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Summer CSA Share: Week 2

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## Summer CSA Share: Week 2

Last week was a success on many levels! We hosted the annual President's Lunch in the grove on the farm last Wednesday. The President's Lunch is a student catered meal for 80 guests, including MSU's president, Waded Cruzado, that features as many ingredients from Towne's Harvest Garden and other local farms as possible. The meal was delicious, and the guests loved to see the farm and taste its fruits. Later that day, we hosted our first Summer Share CSA distribution which all of you were a part of which was also a huge success. It was great to see all of our returning members again and to meet all of the new ones! Lastly, we had our first Thursday evening farm stand which ended up being a much bigger success than we've had in years past.



Every Friday, our class has a potluck and a purely educational day from 12pm-3pm. This Friday was Bee Day with Horticulture Farm manager David Baumbauer. David has been a bee keeper (apiarist) for 10+ years now and has extensive knowledge involving bee culture, social dynamics, interactions, and keeping. David took our class to the hives to check out the different types of bees living inside, the different

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After Friday came to a rest, the employees of Towne's Harvest Garden went on a retreat into the mountains together. We set out on Saturday to hike into the Crazy Mountain range just northeast of Big Timber and set out to conquer Crazy peak. We accomplished our goal, though with some complications and minor toe injuries, and came back with a successful feeling and tired bodies (though that can't and wont keep us from farming hard!



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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  
Super Sugar and PLS 141 Snap Peas\*  
Salanova Head Lettuce\*  
Cucumbers (several F1 hybrids)\*  
Redbor (F1), Toscano, and Darkibor (F1) Kale  
Tiara (F1) Green Head Cabbage  
Cruiser Cilantro\*  
Assorted Garlic Scapes  
Zucchini (assorted OP and F1 hybrids)\*

\* = new variety or crop this week

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## Towne's Harvest Garden Campus Farm Stand

Looking for more produce? Do you want ALL of the cucumbers?

Come visit us at our Campus Farm Stand every Thursday from 3pm - 6pm in front of the giant spinning noodle structure at the intersection of Grant and 7th st. We pride ourselves in the quality and quantity of produce we bring to our farm stand every week, and we have a lot of fun interacting with our customers in a different setting. We often bring wonderful produce to farm stand that we don't have enough of to give to our CSA members. So if you want extra produce, or want to scope out the extra goodies that we're growing, come by and visit us at the farm stand!

## Tool of the Week: Felco Pruners

by Jen and Kelly

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## Favorite Veggie Report: Head Cabbage

by Serena Whitcome

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Cabbage or *Brassica oleracea* is a staple and quite popular in many places all over the world. The exact origin of cabbage is unknown; however, it has been a staple since at least the middle ages. The cabbages we grow are F1 hybrids, meaning that plants are a product of specialized breeding techniques used to control the genetics of the plant creating uniform heads. As a member of the *Brassica* family when cabbage sprouts its first leaves (cotyledons), they are heart shaped. Cabbage comes in green (the most common color), dark purple and white. Cabbage are hearty plants that tolerate cooler growing weather and are mostly available in fall and spring. However, several pests that love to munch on cabbage making them not so hearty. One such pest is the cabbage moth (little white “butterflies”) who lay their eggs on the plant. As the eggs hatch, the caterpillars begin to eat the cabbage leaving little holes in the leaves. In the case of early plantings this can be prevented by keeping the plants covered, and we'll use naturally derived and organic-approved Bt (*Bacillus thurengensis*) biocontrol product on our later plantings. Allowing small children to try and catch the “butterfly” can sometimes manage the pests, especially if the children wildly charge at the moth before it gets a chance to set itself down on the plant. Another pest is deer. It's NOT recommended that small children be allowed to chase these “pests.” Instead, use a high fence. Cabbage can be used in many diverse ways and is definitely “comfort food.” As an Irish girl, I could give you many recipes for cabbage. However, as a *good* Irish girl, I can't reveal all of my secrets. So here are a few suggestions: cabbage can be used in salads, cabbage rolls, or slaw and can be added to soups/stew and served with a thick slice of soda bread - comfort food at its finest!



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Contact Dylan Fishman at  
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