



*Locally, Sustainably and Educationally Grown*



Snow is falling on the mountains and cool air is pushing out the smoke. We're still hard at work on the farm (wearing a few more layers) harvesting for CSA and our Campus Farm Stand. Though fewer crops tolerate and thrive with these cooler nights, some hang on just fine. Our season extension structures are holding in some of the daytime heat and warding off the frost from some of our more sensitive crops. Producing food into fall is no easy feat, and we're learning more every year how to provide our members with more diversity and larger quantities in our final weeks.

# 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?"

Summer CSA: week 12

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

Carmen (F1), Islander (F1), Antohi, Ace (F1), or Escamillo (F1) Sweet Peppers

Red Rocket Cayenne Peppers

Hot Early Jalapenos

Deluxe Lettuce Mix\*

King Richard Leeks

Red Ace (F1) Beets

Scarlet Nantes Carrots  
Dark Red Norland Potatoes  
Loose Lacinato, Redbor (F1), or Winterbor (F1) Kale  
Delicata JS Winter Squash\*

Indigo Cherry Drop, Blush, Sakura (F1), or Sungold (F1) Cherry Tomatoes

**U-pick herbs readily available upon request**

Oregano  
Rosemary  
Thyme  
Lemon Balm  
Marjoram  
Sage  
Lemon Balm  
Zaatar

\* = new this week

## The Return of Lettuce

by Dr. Mac Burgess

This week we are excited to bring back lettuce for the first time in a while. Lettuce is a cool season crop that does not do well in the heat of summer. Our deluxe lettuce mix in this weeks share was direct seed on Aug. 15 and endured a few weeks of summer heat before coming to maturity in the recent cool fall weather. It even endured a light frost on saturday night, and we think it is better for it. There is not even a hint of the bitter flavor we tolerate in summer lettuce. Barring truly extreme frosts we plan to bring you head lettuce for the next 2 weeks. We'll also have some spinach for you next week. One thing we won't have this fall is any more cabbage or broccoli. On that note, check out the winter farmers market at the Emerson Center starting this Saturday and continuing every 2 weeks throughout the winter. While we won't be selling there, we encourage you to support the local farmers who do.





## Delicata JS Winter Squash

by Dylan Fishman

This week we're excited to give you a Winter Squash with defined visual appeal, impeccable taste, and desirable culinary versatility. The Delicata winter squash is a striking inclusion to a center piece, a roast, or a casserole.



Student Sam Wilson says:

"Delicata squash is wonderful for both stuffing and baking, the flavor is very sweet and is popular because it is not a bitter variety. The squash will continue to ripen in storage. If kept in a cool dry place they will keep for months and continue to ripen and get better. They are considered ready to eat when they have some orange in the stripes. Another benefit on winter squash is that the seeds can be baked and eaten as well and can make a fun fall snack."

We want to emphasize to everyone that letting this beautiful squash sit and age for a little bit will improve its taste! Hold off on eating it and you will be rewarded with the sweet taste of fall fruit.

Happy Cooking!

## Need More Veg?



We hope that our CSA is providing you with enough vegetables for the week! However, if you find yourself craving more of one specific item or larger quantities in general then please come visit us at our campus farm stand every Thursday from 4-6pm at the intersection of Grant and 7th street by the big spinning noodle structure. Get there early for an abundance of tomatoes, basil, onions, garlic, greens, and more! CSA customers get good deals, but you'll have to come to find out!



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 4:00-6:00pm at Montana State University in-between the Student Union Building and Barnard Hall.

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



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Contact Elisa Boyd at  
(720) 771-3839 with any questions