



Summer CSA: Week 6

Midseason's Greeting

by Mac Burgess

This week we are missing the presence of the Towne's Harvest Garden summer practicum students, most of whom have completed the course requirements and are taking a few weeks off before the beginning of the fall semester. This week's farm operations fall entirely on the staff (Elisa, Dylan, and Wes), with MS Student Joseph Kibiwott and myself pitching in a little. This works out since we are done with the bulk of our planting, are in a pretty good state with regards to weed management, and are moving on to less labor-intensive fruit and root crops for harvest. Next week we will welcome interns from the Montana Dietetics Internship, and in just 3 weeks the beginning of Fall Semester will bring a new group of SFBS students to the farm to wrap up this season's harvest, plant garlic and winter cover crops, and get the farm cleaned up for the winter.

This 6th week marks the middle of the 12 week summer CSA program. The first week of August also brought the cross-quarter day marking the midway point between the summer solstice and fall equinox. Celebrated in Gaelic culture as Lughnasadh (or Lunasa), this time of year brings us the first glimpses of fall, and was traditionally celebrated with the first harvest festivals. Here at Towne's Harvest we are thrilled to offer you the first tastes of two classic fall veggies that go well together: Potatoes, and Leeks. We dug a row of 'new' potatoes this morning- they are 'new' in that the vines are still green and growing and the skins have not yet set on the

tubers, so these should be eaten right away rather than put up for storage. These are of the variety 'Dark Red Norland', which have a low starch content, so will hold together well when boiled for potato salad, soup, or diced and pan fried, but don't have the fluffy flaky texture of a russet when baked.



The leeks you'll receive this week are an open-pollinated variety called "King Richard". This Variety was honored with the Award of Garden Merit by the Royal Horticultural Society back in 2000, and while our climate here in Bozeman differs a bit from that of London, England, King Richard is a reliable early leek here too. With both the new potatoes and the early leeks we are sacrificing a little bit of yield to bring you an early taste; these plants are still growing. Don't worry, though, as we will have plenty more leeks and potatoes in coming weeks.



When I said leeks and potatoes go well together, what probably came to mind is soup. Indeed, they make a wonderful soup, with or without the classic cream base. Consider thinking beyond soup, though. Leeks are wonderful lightly fried or even grilled, and can stand on their own as a side dish. Both the white and green parts are good to eat.

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

Dark Red Norland New Potatoes*

King Richard Leeks*

Mokum (F1) Carrots

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

Cucumbers (many varieties)

Italian Flat Leaf or Curly Parsley

Aroma (F1), Nufar (F1) or Genovese Basil

Loose Lacinato, Redbor (F1), or Winterbor (F1) Kale

Provider, Velour, and Carson Bush Beans*

Ailsa Craig* Onion

a choice of either

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

OR

Black Prince Hybrid or Black Krim Heirloom Tomato

U-pick herbs readily available upon request

Oregano

Rosemary

Thyme

Lemon Balm

Marjoram

Sage*

* = new this week



Crop of the Week



By Dylan Fishman

Last week marked our first onion harvest, and it's only one of many. Onions (*Allium cepa* L.) are one of our important storage crops that we grow here in Montana. Some onion varieties (like the Patterson variety that we're growing at THG) are meant to

dry-down and store for months on end. Most onions that can be bought at a super-market or grocery store would qualify as a storage onion. However, we made the choice to save the storage onions and provide you with a delicious sweet onion variety. In last week's CSA we gave you a Walla Walla sweet onion. Walla Walla is a commonly known variety due to its repetitive fun-to-say name and can be found in some super-markets throughout the year. This week we chose to harvest Ailsa Craig sweet onions - Ailsa Craig is a lesser known short-storage sweet onion named after a Scottish island that is visible from the coast where this onion variety was developed. We like these onions because they have an all-around wonderful taste and the potential to get huge! We thought that you might enjoy a taste of what's to come with a smaller (yet adequate) Ailsa Craig onion in this week's share.

Onions are a staple in my cooking for many reasons including the fact that they store well, have a long fridge-life, and bring a wonderful flavor to every dish you put them in. Onions are an essential part of making stocks which form the base of every delicious soup. Fry 'em, sautee 'em, or eat 'em raw on a sandwich. Onions are one of the most versatile culinary necessities. I suggest that you take the Ailsa Craig sweet onions from this week's share and batter them, fry them, and make some delicious onion rings!

This wonderful pollinator visited our hoop-houses this week! This is a hummingbird hawk-moth (*Macroglossum stellatarum*). This amazing moth looks like a hummingbird while it flies from flower to flower and is a great example of convergent evolution. We actively try to attract a diverse array of pollinators to Towne's Harvest Garden through different means. There's a pollinator garden on the property, we plant buckwheat as a cover crop, let cilantro flower in the fields, and inter-crop our fields with sunflowers all due to their pollinator benefits! We're happy to have these beautiful pollinators around our farm!



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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(847) 409-5567 with any questions