



Summer CSA: Week 3



We've lowered our price for flower arrangements - as you probably saw last week we're selling our arrangements for \$5 to CSA members. Practicum student Althea Hogle has taken on growing,



harvesting, and arranging flowers as her special project. Every arrangement is made with love!

Things to Remember

- CSA pickup is every 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. Small produce bags will be helpful too as we start distributing some vegetables without bags or ties.
- 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.

"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

Mokum (F1) Carrots

Dark Star, Raven (F1) and Jackpot (F1) Zucchini

Marino Cilantro*

Gypsy or Green Magic Broccoli

Guardman Green Onions

Farao (F1) Green Cabbage*

Windsor Fava Beans*

Aroma (F1) Basil

Green Garlic*

A Choice of Either

Crispino Iceberg Head Lettuce*

Or
Flashy Troutback Romaine*

Cut flowers available for \$5 a boquet

U-pick herbs readily available upon request

Oregano
Rosemary
Thyme
Lemon Balm
Marjoram

* = new this week

Student Biographies: Carson



Carson grew up in Havre Montana on the Hi-line. He has been farming since he could drive which was a young age. He has mostly worked with wheat but has also farmed some barley and chickpeas. After High School he attended the University of Montana for two years working on his generals. Carson decided to take a break after Missoula and work for the Department of Interior and the USDA fighting forest fires for three

Vanessa and Vanessa



Vanessa Walsten is a native to the Flathead Valley and has lived in Montana all of her life. A recent transplant to Bozeman, Montana, she's is a senior at Montana State University where she studies Sustainable Foods and Bioenergy Systems. Prior to enrolling at Montana State, Vanessa attended Flathead Valley Community College where she earned an Associates Degree in Graphic Design. She then worked in sales and marketing, print editing and ad development as a graphic designer for two companies in Kalispell, Montana. She is also busy developing a startup with two

years. It was in that time that he eventually realized he wanted to continue his life somewhere in agriculture. He is now enrolled at MSU in the Sustainable Food and Bioenergy Systems degree under the crop production option. He would eventually like to run his own diversified Farm somewhere here in Montana.

other MSU students. The startup, Farmented, captures potential food loss from local organic farms and turns it into healthy, fermented consumer food products.



My name is Vanessa Davaz. I am a junior at MSU majoring in Food and Nutrition: Dietetics, and minoring in English Literature. I currently work at Townshend's Teahouse, and have worked for a private chef in the past. I enjoy reading, cooking, gardening and dancing. I am considering attending culinary school sometime after I graduate.

Tool of the Week

By Sophia K.



The Luv Truck is a vital member of the Towne's Harvest Garden crew. Whether this versatile tool is transporting seedlings from the Plant Growth Center on campus to the farm or hauling freshly cut alfalfa to the compost piles, the 1980 Chevrolet Luv Truck has endless uses. The Luv Truck is not actually a Chevrolet, but a rebadged Isuzu truck. The well-loved tattered interior and bent coathanger drivers door latch adds rustic charm to the truck, and the custom blue and gold seatbelts showcase its unique flare. Last year Towne's Harvest employee Wes Cawood rebuilt the truck's carburetor and now it starts with ease and runs smoothly. This is essential because like any farm, Towne's Harvest depends on the pickup truck for many daily tasks.

Weighing in at 2,440 pounds the Luv Truck is about 500 pounds less than a modern Subaru Impreza, and with a mere 80 horsepower engine it has about half the power of a modern economy car. The truck rarely leaves the farm, however, recently it has been loaded with fresh vegetables once a week and taken to one of the markets Towne's Harvest participates in. Advertised at 34 miles to gallon on the highway and 24 miles to the gallon in the city, we are sure to get several market trips on a single tank! Hearing the Luv Truck putt from field to field has become a sound synonymous with a hard day's work, and seeing the truck bouncing around the farm is a sight I know most of us will think back on fondly.

Crop of the Week

By Mia



Broccoli is a delicious and popular veggie in the cabbage family. The edible portion of the plant is the immature inflorescence, or flower cluster. The word *broccoli* means "the flowering crest of a cabbage". Broccoli's scientific name is *Brassica oleracea* which is the same genus and species as kale, cauliflower, cabbage, brussels sprouts, and collards.

Broccoli is a cool-weather crop that usually does poorly in hot summer weather. Broccoli grows best when they are exposed to an average daily temperature between 64-73F. In Bozeman broccoli can be planted in the greenhouse in early May and then transplanted to the field in late May. We planted our on May 2nd and transplanted them on May 29th. After transplanting, it's important to use some kind of material to cover the transplanted Broccoli on the ground. This reduces the insects risks, keeps more moisture on the ground, and provides a warmer environment for the broccoli. Additionally, "cabbage worms", the larvae of *Pieris rapae*, a small white butterfly, are a common pest in broccoli. These pests can be controlled with the use of row-cover to cover the broccoli.

Nutritionally, a 100 gram serving of raw broccoli provides 34 Calories and is an excellent source of vitamin C and vitamin K. Also, broccoli has low content of carbohydrates, proteins, fats, and dietary fiber. Therefore, broccoli is a good choice for people who are trying to be healthy or lose weight. My favorite way to eat broccoli is boiling them and then frying them with some onions, which is also a traditional Chinese way of cooking broccoli.



Need a great summer gift to give to family member, friend, or acquaintance?

Follow the link below to purchase the newest addition to our CSA program - harvest bucks! Harvest bucks are a gift certificate for our on campus farm stand. Harvest Bucks are unique because you receive an added value of 10% more than what you paid for! For example, if you purchase \$50 of harvest bucks you will receive \$55 worth of coupons to use at our farm stand on anything that you'd like!

If you've already purchased harvest bucks and haven't already received them they can be redeemed at our campus farm stand during any hour of operations.

Farm stand is held every Thursday from 3:00pm-5:30pm at Montana State University in-between the Student Union Building and Barnard Hall.

<http://townesharvest.montana.edu/communitysupportedag/>



coming soon to a CSA near you....



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