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Summer CSA Share: Week 3

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## Summer CSA Share: Week 3

Welcome back to a new week full of new summer veggies! We hope that you enjoyed last week's taste of summer which included cilantro, zucchini, and snap peas. This week we have new crops such as potatoes, daikon radishes, and dill. All of these crops either require a lot of heat or a lot of time (and long day lengths) to reach maturity. This is the first week we're harvesting all of these new crops, and it's just about the earliest possible in this valley without using any other season extension methods.

Last week we had a special guest on the farm. Gallatin College Culinary Arts instructor (and CSA member) Bill Baskin came to teach us a little bit about cooking with fresh food. We fired up our outdoor wood oven and got it up to temperature and made pizzas with all of the veggies we have on the farm. Bill also brought sushi-grade Hamachi and gave us the run-down on all the different cuts of the fish. A first time experience for most of us!

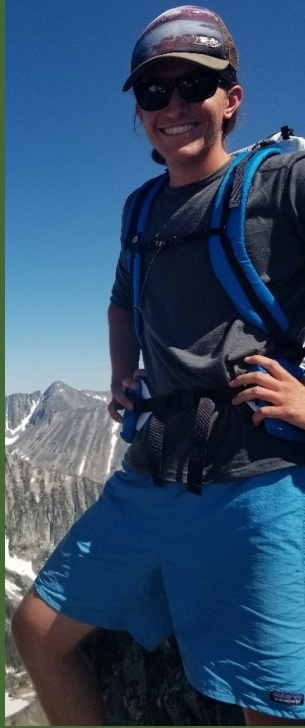
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In other farm news, we're in the middle of a large transition. Two employees are leaving the farm to pursue other passions. Natalie, who was a research assistant and helpful hand, went to go work on the Kendall Jackson Vineyard in California as a part of her upper division internship! Another full time employee, Sam, is going to hike the Sierra High Route. Sam will be gone for a month to go hike 195 miles solo in the wilderness of the Sierra Nevada range, John Muir Wilderness Area, Sequoia-Kings Canyon National Park, Ansel Adams Wilderness Area, and Yosemite National Park. To compensate for lost labor, we've decided to hire three dedicated students in the SFBS Practicum to help out part time on the farm. With a warm heart, we welcome Emma, Serena, and Gabbi to the farm crew!

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Good luck and safe travels to both of our invaluable friends and coworkers.

## 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  
Dark Red Norland New Potatoes\*  
Super Sugar and PLS 141 Snap Peas\*  
KN-Bravo Daikon Radishes\*  
Cucumbers (several F1 hybrids)  
Winterbor (F1) and Darkibor (F1) Kale  
Tiara (F1) Green Head Cabbage  
Calypso Cilantro  
Hera Dill\*  
Zucchini (assorted OP and F1 hybrids)  
Windsor Fava Beans\*

\* = new variety or crop this week

## New Potatoes

by Dr. Mac Burgess



Here at Towne's Harvest we devote more land to potatoes than any other single crop. While we're not a model of efficiency compared to larger farms, we do have equipment to create a planting furrow, hill, and harvest potatoes one row at a time with a tractor. These are great experiences for students, especially in contrast to doing the work entirely by hand, which we like to do too. This year we have five 400' rows of six different varieties of potatoes on track for our best yields ever. We've decided to sacrifice some of the yield and storage potential by harvesting some as "new" potatoes as a special treat this year. These potatoes haven't reached their full size potential yet, and their skins have not yet set, so eat them soon. We'll dig these by hand since they are so delicate. We planted these potatoes on May 30 from Montana-Grown certified organic seed potatoes that had been stored over the winter here in the Gallatin Valley. It is amazing to see our seed increased in just 2 months. Potatoes really are year-round food for Montanans. These Dark Red Norlands have a moderately firm and waxy white flesh

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Garlic: coming soon to a CSA near you!

## 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!

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# Hands

by Emma Burke



Students enjoying their Friday potluck!

## Favorite Veggie Report: Zucchini

by Jian Chen

The zucchini is a summer squash, *Cucurbita pepo*, belonging to the family Cucurbitaceae. It is grown as an annual plant in the warm season of Bozeman.

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zucchini grow quickly in summer. We can get our first zucchini fruit less than two months after we plant and it can be harvested several times. Dark Star zucchini

seeds are produced from open pollinated plants while Dunja zucchini is an F1 hybrid. There are male and female flowers on zucchini plants, and both of them are edible. The best time to harvest blossoms is in the late morning when flowers fully open, only harvest male flowers because they will not produce fruits, but leave a few of them to pollinate the female flowers.

How is zucchini grown? People have noticed that Zucchini is a fast grower and they are easy to grow from seeds so there is no need to start seeds indoors. However, the situation in Montana is different. Since zucchini does not tolerate cold temperatures we start seeds indoors and transplant them when it gets warmer outside. We also use row cover to protect the plants because we may have frost even in June in MT. We use hand trowels to transplant our squash by making a hole and putting the plant in the hole. One of the common pests for zucchini are aphids. Aphids can spread diseases and viruses. On an organic farm, we can introduce beneficial bugs like lady beetles to help combat aphids, though the plants can usually outgrow the risk of permanent damage.

Squash flowers are my favorite! When the flowers are fried as tempura, it tastes very good. My grandma always just steams the squash fruits and then eats them because she thinks that it's a much healthier way to cook food like that.

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