



# The Helena Locavore

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If you didn't use all the parsley, save it and dry it by hanging the entire bundle in a dry place. When it is crispy dry you can crumble the leaves into a glass jar and store it in a cool, dry, dark place. We're making homemade ranch dressing with it this week!

## CSA Notes

We're now a month into the CSA—we hope you are enjoying all the fresh produce! We're just getting started, too! It's been very green so far, but that's what grows in Montana in late spring and early summer. But the Flathead cherries will be coming on very soon, as will the plums, tomatoes, yellow squash and zucchini, apples, melons, corn.....ah! I love the taste of summer!

We tried to remind most of you at the pick up this week that there WILL be a pick up on July 4th—so if you are in town for the holiday, don't forget to swing by the fair-grounds to pick up your share! And if you won't be in town, find a friend or neighbor, give them your member card, and have them pick up your share!

The last week in July is the L&C county fair, and the 4-H building turns into the pig barn for the week. That means we have to move locations for one week—but we don't go far! We are just moving to the red pavilion by

the playground—you drive right past it on your way to the normal pick up location. If you need a map, there's one on our website under the tab "Where are we?" The following week we'll be back in our regular location, with a light hint of pig manure in the air (we'll keep the fans running).

I (Sara) will be traveling for work the week of the 4th, so there will be no CSA video that week. Perhaps a recipe or two will appear on the website to

help inspire you to make delicious use of your share in her absence. This week's video will show you how to make homemade ranch dressing mix that tastes just as good as the stuff you can buy in a packet in the grocery store—but with no MSG. So that makes it even better!

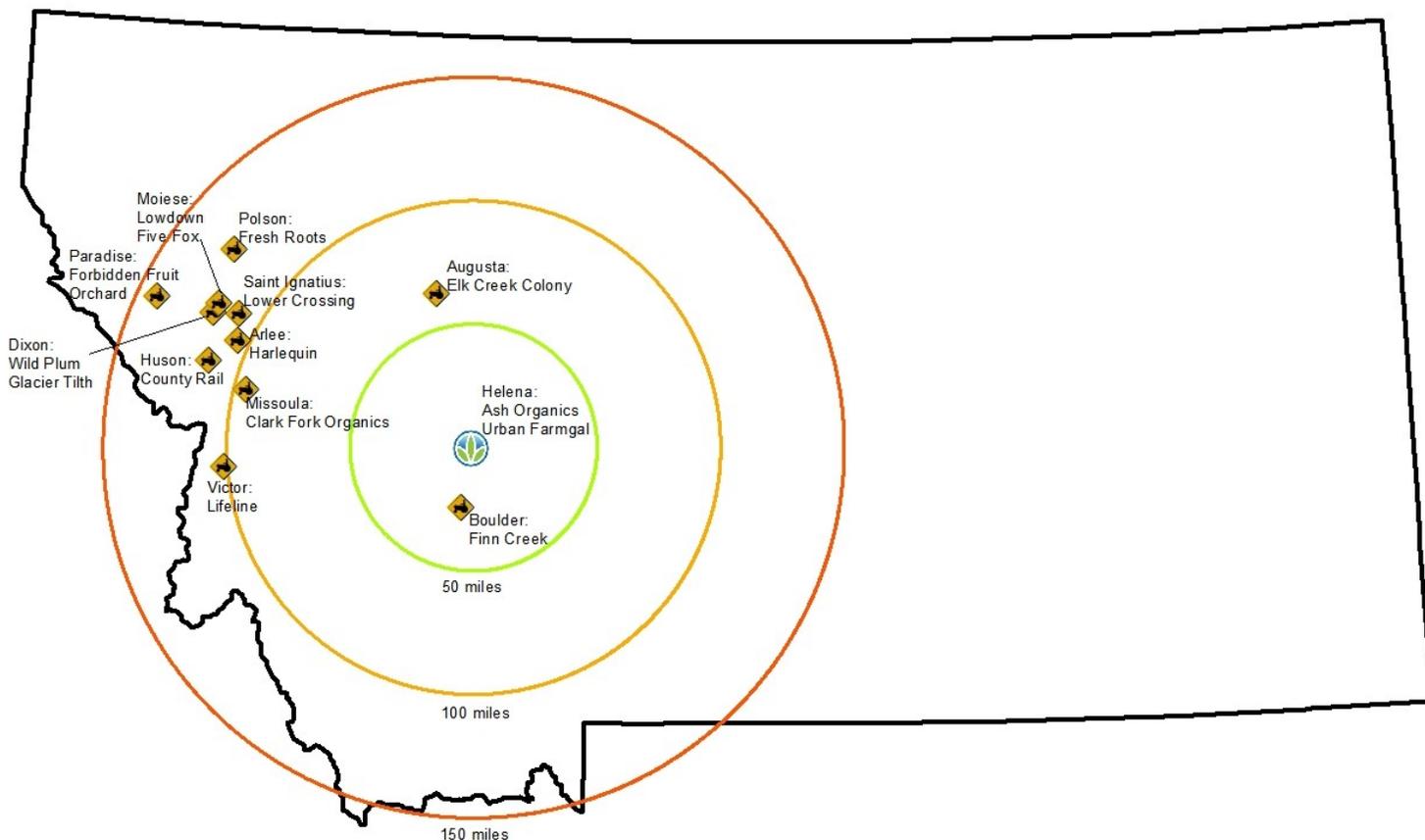
And don't forget, if you are overwhelmed by the number of greens, chop 'em and freeze 'em—they keep super-duper well!



**Green means lots o' vitamins and minerals. And remember, if you can't eat it all, chop it up and freeze it. You'll thank yourself this winter while throwing a handful of chopped chard into your soup!**

# How far did my food travel?

One of our objectives at Helena Local is to limit the number of miles your food travels from the farm to the table. We aim for 150 miles as a maximum distance. Most of our produce comes from the Bitterroot and Flathead valleys.



## White Bean & Garlic Scape Dip

*This recipe is  
Vegan  
Gluten Free*

This is one of Jared's favorite garlic scape recipes. Don't even think about getting between Jared's cracker and this dip or you will regret it! I, of course, used all of my scapes making pesto. But I've got more to pick in my garden....

1/3 cup garlic scapes (3-4

scapes cut into small pieces)

1 15 oz. can cannellini beans, drained and rinsed

1 tablespoon lemon juice

1/2 teaspoon salt

1/4 cup olive oil

2-3 tablespoons water

Pepper to taste

Place the garlic scapes, beans, lemon juice, and salt in a food processor and blend until the scapes are pulverized. With the motor running, drizzle in the olive oil. Turn off the motor and pulse in the water until the dip reaches the consistency you like.