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Spring Greens: Week 5

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Another week of spring greens is here, and it's amazing to think that we only have two more distributions left! After reflecting on the produce diversity, quantity, and quality from this year's spring greens distribution, we as a crew are very happy with how smoothly everything has gone and the value we were able to provide. Although we love to pat ourselves on the back throughout the season to keep morale and motivation high, there's no opinion that we value more than yours! To be able to concisely and conveniently gauge your opinion we've created a simple anonymous survey through google forms that you can access by [clicking here](#). Please be honest in every regard so that we can provide a better attuned experience for our Summer CSA share (which many of you are a part of) and for next year's Spring Greens CSA share.

This week on the farm we're dealing with the same issues that everyone else in Bozeman is dealing with - the seemingly non-stop rain. When our fields are wet we use a lot of discretion about whether or not to step foot in our fields. Every time we

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to seed, transplant, and work. Poor soil structure is also less conducive to soil macro and micro biota that are helping us break down organic matter and turn unavailable plant nutrients into available plant nutrients! Yet, we must go out and harvest vegetables to fill your baskets with a bountiful arrangement of fresh food and to rescue veggies that may be past their prime if we wait until the fields dry out completely. What else do we do when it's wet outside? We go into our hoop houses and work in the wonderful, dry, warm conditions they create. This week we're setting up drip irrigation in the our warm-crop hoop house, planting greens in our hoop house turned shade house (pictured below), weeding using tools such as the scuffle hoe (featured in the tool report video at the bottom of the newsletter), and trellising tomatoes and cucumbers.



Student Biography: Darlene M.

written by Reece S.

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Darlene uses her culinary talents to create delicious and innovative meals from fresh, in season, produce. Towne's Harvest Garden Practicum is one of the steps in her full-time quest for a degree in Culinary Arts. Many of her family members have already completed university degrees and she is now taking time to pursue her own educational goals. Darlene was born in Tampa, Florida. She moved to Montana in 1991. Her favorite vegetables are salad greens and tomatoes, but these change with the season. Home gardening is another of Darlene's pursuits. She said, "I started my first vegetable garden two years ago. I want to cook great food and have a fabulous garden." She is also interested in learning how to produce better compost for her garden.

What's in the CSA this week?

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Darkibor (F1) and Toscano Kale
Quickstar (F1)* Kohlrabi
Arugula
Encore Lettuce Mix*
Emperor (F1), Corvair (F1), and Woodpecker (F1) Spinach*
Tiara (F1) Head Cabbage
Hakurei Salad Turnips
Assorted Garlic Scapes*
Sage
Tarragon*

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* = new variety or crop

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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:

by Gabriella P.



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Beets (Beta Vulgaris) are a hearty root vegetable that also has edible leaves. Beets all into the family of Amaranthaceae which also includes quinoa and spinach. Red Ace is an F1 hybrid cultivar that is quick in growth, strong, and has a sweet, earthy flavor. The plant may be transplanted or direct seeded, in early spring. Beets typically grow better in cool seasons. Beets can be found in a assortment of colors from white to yellow to striped. Beets can withstand many diseases, but scab which is also found in potatoes can be prevented by proper irrigation. Scab may look like raised, scaly sores. At the time of ancient Rome, beets were cultivated to endure hot summers to please people from spring to fall. Romans only ate the leafy greens of the beets, but it wasn't until 1542 that beets were cultivated for its root.

Fun fact:

Beets are considered an aphrodisiac in different cultures around the world due to the high content of Boron which can increase the amount of sex hormones. Aphrodite the goddess of love was known to eat beets to help enhance her beauty. Eat your beets!

Honeyed Beets Recipe

This recipe is plain and simple, with just a touch of honey you can have sweet caramelized beets. Toss them over a salad or just eat them as is. My mother whipped this up for me as a quick snack one day and I've loved it since.

Recipe:

- 4 or 5 beets
- ¼ cup of honey (Any honey of your choice)

Directions:

- Dice beets into cubes
- Sauté or steam beets until a fork can pierce through the diced beets
- If your honey is solid, put in the microwave for 15-20 seconds
- Pour honey over beets and stir until all beets are nicely coated
- Enjoy!



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Favorite Tool Report Video: Scuffle Hoe

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by Lilly S. and Katie G.



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Contact Dylan Fishman at
(847) 409-5567 with any questions