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Summer CSA Share: Week 4

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## Summer CSA Share: Week 4

This is a bittersweet week at the farm - it's the summer practicum student's last week of class at the farm. This class has been one of the most wonderful crews that Towne's Harvest has ever had, and their help, enthusiasm, and curiosity has been the highlight of this year's farm season. We've had students take on amazing special projects, ranging from research on the effects of silicon on squash fruit production to an entomological analysis of pollinators on the farm. They've gone from learning how to harvest certain crops to leading the harvest crews themselves and ensuring food safety standards, quality, and timeliness. We've had some of the most amazing Friday potlucks that Towne's Harvest has ever seen. We were blessed with hard workers who are passionate about food both in the field and in the kitchen!

We're making our way into the middle of the season, and I would love some feedback from anyone willing to give it! If you have any criticism, praise, or concerns about this season's CSA please tell Dylan when you pick up your share this week. I received some wonderful opinions about the diversity of our share, and I'm working hard to take those concerns into consideration and bring positive change to what we provide!

This week the Horticulture Farm got a deer fence around our entire farm! This is something that we've been talking about for years and it's finally come to fruition. No more installing temporary deer fence around our deer-prone crops (such as zucchini, winter squash, carrots, and head lettuce)! Our new 8 foot fence and gate is hopefully going to save us a lot of time and energy in the future.

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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!

## What's in the CSA this week?

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Cucumbers (several F1 hybrids)

Salanova Head Lettuce

Early Jalapeno Peppers\*

Moss Curly Parsley\*

Genovese Basil\*

Bright Lights Swiss Chard

Carrots

Calypso Cilantro

Hera Dill???

Zucchini (assorted OP and F1 hybrids)

Windsor Fava Beans???

Red Ace (F1), Touchstone Gold\*, and Chiogga\* Beets

Garlic (assorted hard stem varieties)\*

\* = new variety or crop this week

Fresh u-pick herbs available upon request:

Lemon balm, Marjoram, Bergamot, Chamomile, and More!

## Garlic



This week we are thrilled to offer the first of our garlic bulbs of the year. The variety this week is Music, from garlic we grew last year. Music is a porcelain hard-setm garlic known for strong but complex flavor and large easy-peeling cloves. You'll rarely find garlic this good in the store. This garlic was just dug from the ground last week and hasn't cured completely for storage yet. We recommend eating this garlic now (the next couple weeks), but if you want to store it into the winter hang it up with the stem and leaves on until they completely dry out. The other reason to eat this garlic up now is that there is lots more to come, including more varieties.

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coming soon to a CSA near you...

## Tool of the Week: 4-Row Pinpoint Seeder

by Darlene and Sherry



## 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!

## Favorite Veggie Report: Fava Beans

by Lilianna Bento

Fava Beans (*Vicia faba*) is a member of the Fabaceae family, also known as the legume, pea, or bean family. In Montana, fava beans are a spring annual crop. Thus, they are a short-lived vegetable that can be enjoyed only during the summer. They are planted in the spring because they prefer cooler weather. Pods are harvested when the beans inside the pod are plump to the touch. Fava bean pods can alternatively be left on the plant and harvested as dry beans.

Towne's Harvest planted the cultivar Windsor in the middle of April. This is an open pollinated variety from seed that we saved ourselves from last year's crop. The plants produce 5 to 6-inch pods each with 3 to 5 large shell beans. On the farm, they were planted in two rows out in the field. The plants themselves were planted close together within the rows to facilitate support as they grew bigger and leaned on one

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another to stay upright. It's supposed to take this variety about 75 days to reach maturity. We harvested the fava bean pods at the end of July, so maybe it takes a little longer to grow this variety in Montana (ours took ~90 days).

One pest we have encountered is the pea leaf weevil. This weevil will form notches in the leaf margins from feeding. We currently do not treat for these weevils because they do not stunt the plant's growth or interfere with pod formation.

<https://www.johnnyseeds.com/vegetables/beans/fava-beans/windsor-bean-seed-2141.html>



#### Recipe:

My Avó (Portuguese grandma) would often make marinated fava beans for family get-togethers. They are my favorite way to enjoy this vegetable. Although this is not my grandma's recipe, it should taste just as good.

- 1 pound dry fava beans\*
- salt
- 5 tablespoons extra virgin olive oil
- 3 large onions chopped
- 2 cloves garlic minced
- 2 tablespoons red pepper flakes
- 1/4 cup tomato sauce
- 2 cups hot water
- 3 tablespoons chopped fresh parsley
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 teaspoons paprika

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1. Rinse beans in cold water. Add beans to large pot and cover completely with cold water. Soak beans overnight over for several hours. Drain beans and shell, or blanch

first. To blanch, bring a large pot of water to a boil. Add beans and cook for 1 minute. Remove from boiling water and dip immediately in large bowl of ice water. Drain, and shell.

2. Cook shelled beans in a pot of salted boiling water until tender, about 10 minutes. Do not overcook or beans will become soft and mushy.

3. To make the sauce, heat oil in a large saucepan over medium heat. Saute onions and garlic until golden brown. Stir in red pepper flakes, tomato sauce, hot water, parsley, salt, pepper and paprika. Bring to a boil, reduce heat and simmer for 30 minutes. Adjust salt as needed.

4. Gently stir in fava beans. Remove from heat and let stand for several minutes to allow flavors to meld.

\*Beans can also be used fresh. Simply just skip the soaking step.

<http://olives-n-okra.com/portuguese-fava-beans-in-sauce/>



**Looking for beautiful flowers? Towne's Harvest Garden grows a variety of different blooms that will have your home looking and smelling great! Contact us by email or in person at CSA distribution for bouquet options or custom**

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Contact Dylan Fishman at  
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