



## Summer CSA: Week 5



Practicum student Lennon L. starts off an early day by seeding some fall radishes. As daylight slowly wanes our opportunity to grow certain veggies does too. Much like spring crops, our fall crops are usually quick to grow, can tolerate a light frost, and do well with less light.

## 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  
Cucumbers (many varieties)  
Italian Flat Leaf or Curly Parsley  
Red Ace (F1) Beets  
Aroma (F1) or Genovese Basil  
Loose Lacinato, Redbor (F1), or Winterbor (F1) Kale  
Rainbow Chard  
Provider Green Beans\*  
Walla Walla\* or Ailsa Craig Onion\*  
German Red or Paradise Red Garlic

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

Oregano  
Rosemary  
Thyme  
Lemon Balm  
Marjoram  
Sage\*

\* = new this week

Flowers are abundant in many forms! We have sunflowers, marigolds, calendulas, zinnias,



bachelor buttons, cosmos, static, stock, scabiosas, and more available to us. We'll have \$5 bouquets at CSA this week for purchase. We'll have a wider selection available at our campus farm stand near the intersection of Grant and 7th. Please email [Townes.Harvest@gmail.com](mailto:Townes.Harvest@gmail.com) with any special flower requests.

## Student Biographies



Sophie K

Sophia, a transplant from Denver Colorado, is a double major in Environmental Horticulture and Sustainable Foods and Bioenergy Systems with a food systems option. She enjoys spending her time cooking and baking, exploring in the outdoors, traveling and spending her time with friends and family. Her favorite veggie is asparagus and raspberries are her favorite fruit. Growing up, gardening was a normal family activity. Her father made gardening a priority and from an early age Sophia learned the value of growing your own food. In high school she worked at a hydroponic and aquaponic community food justice center aimed at addressing Denver's largest food desert. Through her early experiences Sophia has created a basis from which she wishes to grow her interest in urban farming and food production education. She is currently a nanny and would love to work for a farm to school program that educates children about nutrition and food production. She is excited to be part of the Townes Harvest team and looks forward having a bountiful summer while learning more about food production in Montana.

### Culinary Marketing Student:

Camrey Bradshaw is a senior at Montana State University, studying Sustainable Foods and Bioenergy Systems. She grew up in Red Lodge, MT, a small town where she grew a passion for the outdoors. Her hobbies include skiing, hiking, 4 wheeling, and camping. Post-graduation, she hopes to stay in Montana for a year to save up so she can travel.

### Culinary Marketing Student:

My name is Dakota Funk, I'm 25 years old and I have lived in Montana for the past 17 years. I am currently a senior at Montana State University and will be graduating in December 2017 with a degree in Food and Nutrition with a double major in dietetics and nutrition science. Food is one of my favorite things in the world, and I love taking fresh, healthy ingredients and creating delicious, unique dishes. I aspire to be a dietitian with a focus in either sports nutrition or eating disorders after completing my schooling.



Crop of the Week



By Sophie K.

Basil or *Ocimum basilicum* is an aromatic herb in the Lamiaceae family that has been cultivated for over 5,000 years. Originating in India, basil has a sweet yet strong aroma, and hints of anise flavor. With soft bright green leaves, basil is a staple for many cuisines including Italian, and several Asian countries. Basil is a warm-weather annual crop that requires warm temperatures and benefits from afternoon shade. It is sensitive to cold and therefore, must be planted well after the last frost of the season. Frost can be a difficult environmental condition to gauge especially with Montana's rapidly changing weather. Therefore, basil is commonly grown in high tunnels, greenhouses, or fan tunnels where controlling environmental conditions is possible. In Montana basil is not normally grown out in the field. At Towne's Harvest we grow our basil in the high tunnels which give us more control over the delicate crop. Specifically, the high tunnels create a warmer growing temperature which encourages growth. In addition, growing basil in a controlled environment reduces the amount of water that touches the foliage which reduces risk of disease. Basil is harvested shortly before CSA pickup and market to keep its freshness because it wilts easily.

At Towne's Harvest we are currently growing three varieties of basil - Genovese, Aroma, and Nufar. The Genovese variety was seeded in the high tunnel on June 8th. The Aroma was seeded in the Plant Growth Center and transplanted to the high tunnel on the farm on June 4th, and also direct seeded in the high tunnel on June 15th and June 17th. The last variety Nufar was direct seeded in the high tunnel on June 15th, and also transplanted from the Plant Grown Center on June 22nd. Every week we take cuttings from each plant. This way we can harvest from the same plant continuously instead of cutting the plant at the roots once. The Genovese is a classic Italian variety with a traditional flavor and look. This variety is relatively slow to bolt meaning it takes longer to flower and produce seed allowing a longer harvest time and a sweeter more tender crop. The Nufar variety is a shorter bushy plant compared to the other varieties. It's has large full leaves making it a high yielding variety. It also has a resistance to Fusarium Wilt which is a very common soil

borne fungal pathogen. The last variety is the Aroma basil, and as the name states it has a strong delicious scent. It looks similar to the Genovese variety and has a similar resistance to Fusarium as Nufar.. We planted all varieties on June 8th in two high tunnels. Using a four row pinpoint seeder we carefully cleared and leveled the beds before planting. Under the protection of the high tunnel the basil has grown rapidly and developed large deep green leaves.

## Tool of the Week



by Timothy M.

To keep our CSA shares looking top notch most of the produce distributed by Townes Harvest Garden is washed to remove any dirt and bugs. This process usually happens in the barn where shares are picked up. All of the dirt washed off of the vegetables goes

down the drain and into the wastewater system. One thing farms don't like losing is soil. Farmers do everything they can to save as much soil from blowing away in the wind or washing away with water. Some strategies include growing cover crops (to hold on to the soil) and no till farming (to reduce soil loss into the air). One other way to save a little bit of soil is to wash your crops in the field and drain the water and soil right back to the field.

A field wash house can provide many advantages. Crops can be harvested and washed much quicker than carrying them all the way to the barn first. Depending on the size of your farm that could save plenty of time. A field wash house is perfect for washing root vegetables such as carrots and beets. Beets and carrots hold on tight to soil when harvested, and washing all that down the drain could be prevented with a wash house. When soil dries on to vegetables before you wash them, it can easily double your washing time and water usage. With a wash house you can quickly harvest and wash produce before the soil completely dries, saving your time, water, and soil. My favorite part is the cool shade and breeze passing by while you wash vegetables on a hot day.

The field wash house at our farm was built a few years back by a couple of architecture students as a project. It was overgrown with weeds and hadn't been used in a few years, so I grabbed a weed wacker and cleaned it up for use again. Since then we've been using it to wash carrots and beets, and probably many more different veggies throughout the summer.



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

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



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Contact Dylan Fishman at  
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