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Spring Greens: Week 2

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Spring Greens: Week 2

Welcome to the second week of our spring greens CSA share!

We hope you all enjoyed your share from last week and found ways to incorporate our fresh produce into your daily meals. We'd love to hear how you used your veggies and herbs, so please come to CSA pick-up this week ready to share!

This week we're getting a lot of very important work done with the students. This will impact our summer CSA share and the abundance of some of our summer and fall favorites such as tomatoes, cucumbers, peppers, potatoes, and onions. Students were taught about the importance of seed potatoes this week, how they're cut, stored, and propagated. We'll be planting potatoes in our field this week, weather permitting, and also touring MSU's seed potato lab to better understand how important seed potato certification and research is to our regional economy.

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What's in the CSA this week?

Spring Greens: Week 2

- Encore Lettuce Mix
- Baby Spicy Micro Mix
- Minuet (F1) Chinese Cabbage
- Black Summer (F1) Pac Choi
- D'Avignon French Breakfast Radishes
- Space (F1) Spinach
- Toscana Kale
- Rhubarb
- Oregano
- Towne's Harvest Assorted Tomato Starts
 - Super Sweet 100's (red cherry)
 - Clementine (F1) (orange cherry)
 - Arbason (F1) (red slicer)

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Our broccoli growing in the high tunnel is starting to head up! Broccoli plants take about two months in perfect conditions to create the beautiful head that you're used to seeing in a grocery store, but it takes even longer in the spring season when light and heat are intermittent. By planting broccoli in the high tunnel we speed up the maturation process. Look forward to finding it in your CSA share in the near future!

A Note on Rhubarb



This week we have a wonderful spring offering for everybody - Rhubarb! For years we have collaborated with [the Gallatin Gardner's Club](#) to provide rhubarb in our CSA. The Gallatin Gardner's Club (GGC) is a local non-profit that is a part of the MSU Horticulture farm, where Towne's Harvest Garden (THG) is also located. Primarily composed of retired members of the Bozeman community, the GGC sells food at the

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market at the fair grounds. They use their profits to offer scholarships to horticulture students at MSU and for grants. This year, THG applied for a grant from the GGC to plant new trees in our grove where students and staff eat lunch and hold our Friday review sessions. We were awarded funding to plant new trees to ensure the health, biodiversity, and comfort of the property that we enjoy summer after summer.

The GGC sold us the rhubarb that is in this week's CSA. The land that the GGC cultivates is not certified organic, but we ensure you that it has not been sprayed with any non-organic approved substances, and is of the highest quality. Please feel free to ask us questions you may have about the GGC or the rhubarb we're offering at this week's CSA pick-up.

Do I Need to Bring Anything?



Towne's Harvest Garden is trying to use the least amount of plastic as possible - therefore, we ask that you please bring your own large reusable grocery bags and small produce bags every week. We will have extra produce bags on hand, but we'd love it if we could reduce the amount we provide to zero. Other than that, just bring us any questions you might have and a smiling face!

Favorite Veggie Report: Minuet Chinese Cabbage

by Reece Summers

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Minuet is a variety of Chinese Cabbage (*Brassica rapa*, subspecies *pekinensis*) F1 hybrid. Chinese Cabbage is often referred to as Napa or closed-head cabbage. It produces compact, tightly wrapped, cylindrical heads. The juicy, tangy-sweet flesh and cool crispy texture is excellent for flavoring a variety of dishes and makes a wonderful fresh coleslaw.

Cultural History

Napa Cabbage is a staple in Northeastern Chinese cuisine and used for making suan cai, Chinese sauerkraut. In Korea, this developed into kimchi. In recent news, Brassica in Space, February 2017, astronaut Peggy Whitson harvested a crop of open-head Chinese Cabbage (*Brassica rapa*, subspecies *chinensis*) from a plant growth device aboard the International Space Station. This included an allotment for crew consumption, while the rest was saved for scientific study back at the Kennedy Space Center [1].

[1] 1. Heiney, Anna (2017-02-17). "Cabbage Patch: Fifth Crop Harvested Aboard Space Station". NASA.

Recipe

Caramelizing cabbage under the broiler draws out its natural sugars and deepens the flavor of the glaze. Preheat the roasting pan to jump-start the browning process.



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- 2 tablespoons cider vinegar
- 1 tablespoon brown sugar
- 1 teaspoon whole-grain Dijon mustard
- 1 teaspoon grated garlic
- 1/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 head napa (Chinese) cabbage, cut lengthwise into quarters
- Cooking spray

1. Place a large roasting pan in oven.
2. Preheat oven and pan to 450°.
3. Combine first 7 ingredients in a small bowl. Coat cut sides of cabbage with cooking spray.
4. Place cabbage, cut sides down, on preheated pan; bake 6 minutes.
5. Turn cabbage onto other cut side; bake an additional 6 minutes.
6. Remove pan from oven. Heat broiler to high. Brush cabbage evenly with oil mixture; broil 3 minutes or until browned and caramelized.

This recipe was taken from: <http://www.myrecipes.com/recipe/sweet-sour-roasted-napa-cabbage-wedges>

Favorite Tool Report: Horticulture Farm Weather Station

by Dr. Mac Burgess

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Thanks to funding from MSU's College of Agriculture, MSU's Horticulture Farm has its own weather station. The weather station measures temperature, relative humidity, wind speed and direction, barometric pressure, sunlight intensity, and rainfall. Conditions are averaged hourly and reported on [this website](#) via a cellular modem link.

Hourly and Daily summary data are also available for download from [the website](#). This allows students to compute growing degree days to predict crop growth, make comparisons to past years, and compare our rainfall to the water needs of our crops, helping with irrigation planning. My favorite feature of the weather station website is the bar chart at the bottom showing the amount of precipitation for each of the past 7 days. This is valuable in planning field activities like cultivation that require dry soil and in planning irrigation.

This week SFBS student Natalie Riffel performed the recommended annual calibration of our rain gauge. Everything was within specification, and no adjustments were necessary, but it is good to have confirmed this.



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