



# The Helena Locavore

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Try oven-baked kohlrabi home fries for a fun snack! Kohlrabi pairs well with Indian spices, too.

## Why Eat Like a Local?

Congrats for eating locally! You are one of a growing number of people in the U.S. who are trading the supermarket for CSAs. I remember the first time I heard about Community Supported Agriculture—it was an article in *Self* magazine in 1998 (I still have the article) and I remember thinking at the time, “What a neat idea. Someday I want to join a CSA.” And here I am, years later, a proud member of Helena Local. I hope you are proud of your commitment to eating locally. If you need a few reasons to reaffirm your decision to join a CSA, here are 8 to consider.

1. Freshness—locally grown produce is usually harvested within 24 hours of being picked up by CSA members. Given that the average distance produce travels in the U.S. is 1500 miles, you can bet the produce in the supermarket has been sitting around for

a long while.  
2. Taste—produce eaten in season tastes better than produce grown out of sea-



**Local, fresh strawberries are one of summer's delights.**

son. Fresh tomatoes...need I say more?

3. Nutrition—nutritional value declines after harvest. Eating fresh is the best nutritionally.

4. Purity—worried about pesticides or GMOs? Most of our growers are organic and/or use sustainable farming practices. And you will not find any Frankenfood in your weekly pick up.

5. Regional Economy—your

farmers are your neighbors. Your money helps these farmers grow and maintain their farms.

6. Variety—how many varieties of tomatoes can you buy in the supermarket? Maybe 3 or 4? And aren't they all red? How boring. CSA farmers may choose to grow several varieties in many colors: red, pink, purple, orange, white, or green!

7. Soil Stewardship—because our farmers make their living off the soil, they last thing they want to do is destroy it with unsustainable practices.

8. Energy Conservation—locally produced food not only saves on fuel transport costs, but organically produced food does not rely on petroleum-based fertilizers and pesticides.

For more reasons why you should eat locally, you can check out the website [www.locavores.com](http://www.locavores.com).

Why do you eat locally?

# Swiss Chard Pizza



Bet you can't eat just one slice!

1 prepared pizza dough  
 1/2 cup sliced onions  
 1 tablespoon balsamic vinegar  
 1 tablespoon olive oil  
 2 tablespoons chopped fresh oregano leaves  
 1-2 stalks Swiss chard, stalks and leaves finely chopped  
 1/4 cup sun-dried tomatoes, chopped into small pieces  
 1/4 cup finely chopped garlic scapes

1 cup shredded mozzarella cheese  
 2 ounces goat cheese  
 1/2 cup chopped walnuts  
 Heat onions, vinegar, and oil in skillet over medium heat for about 5 minutes. You can add a pinch of sugar to help the caramelization process, if you like. Reduce heat to low and cook onions until they begin to soften, 15 to 20 minutes. Add Swiss chard and garlic scapes. Cook just until the

chard leaves begin to wilt, about 2 to 3 minutes. Remove from heat.

Brush a little bit of olive oil\* on top of the prepared pizza dough. Sprinkle with 1/2 cup of mozzarella and oregano. Add onion mixture, tomatoes, and goat cheese. Sprinkle with remaining 1/2 cup mozzarella and walnuts. Bake at 425 degrees F for 10 minutes.

\* For a little extra kick, sprinkle a few red pepper flakes on top of the olive oil.

## How to Preserve Those Herbs

The spice coriander is from the same plant as leafy cilantro. Coriander is the ground seeds.

Are you panicking about what to do with all those herbs you got at the first two pick ups? Here are 5 ways you can preserve those herbs so you can enjoy them later in the year.

Note: all of these methods use clean, dry herbs.

### Drying

\*tie the ends of the herbs into a bundle and hang in a warm place until the leaves crumble when crushed.

\*place herbs in a food dehydrator, following the manufacturer's instructions for temperature.

\*use the microwave for small amounts: remove leaves from stems and place in single layer on a paper towel-lined microwave-safe plate. Dry on high for 1 minute.

If not dry, continue drying at 30 second intervals until leaves crumble.

### Freezing

\*lay herbs in single layer on baking sheet. Freeze then move to container for storage in the freezer.

\*chop herbs, pack 1 T. in an ice cube tray filled 3/4 full with water. Freeze, then top off tray with more water and freeze again to cover any floating herbs (this prevents freezer burn). Great for soups!

\*prepare pesto and freeze in ice cube trays. Don't add water.

### Butters

\*use 1 part herb and 2 parts softened butter. Mix, shape into log, wrap in plastic wrap, and freeze. Make a cilantro-chipotle butter — instant fiesta for corn on the cob!

### Vinegars

Use bottles with cork stoppers, *not* metal lids.

\*use about 1/2 cup herb per 2 cups vinegar, more if you like a stronger flavor. You can also add peeled garlic cloves and small dried chilis (slit down the side) for more flavor. Fill bottles with herbs and room temperature vinegar. Store in a cool, dry place. Flavor will continue to strengthen for 4-6 weeks. Great for salad dressings or marinades. For long-term storage, cover the cork and 1/4" of the glass bottle neck with melted wax.

### Oils

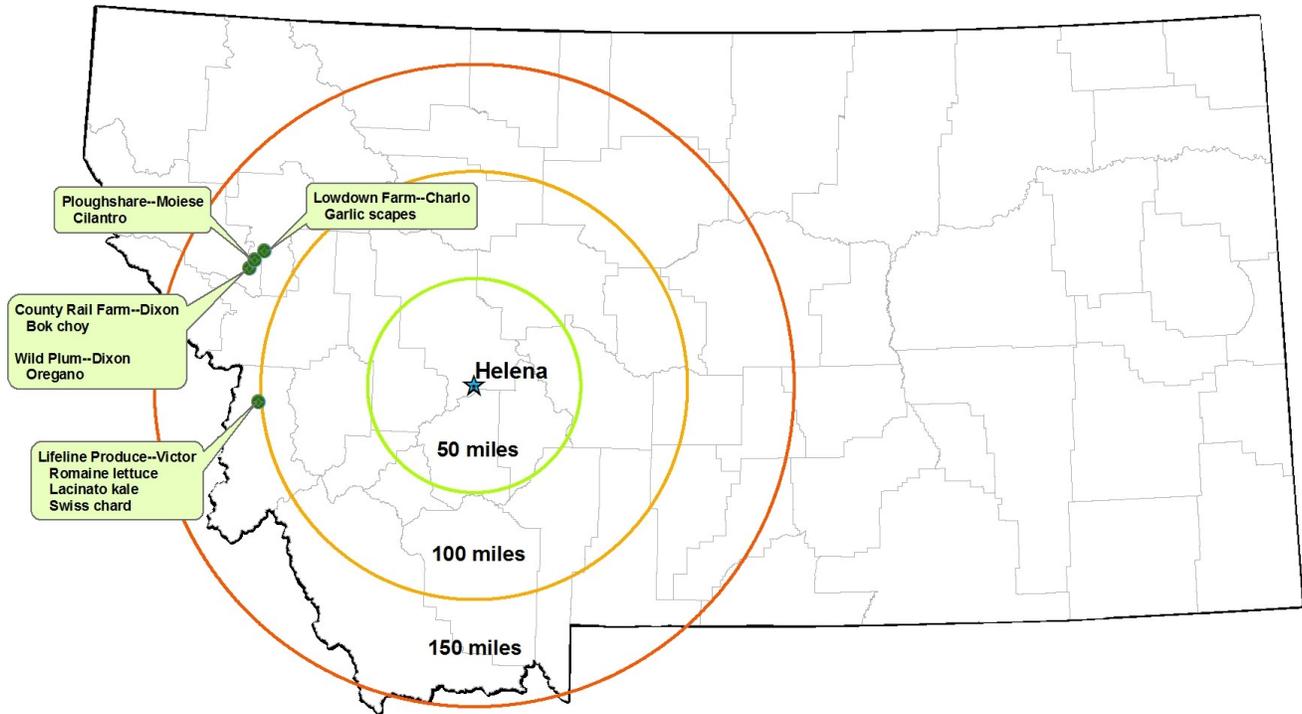
\*not really recommended due to risk of botulism, but you *can* do it safely. Herbs must be completely dry, you must store it in the refrigerator and use it within a few weeks.

Cilantro-chipotle butter lends a spicy, buttery zing to noodles, meat, or vegetables.



# How Far Did My Food Travel?

In case you were wondering how far your food from Week 1 traveled to get to your table, here's a map showing the location of the farms and what items came from each one.



## Bok Choy with Garlic Sauce

- 1 large head of bok choy, chopped
- 1 tablespoon oil
- 2 tablespoons minced garlic
- 4 garlic scapes, minced
- 1 teaspoon ground ginger
- 1 heaping tablespoon black bean garlic sauce\*
- 1/2 teaspoon chili garlic sauce\*

- Sauce:
- 1 tablespoon soy sauce
  - 1 tablespoon apple cider vinegar
  - 1 tablespoon sugar
  - 2 teaspoons cornstarch
  - 1/2 cup water
- Mix ingredients for sauce in a small bowl and set aside.
- Heat oil in large skillet. Add

garlic, garlic scapes, ginger, bean sauce, and chili sauce. Sauté over medium heat for about 3 minutes. Add bok choy and cook just until leaves begin to wilt, about 2 minutes. Add sauce and cook until it boils and thickens. Serve over rice.

Serves 4.

\* Can be found in the Asian section of your local supermarket.

# Meet our Board Members

Many of you heard about The Great CSA Crisis of 2014 and wondered if you would be getting all the wonderful locally produced food you had signed up for this spring. Well, thanks to some hard work from our board, Helena Local will be providing you with all 20 weeks of produce, eggs, milk, and cheese as promised.

There are some new faces at Helena Local, most of whom you will see every week at the pick up:

Board member: Cassie Drynan

Cassie is passionate about healthy eating and just completed her degree in nutrition. Cassie's vision and knowledge will aid Helena Local in seeking out and applying for grants.

Board member: Patty Ceglio

Patty jumped on the CSA bandwagon after enjoying Market Day Foods in Bozeman. When she discovered there was no CSA in Helena, she helped jump start Helena Local. She works very hard behind the scenes to make sure all our members are kept up-to-date via e-mail and on Facebook.

Board member: Jared Mills

Jared is formerly retired supermarket produce manager. He works tirelessly ordering the food each week and making sure it arrives at the pick up location on time and is accounted for. Ask Jared how to use your produce if you are stumped—and he's a wealth of knowledge on peppers!

Board member: Ory Sparks

Ory is responsible for ordering the food each week and she is also one of the growers for Helena Local. Most of her crops will show up later in the summer share.

Board member: Sara Owen

Sara writes the newsletter each week that will have recipes related to the week's share. Eventually Sara hopes to visit some of the growers and introduce them to the Helena Local members.

The board is here to serve you, so if you have comments or feedback on what you'd like to see with your shares, find one of us at the pick up on Tuesdays or send us an email. We'd love to hear from you.

## Contact Us



**Email:** [info@helenalocal.org](mailto:info@helenalocal.org)

**Facebook:** <https://www.facebook.com/HelenaLocal>

**Website:** <http://helenalocal.org>

**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)



Cherry Lime Rhubarb Bars