



The nights are colder, the days shorter, and the variety of food meanders back to the taste of spring - with a twist. Not only is a great time to grow greens, radishes, and turnips, but it's the time of year when autumn flavors grace our palates. Potatoes, onions, shallots, winter squash, and cabbages are all made to last us through the winter - it's no coincidence that there are so many ways to prepare these ingredients. If we had no other options we'd have to find many ways to make these crops interesting and tasty day after day. Get your recipes for soups, roasts, and slaws ready, because fall is coming your way. Below is a poem by 19th century poet John Keats with his take on the season's turn.

Autumn

Season of mists and mellow fruitfulness,
close bosom-friend of the maturing sun;
Conspiring with him how to load and bless
with fruit the vines that round the thatch-eves run;
To bend with apples the moss'd cottage-trees,
and fill all fruit with ripeness to the core;
To swell the gourd, and plump the hazel shells
with a sweet kernel; to set budding more,
and still more, later flowers for the bees,
until they think warm days will never cease,
for summer has o'er-brimm'd their clammy cells.

- John Keats



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 7

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

Integro (F1) Red Cabbage*

Dark Red Norland New Potatoes

Napoli (F1) Carrots

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

Cucumbers (many varieties)

Italian Flat Leaf or Curly Parsley

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

Bright Lights Rainbow Chard

Walla Walla or Ailsa Craig Sweet Onion

German Red, Korean Red*, or Music* Garlic

a choice of either

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

OR

Black Prince, Black Krim,

Pink Berkeley Tie-Dye, or Cherokee Purple Tomato

([click here](#) for a quick explanation of heirloom tomatoes in today's tomato scene)

U-pick herbs readily available upon request

Oregano

Rosemary

Thyme

Lemon Balm

Marjoram
Sage
Lemon Balm
Zaatar

* = new this week



Crop of the Week

by Dylan Fishman



This week I'd like to talk about the sweet subtlety that can turn a good dinner into a great dinner. Small, packed with flavor, and really very good for you, herbs are an integral part of the farmer's repertoire. Botanically, "herb" is a term for a plant without a woody stem that dies down to the ground after flowering. Generally, I think of herbs

as having some large flavor and/or medicinal component in contrast to other plants that are largely carbohydrate/food based. On our farm, we are growing parsley, dill, sage, rosemary, thyme, cilantro, and basil. There are also a couple of beds on the farm that the first semester summer class 'Market Gardening' planted into. In these beds we have chamomile, oregano, lemon-balm, zaatar, mint, valerian, marjoram, and purple basil.

Some of the herbs we have are perennials (come back every spring) like mint, some are biennials (takes two years to complete its life-cycle) like parsley, and some are annuals (takes one year to complete its life cycle) like basil. To make it an even more complicated matter some plants are perennials or biennials, but we grow them as annuals due to either their winter survival rate or their inferior flavor in the second year.



The herbs we have at THG have multiple different modes of use. Basil is a classic culinary herb used in pesto, caprese, and a lot of Italian cooking - but there is a variety of basil called tulsi basil, or holy basil, that is used exclusively for tea. Lemon Balm is not often used as a culinary herb but instead a scent agent for cosmetics, brews, and teas. Valerian is a unique plant that is often grown for root harvest. The root has an oil in it that is traditionally used to help insomnia, anxiety, and restlessness though there is no study that proves the effectiveness of this oil on any sleep or anxiety disorders. Mint is a wonderful plant that many of you have experience with - mint can be cooked with, used for tea, used for fragrance, and has medicinal value. Mint gets bonus points because it's easy to grow and will come back strong year after year. Be careful where you plant it because it'll be there for a long time and will try to take over!

We offer free harvest of any of our herbs at THG with a limit on how much you can take of each. Just ask us at CSA pickup about any of our herbs and we'll be glad to show you where they're growing and how much you can take!

Pollinator Corner

The Horticulture Farm, which encompasses Townes Harvest Garden [among many other projects](#), is home to eight bee hives that are located in the southeast corner of the property. These bees aren't maintained by THG staff, but we definitely reap the benefits! The honey bees are one of our most prolific pollinators and love certain crops that we grow. Some plants can self-pollinate, and others need the help of a friendly insect to be fertilized. Did you enjoy our all-you-can-eat squash at CSA pickup last week? You can thank the bees! This video shows a bunch of honeybees flying around one of the annual flowers we have planted called Bachelor Buttons.



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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