



## Farewell - For Now!

The last week of CSA distribution is here, and we're sad to see the season go, but proud of what we were able to provide for you. We were able to give you all some crops that we've never given to our CSA members in the past, and that's an amazing feeling. Thank you for being devoted CSA members and we hope that we get to see you all again next year. We'll be back next year, some familiar faces and some fresh ones too. Have a good winter, and use those storage crops wisely!

Until Spring,  
Dylan Fishman, Marketing Manager

## 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 14

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

Loose Redbor (F1) and Winterbor (F1) Kale

Italian Flat Leaf Parsley

Bolero (F1) Carrots

Yukon Gold Potatoes\*

Rose Finn Apple Fingerling Potatoes\*

Mars Celeriac

Conservor (F1) Shallots

Takrima (F1) Leeks

German Red, Korean Red, or Music Garlic

Patterson (F1) Onions\*

Red Rocket Cayenne Peppers



Hot Early Jalapenos  
Carmen (F1), Islander (F1), Antohi, or Escamillo (F1) Green Sweet Peppers  
Red Ace (F1) Beet  
Waltham Butternut Squash\*  
Racer (F1) Pumpkin\*  
Winter Luxury or Jet (F1) Acorn Winter Squash\*  
Burgess Buttercup or Lower Salmon River Winter Squash\*  
2 Jars of Pickles \*\*

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

Oregano  
Rosemary  
Thyme  
Lemon Balm  
Marjoram  
Sage  
Lemon Balm  
Zaatar

\* = new this week

\*\* = made at Roots Kitchen Cannery from THG cucumbers by THG students



# Thoughts on Fall and Winter Vegetables

By Dr. Mac Burgess

This is my favorite time of year. We've had a couple hard frosts now and it is time to put most of the farm to bed for the winter and enjoy the bounty of fall storage produce. Half the farm has been planted to winter annual cover crops, and plans are already being laid for next year. We just planted our biggest garlic crop ever, twice this year! For CSA this week you might want to bring a couple extra bags, and maybe even a bigger vehicle if you normally pick up your share on 2 wheels. To bid you farewell we'll be sending you home with generous portions of storage crops. Don't think you have to make room in the refrigerator for all of this, though. Garlic will store fine and squash will continue to ripen (and double as decoration) right out on the kitchen counter. Potatoes will keep for months in a cool dry place like a pantry, basement, or insulated garage. If you're still sitting on Walla Walla or Ailsa Criag onions from previous weeks, eat those first, and eat the leeks soon, but set these Patterson storage onions away in a cool dark place. They should keep until March. I'd eat the bell peppers sooner than later, but the red rocket cayenne peppers are really meant to be dried, string them up and hang them on the wall- we're still using some from last year at my house. Carrots and beets would probably do best in the refrigerator if you don't have a root cellar, but they should last for weeks if not months there.

You might have noticed we moved the 3 large mobile high tunnels where much of the Tomatoes and all the Cucumbers for the CSA were grown this summer November. This fall phase of what we call SERP (Season Extension Research Project) is part of David Baumbauer's Ph.D. research. While it is possible to keep growing cold hardy greens in high tunnels, it is risky, and there are unanswered questions about when and what to plant and how to manage the tradeoff between light and heat that comes from more layers of plastic. The successful crops of that project will make their way to the Gallatin County Food Bank and the unsuccessful crops will help us learn how better to extend the season into the fall. The other challenge to fall and winter growing is storing and washing produce in freezing weather. While we don't have the infrastructure or labor supply to keep processing vegetables into the cold time of year, other farmers in the Valley do. I'd like to encourage everyone to support local farmers through the Bozeman winter Farmers Market at the Emerson Center every other Saturday straight through the winter.





## What's Up With Beets?!

By Kelsey Peterson

As you may know after weeks of receiving beets, they have a sweet earthy flavor. Beets come in a variety of colors from red to yellow to striped. Red Ace beets tend to be sweet and earthy tasting. Golden beets have more mellow and less sweet flavor than the Reds. Chioggia Beets are known as the “candy-cane” beets because they are striped; sadly, after cooking these they tend to lose their stripes. The Chioggia tends to have the sweetest flavor of them all.

From hummus to salads to decadent desserts beets have so many uses, which is why I have an extreme love for them. My favorite use of golden beets is to to make a hummus because the earthy flavor is toned down. Pickled red

beets are my favorite addition to a spinach salad with feta. The Chioggia make great brownies, cakes, and smoothies because of the extra sweetness. Beets are a fun addition to any meal!

## Beet Salad with Citrus & Nuts

Tender beets cooked in a minimal water with a brown sugar and vinegar glaze. Topped with your favorite nut, herbs, and citrus zest! This salad has wonderful contrasting flavors. I usually use what I have at home, but here is my most recent spin on this recipe adapted from America's Test Kitchen. [Beets with Lemon & Almonds](#)

### Ingredients I used:

1 pounds beets, trimmed and halved

1 cup water

3 tablespoons apple cider vinegar

1 tablespoon packed brown sugar

1 shallot, thinly sliced

1 teaspoon minced fresh lemon balm

2 tablespoons minced fresh tarragon

1 teaspoon minced fresh parsley

½ cup chopped walnuts

Salt and Pepper

I cooked about a pound of a mixture of Chioggia, Golden, and Red beets in just enough water to cover them (about 1 cup) until they were tender at which point I removed them from the pan. Through boiling the leftover cooking liquid was reduced down until the pan was just about dry. Then I created a glaze by boiling 3 tablespoons of apple cider vinegar and 1 tablespoon brown sugar until it had thickened. Next, the beets, shallots, lemon balm, salt, and pepper were tossed with the glaze and topped with walnuts, fresh tarragon, and fresh parsley. This was a delicious variation!

[Need More Veg?!](#)





Our Farm Stand will be going through next week (Oct 12). Stop by to stock up on a more veggies and say hello one more time before the season ends! As a reminder, our campus farm stand is every Thursday from 4-6pm at the intersection of Grant and 7th street by the big spinning noodle structure. 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 Dylan Fishman at  
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