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Summer CSA Share: Week 1

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## Summer CSA Share: Week 1



Welcome to the first week of our Summer CSA Share! The first CSA pick-up for the summer share is tomorrow (7/11) from 4-6pm. Summer shares are special because we get to provide you with some vegetables that are exclusive to the time of year when temperatures are consistently over 75 degrees, and the sun shines for 12+ hours a day. As the weeks progress we'll be introducing more vegetables and herbs that weren't possible to provide to you any earlier. We strive to be able to provide you with veggies and herbs at the earliest possible date given our weather and conditions in southwest Montana.

### Where Do I Pick Up My Share?

CSA distribution is held at the Towne's Harvest Garden barn and pack shed located about half a mile west of MSU campus. If you're using Google Maps, you can type in

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the south side of the street you'll see an official MSU agricultural research sign which is your clue to turn in here. Go down the gravel road and take your first left, and park by the big barn near the entrance. The map below should give you a good idea of where to go as well!



## 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!

## What's in the CSA this week?

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All-Star Lettuce Mix  
Arugula  
Red Ace (F1) Beets  
Napoli (F1) Carrots  
Cucumbers (mixed varieties)\*  
Redbor (F1), Winterbor (F1), and Darkibor (F1) Kale  
Tiara (F1) Green Head Cabbage  
Green Magic (F1) Broccoli  
Assorted Garlic Scapes

\* = new variety or crop this week

## Favorite Tool Report: Broad Fork

by Gabriella and Liliana



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## Favorite Veggie Report: Carrots

By Emma Burke

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Carrots or *Daucus carota* are members of the Apiaceae family which also includes celery, parsley, and dill. There are many types of carrots and many varieties within those types of carrots. At Towne's Harvest Garden we are growing a few varieties of carrots. The variety we have already harvested is called Napoli. It is a Nantes carrot which is a type of carrot that is medium length and cylindrical in shape. Napoli is a (F1) hybrid and is an early variety which is why we have harvested it before our other varieties. At Towne's Harvest Garden we grow our carrots in the field even though carrots would typically prefer sandier and slightly more acidic soil than we have. We sow the seeds densely and thin the plants later on so that there is a couple inches between each carrot. It is also important for us to keep the soil moist and avoid drought stress as it will cause the carrots to become misshapen and could induce splitting later in the season. One persistent problem we face as an organic vegetable farm is weeds, as you can see in the pictures below. Fortunately, we do not have problems with common carrot diseases such as various types of blight, spot and mildew. We do not have any especially troublesome insect pests either. However, during harvest time we do come across damage from larger pests such as mice and voles who like to take bites from the tops of our carrots. We harvest our carrots in late summer and fall using a broad fork which is a very common way to harvest carrots on small scale operations. The broad fork lifts the carrots out of the soil so that we can pick them up easily. One of the more challenging parts of harvesting carrots is washing them because they have been underground and have many crevices for dirt to hide. If you love carrots and want more, the perfect time to be planting carrot seeds in Bozeman is right now!

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#### **A note from Dylan -**

The carrots in this week's CSA were grown in one of our high tunnels as part of a research project. These carrots were harvested, topped for storage, and kept in our cooler for two weeks. Carrots suit the Montana climate for several reasons. The first reason is that our warm days promote the normal growth of carrots, but our cool

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bought carrot you can find! The second reason is our lack of precipitation during our Montana summers. Rain is almost always great for our crops, but irregular and excessive watering can lead to cracks and splits in carrots. Due to our lack of precipitation we have much more control over the frequency and amount of water applied to our carrot crops. The third reason is different because it's not about how our climate affects the growth and properties of our carrots, but actually how carrots suit our situation of having very cold winters and often unpredictable shoulder seasons. Carrots can be topped (the greens cut off of them) to be stored in a cool, dry place for long periods of time. Different carrot varieties have different lengths of storage depending on conditions. Fall storage carrots can be stored through a lot of our winter and can provide us with essential nutrients in a time of year when vegetables may be hard to come by. If one were to live in Montana before grocery stores and the importation of food, or if one were to take on a wholly local diet, carrots would be an essential nutritional and flavor component to many winter meals.

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### Recipe

This is the carrot cake recipe my great grandmother used and the same recipe my mom always made when I was a kid. The week that we harvested carrots I saw a great excuse to make and eat this delicious carrot cake. So I asked my mom to email me my great grandmother's recipe. The recipe I have below is exactly what my mom (Peg) emailed me. It makes me laugh and it is true that my great grandmother rarely wrote down instructions to her recipes and I think the ones that my mom added work very well. I used this recipe to make the cake you see below.

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completely unintentional.



### Great Gramma Mary's Carrot Cake

- 2 c white sugar (you can use half brown if you want, or not)
- 1 c vegetable oil
- 3 eggs
- 2 c. grated carrots
- 2 c. white flour
- 1 can crushed pineapple, drained
- 1 cup chopped walnuts (sometimes Peg uses pecans)
- 1 cup raisins or craisins (and if they make your puke, leave them out, but Peg thinks that's super wrong)
- 2 c. coconut
- 1 tsp cinnamon
- ½ tsp nutmeg
- 1 tsp baking soda

Mix it together and bake at 350 for 50-60 min. Gma wasn't big on directions—she just liked ingredient lists. I always beat together the sugar and oil, then the eggs one at a time. Then I start dumping the other stuff in. It always comes out fine. The coconut makes this a unique CC recipe.

**Frosting** (Peg always just buys the damn stuff, but here's Gma's recipe)

- ½ c butter
- 8 oz. cream cheese
- 1 box powdered sugar
- 1 tsp vanilla

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Contact Dylan Fishman at  
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