



Spring Greens CSA: Week 2

Hey Everyone!

The sun is shining, we're hard at work in our fields, and our plants are taking off! It feels like summer has finally planted its feet here in Bozeman (fingers crossed it doesn't snow again), and our crew is moving on to the various tasks that come with warm weather. Some of those tasks include managing summer annual and perennial weeds, diligence in our watering schedule, pruning the suckers off of our tomato plants, harvesting various new crops, and pest control. We're doing our best to provide you with organic, sustainably produced vegetables and fruits that are not only grown responsibly, but meet our requirements of what fresh food should look and taste like.

The Season Extension Research Program (SERP) high tunnels are moveable structures that housed Horticulture Farm Manager, David Baumbauer's, PhD research this spring. For summer, we have cleared out the cool season crops, amended



the soil with OMRI (organic materials review institute) approved fertilizer, and planted multiple varieties of tomatoes, cucumbers, and muskmelons. These baby plants will be stretching to the rafters and producing fruit before we know it!

"So, what's in the CSA for this week?"

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We could not be more thrilled to provide you with a bountiful share of hand harvested, hand washed, passion borne fresh vegetables

Lettuce Mix

Lacinato (Dinosaur) Kale

Black Summer Bok Choi

Barese Chard

Hakerei Turnips

Beets

Radishes

Green Onions

Chives

Oregano

Field Manager, Elisa Boyd, stands beside two 20 foot rows of Chinese Cabbage. The row cover that you see on the ground next to it and to



the right of Elisa serves multiple purposes. It keeps out pests such as flea beetles, deer, geese, and gophers. It also helps crops (and weeds!) grow faster by providing insulation to their immediate environment.

Things to Remember

- CSA pickup is every Thursday from 4pm-6pm.
- We do not distribute our CSA's in boxes, so please bring a reusable produce bag to transport your share home in.
- If you can't make it during this time, please email or call us to arrange another time to come get your share. Contact info can be found at the footer of this email.

Crop of the Week

by Elisa Boyd - Field Manager



Hakurei turnips (*Brasica rapa*), also known as salad turnips belong in the Brassicaceae family with other crops such as kale, broccoli, and radishes. Hakurei turnips are delicious eaten fresh as well as cooked. Unlike storage turnips, Hakurei turnips are crisp and have a sweet mild flavor. Try adding them to salads, stir fries, or lightly roasted. The turnip “root” is actually a modified stem high in vitamin C. The greens are also edible and high in vitamins A, C, and K. Turnips have a long history of human and animal consumption worldwide. In Japan, where salad turnips (Kabu) originated, there are numerous red and white, fresh and storage varieties adapted to varying climates. Hakurei thrives in Bozeman’s cool spring and fall weather where they are quick to mature (38 days) and can withstand some frost. Turnips as well as many other plants in the Brassicaceae family are susceptible to flea beetle damage. Cultivating them in high tunnels or under floating row cover prevents flea beetles from leaving their characteristic circular bite marks on the foliage. We hope you enjoy these spring treats, and look forward to them again this fall.

Bringing it to your Table

by Jennifer M. - Practicum Student

Pan Fried Miso Turnips and Radishes

The perfect mix of wholesome and sweet, these pan-fried radishes and turnips transform the crunchy, bitter cruciferae into a lightly sweet, umami addition that is welcome in any salad.

Ingredients:

- **Hakurei Turnips**
- **Radishes**
- **Spring Greens Mix**
- **1-2 Tablespoons White or Yellow Miso**
- **3-6 Tablespoons of Butter (to veganize, substitute Earth Balance)**
- **Salt and pepper**

Preparation:

1. **Chop radishes and turnips to a thickness of your liking so that they are not whole, but not shaved thin**
2. **Melt butter. Once melted, add miso with a 3:1 ratio (3 tablespoons of melted butter to 1 tablespoon of miso, as needed). Add a pinch of salt and pepper**
3. **While pan is warming up, soak turnips and radishes in the miso and butter mixture**
4. **Remove veggies from the butter mixture to pan fry, and cook until a fork goes through easily**
5. **Toss with salad mix and enjoy!**

If you wish to add kale, simply wilt the kale in the same pan that you are using for the turnips and radishes. To do this, add the kale a minute before you remove the root vegetables from heat or until tender. Enjoy!

Tool of the Week

By Wes Cawood

Transplanter



The transplanter is a tractor-operated implement that saves time, money and labor. The transplanter is a 3-person operation – a tractor driver and two others working the machine. Plants started from seed in a greenhouse weeks prior, are brought to the field as seedlings where they are planted. Because of our long, cold springs here in Montana transplanting is absolutely necessary.

That leaves the only question as, how to plant our seedlings in the most efficient manner. Transplanting individual plants by hand is a tedious process and a transplanter makes quick work of planting a 400' bed of veggies. This spring we have utilized our transplanter for many crops including: leeks, onions, shallots, broccoli, collard greens, chard, cauliflower, parsley, celeriac and flowers. We estimate that the transplanter is at least five-times faster than planting by hand.

Transplanting with a transplanter implies making space for the tractor – which results in less efficient land use compared to the tight spacing that hand-planting offers. However, space left by the tractor when transplanting, also means that the tractor can be used to cultivate weeds while they are small, which saves time hacking at weeds with a hand hoe.

Tradeoffs are the name of the game in organic small production farming. Balancing efficiency with holistic goals such as land use efficiency and fossil fuel use are just a few of the tradeoffs we wrestle with here at Towne's Harvest and the transplanter is a great example that.



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