white wine
1 teaspoon fresh lemon juice
2 teaspoons chopped fresh tarragon
30 whole radishes (preferably with tops)
Coarse sea salt*

Cook shallot in 1 tablespoon butter in a small heavy saucepan over moderately low heat, stirring, until softened. Add wine and boil until liquid is reduced to about 1/4 cup.

Reduce heat to low and whisk in remaining 5 tablespoons butter, 1 piece at a time, lifting pan occasionally to cool mixture and adding each piece of butter before previous one has completely melted. Whisk in juice, tarragon, and salt and pepper to taste.

Serve beurre blanc in a separate dish with radishes and salt.

Gourmet

May 2000

ARUGULA AND PEAR SALAD WITH MASCARPONE AND TOASTED WALNUTS

*6 tablespoons extra-virgin olive oil
3/4 cup walnuts (3 oz), coarsely chopped
3/4 cup mascarpone cheese (6 oz)
1/4 teaspoon salt
1/4 teaspoon black pepper
2 tablespoons fresh lemon juice
1 firm-ripe Bartlett pear
1/2 lb arugula, coarse stems discarded*

Heat oil in a 10-inch heavy skillet over moderate heat until hot but not smoking, then toast nuts, stirring, until golden, about 2 minutes. Transfer nuts with a slotted spoon to paper towels to drain, then sprinkle with salt to taste. Pour oil into a heatproof measuring cup.

Stir half of warm toasted walnuts into mascarpone along with 1/8 teaspoon each of salt and pepper.

Add oil in a slow stream to 1 1/2 tablespoons lemon juice in a bowl, whisking, then whisk in remaining 1/8 teaspoon each of salt and pepper. Cool dressing.

Halve pear lengthwise and remove core (preferably with a melon-ball cutter), then cut lengthwise into 1/4-inch-thick slices. Arrange slices on 4 plates, to one side, and drizzle with remaining 1/2 tablespoon lemon juice.

Toss arugula with enough dressing to coat and mound alongside pear. Spoon a dollop of mascarpone mixture onto each plate between salad and pear, then sprinkle salads with remaining toasted walnuts.

Gourmet

March 2003

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