



Spring Greens CSA: Week 6

It's the final week of our spring greens CSA and the employees and practicum students would like to send our genuine appreciation to everyone who supported us. We thoroughly enjoyed providing you with as diverse of a share of vegetables that Montana will allow us to grow. We learned a lot and realized that our hard work pays off more than we think - week after week we thought that we'd be short on vegetables for the following week's share, and every week we were pleasantly surprised with how much we could provide.

All of you will receive a survey as an email within the next week, and we'd greatly appreciate it if you'd take the time and answer some questions for us concerning variety, share size, methods, cleanliness of produce, and a comments/concerns section.

Our earliest Zucchini and Summer Squash just started to flower, meaning that we'll be up to our ears in these slender, diverse fruits before we know it. All stages of the Zucchini fruit are edible and delicious for their own uses - the flowers can be stuffed



and fried, the young fruit is perfect for roasting and sauteing, and the larger mature fruits go great in many baking recipes as a healthy addition.

"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

Napoli (F1) Carrots

Red Ace (F1) Beets

Sugar Snap and Sugar Ann Peas*

Lacinato, Redbor (F1), and Winterbor (F1) Kale Medley

Italian Flat Leaf Parsley

Rainbow Chard*

Hera Dill*

Deluxe Lettuce Mix

Emperor (F1) Spinach

Victoria Head Lettuce

Baby Barese Chard

Garlic Scapes

Green Magic (F1) Broccoli*

* = 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 Madde G.



Four-Row Pinpoint Seeder

There are many different tools that have been designed to make sowing seeds more efficient. When determining what tool to use, the first step is to consider the type of seeds you are planting and what size space you will be sowing them into. At Towne's Harvest we have a variety of beds, spaces, and tools that range from full size seeding implements for the tractor to small hand pulled seeders. One of the small seeders that we use is the Four-Row Pinpoint Seeder. There are some different variations of this tool, but ours is a cylinder on the end of a stick about the same size as a rake.

The pinpoint seeder consists of a metal cylinder that has different size divots that run around the circumference of it. There are two spike wheels on each side and the cylinder that can be adjusted to best fit the type of seed you are using. On top of the

cylinder are four different open compartments where you place the seeds. Before using the seeder, you adjust the cylinder to align the size of divots that you want with the four compartments, this determines how many seeds are dropped with each rotation. You then dump even amounts of seed into each of the four compartments and you are ready to roll. As you pull the seeder, the wheels and cylinder rotate as the seeds drop into the divots. On each of the compartments there is a small brush that assures that only the seeds in the divots pass through so that they are evenly dropped.

While the tool itself is relatively efficient and easy to use, it does have some drawbacks. It is only practical for small seed crops that can be planted very close together such as lettuce mixes or herbs like basil. It also is only effective in very fine beds of soil which generally requires a good amount of hoeing and preparation to achieve. We use this tool on the farm most often in the high tunnels where the soil is generally pretty well maintained, and occasionally outside after a multi-step process of preparing the soil.

If you are willing to put in the time and work to prepare the soil beforehand, this tool can be very useful. The adjustments allow you to plant a diverse variety of seeds and assure that the rows and spacing are precise and even. This is advantageous because it allows you to plant seeds very close together, using the space as efficiently as possible.



Student of the Week



Timothy M.

Timothy grew up in a suburb of Portland called Westlinn. Tim is currently a sophomore in the SFBS major specifically studying sustainable crop production. He spent the past year creating pizzas at Tarantino's in the heart of Bozeman. Tim one day plans on combining his scholastic experience and work experience to create his own farm-to-table pizza restaurant. Tim's favorite vegetable is the artichoke cooked to perfection with melted butter. When not following his professional dream, Tim enjoys skateboarding, snowboarding, and hiking.

Crop of the Week

By Kaylee A.



Were you as excited to have carrots in June as we were? These Napoli Carrots were seeded by David Baumbauer in our Season Extension Research Project (SERP) tunnels in March. These carrots are bred to be sweet. According to our seed catalogue, it should take about 58 days for these seven-inch-long, orange carrots to be ready to harvest. March to June is well over 58 days, however, so why did it take so long? Even though we were growing these carrots in a high tunnel (a non-heated greenhouse) it was still cold for most of these carrots' lifetime and the days were much shorter. With enough time, however, we still manage to grow big, healthy, sweet carrots in Montana.

Originally white or purple, wild carrots have been bred for centuries to yield the variety of carrots we have today. Carrots were cultivated in Afghanistan for use as a storage root about five thousand years ago. The name carrot means "horn" or "edible root." Before these plants were considered edible, however, people grew them to use their seeds for medicinal purposes. In modern times, the roots are eaten as well as the greens. Here at Towne's, we typically leave the tops on our carrots so that they stay fresh and so that the greens can be used if desired. Carrot roots are high in alpha and beta-carotene, vitamin K, and vitamin B-6.

Carrots are biennials, which means that they live for two years if you don't harvest them, and that they flower in the second year. They are in the Apiaceae family, also known as the carrot family. Other plants in this family include anise, caraway, celery, coriander, cumin, dill, fennel, lovage, parsley, and parsnips. One of the hardest things about growing carrots is that it takes two weeks or more for them to germinate, or emerge from the soil. During these two weeks, the soil must be kept moist, or they will not germinate evenly or at all. In Montana, this means watering carrots almost everyday. While watering is good for the carrots, the weed seeds also enjoy the extra moisture. As a result, it can be very difficult to weed a carrot bed. One way we deal with the weeds is to torch them with a propane torch a week or so before the carrots come up; this way, the carrots are protected by the soil and the weeds are exposed

to the hot flames. If we miss the flame-weeding window, we have to wait for the carrots to get big enough for us to see them to hand weed, which can be very time consuming when you have a 400 foot-long row of carrots!

While we won't be seeing them in the Spring Greens CSA, we have TONS of more carrots around the farm. We have Mokum carrots, a slender, 36-day "pencil carrot," in our Fan Tunnel that should be ready by next week. We also have Purple Carrots, Yellowstone Yellow, and more Napoli growing in the field, the Napoli being ready in three to four weeks time. We'll wrap up our season with 400' rows of Scarlet Nantes, the open-pollinated grandmother of most of our earlier "Nantes-type" carrots, and Bolero, a big, sweet, fall storage carrot.

Bringing it to your Table

by Jennifer M.

Curry Dressing

Inspired by Bon Appetit magazine

This dressing can be used many ways in this week's CSA. Whether massaged into kale, used as a soak for beets and carrots, or both, this dressing is a perfect summer staple.

Ingredients

- ½ cup olive oil
- 1 teaspoon curry powder
- ¼ to ½ garlic scapes, finely chopped
- 3 tablespoons of apple cider vinegar
- 1 tablespoon dijon mustard

Preparation

1. Simmer oil, curry powder and garlic scapes in a saucepan
2. Blend the vinegar and mustard in a blender, slowly adding the curry/oil mixture
3. Blend until smooth and thick, then season with salt according to taste

Dressing will keep in the fridge for up to a week



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