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Spring Greens: Week 6

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Spring Greens: Week 6



Welcome to the last week of our Spring Greens CSA!

The June "monsoons" have passed, and Towne's Harvest Garden received 1.4 inches of rain in the last 7 days! The cool, cloudy weather and the associated rains we experienced are conducive to the growth of all of our crops in the Brassicaceae family, which includes the head of broccoli pictured above. The weeds also appreciated the rainy weather - we we're unable to go out and cultivate the fields due to the wet soil, and so we are tackling last week's work this week.

If you've been enjoying your Spring Greens CSA share and want to continue receiving a share of beautiful veggies throughout the summer and well into October, then please consider becoming a Summer CSA share member as well! Our Summer CSA share is 14 weeks long, starts the Wednesday after the 4th of July, and delves into the summer delicacies of tomatoes, peppers, zucchini, winter squash, basil, and much much more. [Click here](#) for more purchasing information!

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How was your experience with our Spring Greens CSA share? We value your

opinion greatly, and to easily gauge it we 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.



Student Biography: Sherry Ni

By Liliana Bento



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for the spring semester and will continue to take courses through the summer. She has limited personal farming or gardening experience as she will be the first in her family to major in agriculture. Towne's Harvest will be her first hands-on agriculture experience. In the future, Sherry hopes to work at a seed company in China and eventually become an agriculture teacher.

What's in the CSA this week?

Spring Greens: Week 6

All-Star* Lettuce Mix
Emperor (F1) and Woodpecker (F1) Spinach
Guardman Green Onions
Red Ace (F1) Beets
Napoli (F1) Carrots
Rover (F1) Radishes
Darkibor (F1), Winterbor (F1), and Toscano Kale
Quickstar (F1) Kohlrabi
Tiara (F1) Green Head Cabbage
Green Magic (F1) Broccoli
Assorted Garlic Scapes
Winter Pea Edible Flowers*

* = new variety or crop this week

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THG practicum student Hadley helping out with a tour group comprised of 1st and 2nd graders who attend M.O.S.S (Montana Outdoor Science School) summer camp. The students learned about pea flowers, and the very basics of cover crops. THG leads many tours every summer for kids in summer camps, 4-H, and even those involved in the leadership of agricultural based educational programs.

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!

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The carrot and beet harvest out of our S.E.R.P (Season Extension Research Project) tunnels was huge! These are one of the last cooler season crops to be harvested out of our high tunnels. All of the beets and carrots in our Summer CSA share will be from outdoor plantings.

Favorite Veggie Report: Spinach

by Lilly Schwartz

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Spinach is in the family *Amaranthaceae* and is a tasty source of carotenoids, vitamin C, vitamin K, folic acid, iron and calcium (1). *Spinacia oleracea* is a flowering plant with many cultivated varieties such as Emperor, Corvair, and Woodpecker. Emperor, Corvair, and Woodpecker are all F1 varieties available from Johnny's seeds and are currently the featured varieties at Towne's Harvest, present in the CSA this past week. Spinach is in season during spring, summer and early fall in Montana, but can be grown in a greenhouse for year-long enjoyment.(2).

My neighbors growing up were greek with a huge family and no shortage of delicious food. I was by far the most food adventurous of my siblings, often "guinea-pigging" new dishes. Spanakopita was definitely one that took some coaxing to taste, but once I had that first bite, I never looked back! This isn't their original family recipe as I've since lost contact, but it looks pretty tasty to me!

Spanakopita (Greek Spinach Pie)

From <https://www.themediterraneandish.com>

for the spinach and feta cheese filling:

- 16 oz frozen chopped spinach, thawed and well-drained
- 2 bunches flat-leaf parsley, stems trimmed, finely chopped
- 1 large yellow onion, finely chopped
- 2 garlic cloves, minced
- 2 tbsp extra virgin olive oil
- 4 eggs
- 10.5 oz quality feta cheese, crumbled
- 2 tsp dill weed
- Freshly-ground black pepper

For the crust:

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1 16 oz package The Fillo Factory Organic Dough (#4 pasty sheets), properly thawed (see tips above)

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- 1 cup extra virgin olive oil, more if needed

Instructions

- Preheat the oven to 325 degrees F.
- Before you begin mixing the filling, be sure the spinach is very well drained, and squeeze out any excess liquid by hand.
- To make the filling: In a mixing bowl, add the spinach and the remaining filling ingredients. Stir until all is well-combined.
- Unroll the phyllo (fillo) sheets and place them between two **very lightly** damp kitchen cloths.
- Prepare a 9 1/2" X 13" baking dish like [this one](#). Brush the bottom and sides of the dish with olive oil.
- To assemble the spanakopita: Line the baking dish with two sheets of phyllo (fillo) letting them cover the sides of the dish. Brush with olive oil. Add two more sheets in the same manner, and brush them with olive oil. Repeat until two-thirds of the phyllo (fillo) is used up.
- Now, evenly spread the spinach and feta filling over the phyllo (fillo) crust. Top with two more sheets, and brush with olive oil.
- Continue to layer the phyllo (fillo) sheets, two-at-a-time, brushing with olive oil, until you have used up all the sheets. Brush the very top layer with olive oil, and sprinkle with just a few drops of water.
- Fold the flaps or excess from the sides, you can crumble them a little. Brush the folded sides well with olive oil. Cut Spanakopita ONLY PART-WAY through into squares, or leave the cutting to later.
- Bake in the 325 degrees F heated-oven for 1 hour, or until the phyllo (fillo) crust is crisp and golden brown. Remove from the oven. Finish cutting into squares and serve. Enjoy!

1. <https://www.healthline.com/nutrition/foods/spinach>
2. <http://www.montana.edu/mtfarmtoschool/documents/MT%20Seasonal%20Food%20Chart%20MTN%20Factsheet.pdf>
3. <https://www.burpee.com/gardenadvicecenter/vegetables/spinach/all-about-spinach/article10244.html>
4. <https://ag.umass.edu/vegetable/fact-sheets/leafminer-beet-spinach>
5. <http://ipm.ucanr.edu/PMG/PESTNOTES/pn74136.html>



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Contact Dylan Fishman at
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