



# The Helena Locavore

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Did you know chive flowers are edible? So are Johnny jump-ups, other violets, and bachelor buttons, all in bloom right now.

## Eating With the Seasons

If you are a returning member, welcome back and thank you for once again making the choice to eat locally and support local farmers. If you are a new member, welcome aboard! We sincerely hope you will have an enjoyable eating experience with us this summer.

If you've never eaten with the seasons before, then the first few CSA shares may be a bit of a shock to your system. What grows in late spring/early summer in Montana? Well, in my garden right now I have lots of green things: spinach, kale, beet greens, butterhead lettuce, collard greens, scallions, radishes, rhubarb, asparagus, and herbs. Lots and lots of herbs like chives, oregano, sage, dill, and even cilantro. Does this mean I've been eating *only* salads for the past few weeks? Of course not! But I have been eating a lot of salads, in part because I have been craving

those sweet, tender leaves of lettuce after a long winter of little to no fresh greens. The herbs go into egg dishes, breads, soups, and pasta dishes. I also freeze and dry a lot of herbs so that I can enjoy them all winter long.

So yes, in the first few weeks, expect to get a lot of lettuce and other leafy greens in your share. Herbs will abound. If you don't use herbs in your cooking, now is the time to experiment! Never tried garlic scapes? Don't worry, we'll provide some recipes to get your creative juices flowing.

It's not all leaves and greens, though. Beginning mid-summer we will see a lot more color enter the local food picture: summer squash, tomatoes, eggplant, plums, cherries, peppers, and corn. We'll finish up the season with potatoes, shallots, cabbage, and winter squashes.

This winter I discovered a gem of a cookbook, one that will walk you through seasonal cooking. It's called **The Locavore's Kitchen**, by Marilou K. Suszko, and it is available at the Lewis & Clark Public Library. I liked it so much that I ordered my very own copy. I've included 3 recipes inspired by this cookbook that use several early season ingredients, some of which you may find in your share this week.



**Spinach, chives, oregano, sage, and asparagus are in season right now so enjoy them while you can!**

RECIPE

## Asparagus Pesto Pizza

*This pesto freezes well so you can enjoy it all winter.*

2 prepared pizza doughs  
 1 pound asparagus, ends trimmed  
 1/2 cup plus 2 T. olive oil  
 2 cloves garlic or handful of garlic scapes  
 1/2 cup packed fresh basil or oregano leaves  
 2 tablespoons nuts (pine nuts, walnuts, or pecans)  
 3/4 cup grated Parmesan or Romano cheese, divided  
 Salt & black pepper to taste

2 cups crumbled goat cheese

2 cups fresh arugula leaves

Toss asparagus with 2 T. oil and spread in a single layer on baking sheet and roast at 425 degrees F for 10 minutes. Cool slightly.

Combine garlic, basil, nuts, and 1/2 cup Parmesan cheese in a food processor. Pulse until coarsely chopped. Add half of the

asparagus and pulse for 10 seconds. With motor running, slowly add remaining oil and process until smooth. Season to taste with salt and pepper.

Spread pesto on each pizza dough, and divide remaining asparagus spears, Parmesan and goat cheeses between the pizzas. Bake at 425 degrees F for 10 minutes. Sprinkle with arugula leaves just before serving.

## Rhubarb Coffee Cake

RECIPE

*Rhubarb is treated as a fruit usually, but botanically it is a vegetable because the stalk is eaten. Never eat the leaves—they are toxic!*

**T**his coffee cake quickly became a regular in my house. I used frozen fruit over the winter, including cherries, blueberries, and pears. Once strawberries arrive, that will be the next combo I try.

1 1/4 cups packed brown sugar  
 2/3 cup vegetable oil  
 1 egg  
 1 cup buttermilk  
 2 1/2 cups flour  
 1 teaspoon baking soda  
 1 teaspoon salt  
 1 teaspoon vanilla extract  
 1 cup diced rhubarb, fresh or frozen  
 1 cup cherries, cut in half, or other fruit like strawberries, fresh or frozen

1/2 cup chopped walnuts or pecans, divided

1 T. melted butter

1/4 cup sugar

1/4 cup quick-cooking oats

Preheat oven to 350 degrees F. Grease a 9" x 13" baking dish.

Mix the brown sugar and oil together in a large mixing bowl. Add the egg, buttermilk, flour, baking soda, salt, and vanilla and blend until just combined. Gently fold in the rhubarb, cherries, and 1/4 cup of the walnuts. Pour into prepared baking dish.

In a small bowl combine the remaining walnuts, butter, sugar, and oats. Sprinkle over the batter. Use a knife to gently swirl the topping partly into the batter.

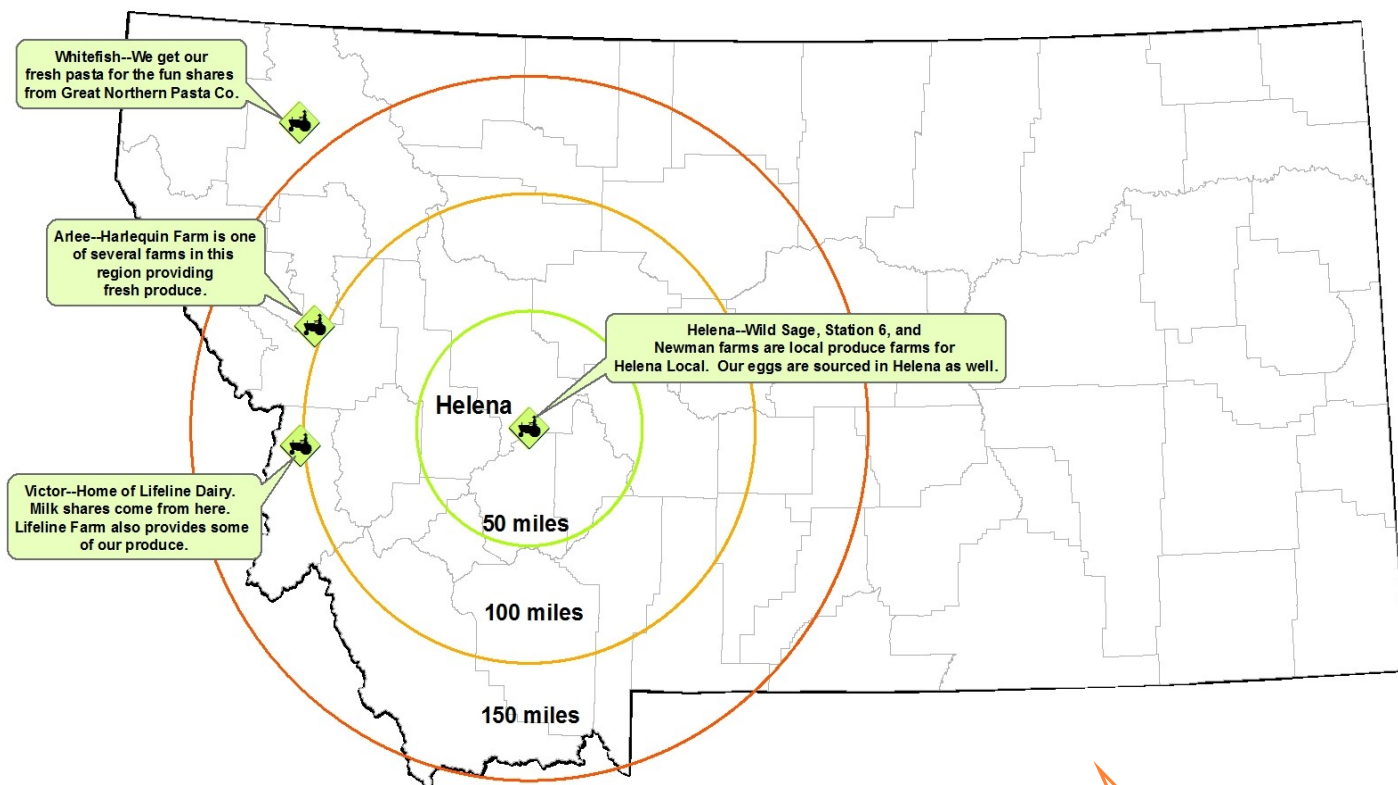
Bake for 40-45 minutes, or until a toothpick inserted in the center comes out clean. Let cool completely before serving.



**This coffee cake never stays around for long—it's that good!**

# How Far Did My Food Travel?

Learn where your shares originate. We source as much food as we can from local growers in the Helena Valley and surrounding areas; Western MT Growers Co-op supplies the rest. Most of our shares are sourced within 150 miles of Helena.



## Stir-Fried Spinach with Walnuts

**RECIPE**

- 3 T. peanut oil
- 2 T. chopped walnuts
- 2 T. rice wine
- 2 t. sugar
- 1 t. salt
- 2 cloves garlic, or a small handful of garlic scapes, minced
- 1 pound fresh spinach, about 6 cups packed, washed and dried

Dark sesame oil, to taste

2 T. chopped cilantro, for garnish

Heat the peanut oil in a large skillet over high heat until hot. Add walnuts, stir, and remove from heat. Let sit for 5 minutes, then remove the walnuts, leaving the oil in the skillet.

Combine the rice wine, sugar, and salt in a small bowl and set

aside.

Heat the peanut oil again over high heat and add the garlic. Cook for about 1 minute, then add the spinach, stirring to coat with oil. Add the rice wine mixture and cook until the spinach begins to wilt. Remove from heat.

Sprinkle with walnuts, sesame oil, and cilantro. Serve warm.

# More Helena Local News

**D**o you know someone who would be interested in a CSA share but didn't get their membership form in before the deadline? We are going to offer pro-rated shares through the end of June. We have plenty of produce shares available and we have 2 shares each of cheese and fun shares. So spread the word to those who may be interested and let them know it's not too late to sign up!

If you are interested in some locally produced organic meat, talk to Jared. We are looking to secure some locally produced pork, and we will need to place our final order soon. We have local lambs, too. There is a variety of meats available through Western MT Growers Co-op, including beef,

emu, bison and more. Jared can provide you with an availability and price list.

Would you like to get more involved with Helena Local? We are always in need of volunteers. We can always use extra hands to set up and break down on Tuesdays. If you have a few free minutes between 8:30 and 9:00am on Tuesday mornings or between 1:45 and 2:00pm on Tuesday afternoons, let Jared know and he'll put you to work setting up tables, arranging produce, sweeping the floors, or breaking down cardboard boxes.

If you don't have time during the weekday, then maybe you can spare some time on a weekend to help out at one of the local farms. The original concept behind com-

munity supported agriculture was for members to help out on the farm as part of their share payment. While Helena Local doesn't require members to get their hands dirty on the farm, we certainly love to have the extra help on farm work days. We'll keep you posted on specific dates coming up this summer. If you are interested in helping out, talk to Jared and he'll make arrangements to get you involved.

We have a new website! See the link below. We'll have weekly blog posts with recipes on how to use up your shares, so this will sort of take the place of the weekly newsletter. If you have a recipe to share, let us know and we'll post it for other members.

## Contact Us



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**Thanks for eating  
like a local!**

THE HELENA LOCAVORE

Looking for more yummy recipes?  
Check out the following blog:  
[theblondetressedrunner.wordpress.com](http://theblondetressedrunner.wordpress.com)



Blue Potato Pizza