



Spring Greens CSA: Week 5



Ooh that's hot! This thermometer is measuring the temperature in our cover crop compost pile. At a glance, this pile might not seem like anything special, but in its core we're measuring a smoking 160 degrees F. These high temperatures are caused by microbes breaking down plant material - heat is the by product. Over the course of the summer we will flip this compost many times to incorporate all the matter, and in the end we'll have some black gold!

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

spring greens: week 5

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

Baby Arugula
Lacinato Kale
Redbor (F1) and Winterbor (F1) Carrots
Roxanne (F1) Bulk Radishes
Hakurei (F1) Turnips
Winner (F1) Kohlrabi
Bilko Chinese Cabbage (F1)*
Parsley
Music Garlic Scapes*

* = new this week

Things to Remember

- CSA pickup is on Wednesday 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.

Tool of the Week

By Mac Burgess

Tine Weeder and Spider Wheel Cultivators

It is hard to believe we are 5 weeks into the spring greens CSA and in the 6th week of the THG practicum course. I've asked each practicum student to develop a favorite tool report, but here in mid June we are still discovering new tools, so I thought I'd share some of my own thoughts on an important tool that I hope our students will come to appreciate. Our tine weeder consists of several dozen ~5mm diameter spring steel tines mounted on a toolbar that can be attached to our tractor with a 3-point hitch. When dragged over the soil surface the tines break up crusty or cloddy soil and scratch up small annual weeds. The ideal time to tine weed is when weeds are in the "white thread" stage, ideally not even emerged yet. If you see us out cultivating what looks like clean ground, it is probably with the tine weeder. Once

weeds are big enough to be seen without squatting down, they are too big for the tine weeder. The tine weeder can be used “blind”- that is right over seeded crops that also have not yet emerged, or it can be used with some established crops where the crop is substantially larger than the weeds. Timing is everything with the tine weeder, not just with regards to crop and weed size, but soil moisture. The soil cannot be too wet, nor can it be too dry. Sometimes the time between too wet and too dry is measured in hours. If those hours fall on a Saturday morning, you might see Wes or I out running the tine weeder then. Running the tine weeder over established crops can be a harrowing experience (pun intended), but the results can be well worth it in terms of time saved controlling weeds that grow larger.

We recently added some spider wheels to the cultivator frame that also functions as our tine weeder. These wheels perform a similar surface tillage action, but a little more thorough, and we currently use them only in the tracks behind the tractor tires. In the photo below you see the spider wheels being used to cultivate the paths between rows of plastic mulch where some of your winter squash are growing.



Student of the Week



Kristin Katchmar

Kristin Katchmar is from Canon City, Colorado; her hobbies include ultimate frisbee, snowboarding, hiking, crocheting, and recently water coloring, making Bozeman a fit for Kristin. She has no previous experience in farming except for helping her mom in the garden, which eventually lead Kristin to pursue a degree in Agroecology. Kristin was drawn to the Sustainable Food and Bioenergy Systems because after college and traveling she wants to own an organic farm where she can work outside, directly with people and raise alpacas and chickens. Kristin favorite vegetables are sweet potatoes and artichokes. Kristen's project this summer is managing our on-farm composting operation

Crop of the Week

By Chaoben “Ben” Li



Potato, from the Solanaceae family, was first cultivated by Inca Indians in Peru around 8,000 BC to 5,000 B.C. It is the world's fourth largest food crop, following rice, wheat and maize, and has proven to be an amazing source and nourishment. The blue potato we planted on June 1st is called "all blue", a certified organic product, with deep blue skin and flesh that almost appears purple. It is late-season potato that needs 100+ days to maturity(calculated from date of direct seeding). As for its seeding rate, row spacing is recommended to be 24-36 inches and seed spacing is 12 inches. But since we planted a little late with mature seed pieces with numerous sprouts, we expect a large number of small potatoes. I think we can plant the pieces closer together, and that's what my special project explores. Since potatoes prefer fertile, loose, well-drained soil, we applied organic fertilizer before we planted the potatoes. We should irrigate thoroughly when needed, allowing the soil to dry out somewhat before watering again. Under optimal conditions, we can expect to harvest 10–15 pounds of potatoes for every pound of seed potato planted.

Note from Dr. Burgess:

We planted our potatoes a bit late this year, saving the project of cutting up seed potatoes for the first week of class, so we won't be harvesting them for a while. We noticed the first local "new" potatoes are available now at the farmers market from producers in the Billings area. The produce of Ben's project on seed piece spacing with "all blue" will be accompanied by Dark Red Norland, Yukon Gold, and Rose Finn Apple Potatoes as the season progresses. Local potatoes are also still available in supermarkets from storage from last year's crop. All of our potatoes are grown from seed pieces that are not only certified organic, but certified by the Montana Seed Potato Certification program, which aims to reduce the incidence of disease in seed potatoes. In addition to providing a substantial amount of the seed for the whole country's potato production, this program certifies seed production for dozens of unique cultivars for home gardeners and small farms.

Bringing it to your Table

by Jennifer M.

Kohlrabi and Carrot Bake

Serves 4-6

It should be noted that this recipe is great for starting off a broth, if you save the water from the kohlrabi and carrot mixture. Adding whatever veggies you have that are nearing the end of peak freshness and some salt and pepper is all it takes, vegetable broth is flexible like that.

Ingredients

- 3 medium kohlrabies, peeled and sliced, with leaves set aside
- 4 medium carrots, sliced
- 1/4 cup chopped onion
- 2 tablespoons olive oil or local butter, divided.
- 2 tablespoons all-purpose flour, if gluten free almond or AP GF flour would be best
- 1/2 teaspoon salt
- Dash pepper
- 1-1/2 cups 2% milk, or nondairy milk of your choice, the thicker the better though, such as unsweetened soy or coconut milk.
- 1/4 cup minced fresh parsley
- 1 tablespoon lemon juice 3/4 cup of soft bread crumbs and/or kale chips

Instructions

1. Preheat the oven to 350, while oven is preheating, you can toss your bread and/or kale in there on a cookie sheet in order to make the crumbly topping.
2. Place the kohlrabi (without leaves) and carrots in a large saucepan, cover with water and bring to a boil. Reduce heat and simmer until tender.
3. Drain well and set aside. With the addition of some other vegetables, the drainage can become vegetable broth if you so choose.
4. In a large skillet, sautee onion in 2 tablespoons of olive oil or butter until tender.
5. Once tender, stir in the flour, salt and pepper.
6. Gradually whisk in the milk of your choosing.
7. Bring to a boil, stirring until it starts to thicken.
8. Remove the skillet from heat. Stir in all of the other veggies, including the

parsley and lemon juice. Transfer to a shallow baking dish that is coated with butter, olive oil, or cooking spray. If you prepared bread crumbs, sprinkle over the veggie mix.

9. Bake at 350, for 20-25 minutes, just until heated all the way through.

Kohlrabi Kale Kimchi

Adapted from Mother Earth News

Makes about 4 pints

Didn't finish all the kale in time? Sounds improbable, I know, but if your kale is starting to wilt, making kimchi is a great way to enjoy that farm-fresh taste up to six months later! This kimchi uses miso instead of fish sauce, so vegans rejoice! No special equipment needed!

Ingredients

- 2 lbs kohlrabi
- 1 lb dinosaur or other tender kale
- 1/2 head napa cabbage
- 2 tbsp kosher salt
- 1/3 cup raw sugar
- 2 tbsp red or white miso
- 8 cloves garlic
- 1 bunch scallions
- 1-inch piece ginger or 1 ½ teaspoons or powdered ginger
- 1/2 cup crushed red cayenne pepper

Instructions

1. Peel kohlrabi and grate. Strip the leaves from the stems of the kale and finely shred/chop the kale and cabbage.
2. Combine kohlrabi, kale, cabbage, salt, sugar and miso in a large bowl and let rest for 30 minutes, make sure that the miso paste is completely broken up.
3. Finely slice white and light green parts of scallions. If using fresh ginger, peel and grate. Finely mince the garlic.
4. Add scallions, ginger, garlic and cayenne to the miso and cabbage mixture, tossing to combine.
5. Pack mixture and juice into 4 pint glass jars. It should just fit with some juice above the vegetables. Cover with an airlock-enabled lid or a barely tight canning lid.
6. Let sit at room temperature for 4 days, releasing the pressure daily if using the canning lid. Press the mixture down if it rises above the liquid line.
7. After 4 days, stir the mixture, pack it down, and top with the canning lid. Store

in the refrigerator for at least a week before eating. Kimchi will easily last six months in the refrigerator



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