

Subscribe

Past Issues

Translate ▼

Summer CSA Share: Week 6

[View this email in your browser](#)



Locally, Sustainably and Educationally Grown

Summer CSA Share: Week 6



This week we'd like to welcome the MDI program to the Towne's Harvest Garden crew! For the past couple of years we've been very fortunate to partner with the Montana Dietetics Internship program which is comprised of 24 interns who are

[Subscribe](#)[Past Issues](#)

working towards 1,000 hours of both clinical and non-clinical training and learning experiences. These post-bachelor students are on their way to becoming registered

[Translate ▼](#)

dietitians and have the unique opportunity to understand the agricultural side of healthy eating and self-care. Over the next two months they'll be joining us in cohorts of 6 for 2 weeks at a time to get a feel of what it's like to work on a farm and be a part of the local food system in a different sense. These students are always engaged, thoughtful, and hard working which makes them a joy to have around!

As the start of the MSU fall semester draws closer we are in for some more changes on the farm - we'll experience a shift in work pace as three out of the four full time Towne's Harvest employees are going back to school. We also experience a positive change in our Campus Farm Stand sales when the students return due to the sheer amount of people walking around campus and their enthusiasm for fresh local food!



Do I Need to Bring Anything?

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

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?

Summer CSA Share: Week 6

Cucumbers (several F1 hybrids)
 Giant of Italy* Flat Leaf Parsley
 Genovese Basil
 Bright Lights Swiss Chard
 Winterbor (F1) and Redbor (F1) Kale
 Ailsa Craig Onions
 Calypso Cilantro
 Red Express* Cabbage
 Provider Green Beans*
 Yukon Gem* New Potatoes
 Purple Cherokee, Estiva (F1), Marbonne* (F1)
 and Green Zebra* Slicer Tomatoes

* = new variety or crop this week

Fresh u-pick herbs available upon request:
 Lemon balm, Marjoram, Bergamot, Chamomile, and More!

Favorite Veggie Report: Cilantro

by Kellene Zepeda

Cilantro is part of the Apiaceae plant family, and it's in the plant genus *Coriandrum*. Cilantro is a relative of parsley, carrots and celery. Cilantro's seeds are called

Subscribe

Past Issues

Translate ▼

Coriander and the formal plant name is *Coriandrum sativum*. The plant is native to the eastern Mediterranean, but has been adopted by many cultures throughout the

world.

One-fourth cup of cilantro contains:

1 calorie

0 gram of fat

0 gram of carbs

0 gram of protein

2% daily value of vitamin C

5% daily value of vitamin A

I love cilantro in many different dishes such as beans, eggs, fish, salads, salsas, soups, marinades and sauces. It is very prevalent in Latin and Thai dishes. When chopping this herb, you will need a very sharp knife, so you do not bruise the plant and cause the flavor to be lost on the cutting board. Another tip in cooking with cilantro is to add it toward the end of the cooking process, for it is a delicate plant and can add flavor immediately.

Here is my favorite Pico De Gallo Recipe:

6 Roma tomatoes, small dice

1 small red onion, small dice

1 bunch of cilantro, fine chop

1 jalapeno pepper, brunoise

1 serrano pepper, brunoise

2 limes, zest and juiced

1 tbsp olive oil

Salt and pepper TT

Mix all together and chill until cold.

ENJOY!



Towne's Harvest Garden Campus Farm Stand

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

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!

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

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 orders. We would love to make you a beautiful center piece for your home or design several bouquets for your upcoming special event!



Copyright © 2018 Townes Harvest Garden, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)



Contact Dylan Fishman at
(847) 409-5567 with any questions

Subscribe	Past Issues		Translate ▼
------------------	--------------------	--	--------------------