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Summer CSA Share: Week 7

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## Summer CSA Share: Week 7

We're off to a cool start this week - which is actually perfect at the moment. We took a risk and planted summer broccoli. Broccoli is in the brassicaceae plant family and does well in cool temperatures and shorter days. Hot long days make broccoli, and most other brassica plants, more prone to bolting. Bolting is the process a plant goes through when it starts to flower. A bolting plant take reserves of energy from the rest of the plant and uses it to create new plant tissue, flowers, and either fruit or seeds. This process leaves the rest of the plant, the vegetative material that we love to eat so much, tasting bitter and unpalatable. These past couple of days have been cool and overcast (mostly due to smoke in the air) which is less than desirable for most of us, but our broccoli absolutely *loves* this weather. We're unsure whether broccoli will be in the CSA this week or not - but if we have enough we will put it in your hands! If we don't have enough for all of our CSA members and you'd like to try some of our summer broccoli please stop by our farm stand on Thursday!

That was a tease, huh? All that talk about broccoli and it's not even guaranteed in the CSA?! An outrage!

We can guarantee you something just as good as broccoli.

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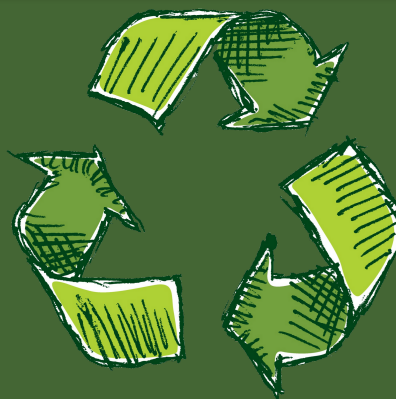
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Beautiful bell, bull horn, and giant snack peppers. Welcome to the pinnacle of summer treats. Eat it with hummus, saute it, stuff it, grill it, fry it, or roast it. Peppers do it all. To read more about the peppers that we're giving you this week (there's some pretty neat varieties and quirks to them) scroll down to the veggie report for this week.



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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?

### Summer CSA Share: Week 6

Cucumbers (several F1 hybrids)  
 Dark Star, Dunja, Tempest, and Y-Star Summer Squarsh  
 Giant of Italy Flat Leaf Parsley  
 Ace (F1), Carmen (F1), or Glow (F1) Peppers\*  
 Red Ace (F1), Chioggia, and Touchstone Gold Beets  
 Mokum\* and Bolero\* Carrots  
 Genovese Basil  
 Bright Lights Swiss Chard  
 Winterbor (F1) and Redbor (F1) Kale  
 Ailsa Craig Onions and Cabernet Red\* Onions  
 Provider, E-Z Pick, and Tavera Green Beans\*  
 Sungold, Indigo Cherry Drop, or Super Sweet 100  
 Cherry Tomatoes

\* = new variety or crop this week

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

## Favorite Veggie Report: Peppers

by Dylan Fishman

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Peppers are by far one of my favorite fruits of the summer. They demand you to be patient by seemingly refusing to ripen for weeks on end, they require you to be active in monitoring their growth and pest status, and they require you to be hungry because they tend to all ripen within a couple week's time. This week we have three varieties of peppers to share with you - you probably won't be able to take them all home this week, but I'll tell you about them so that you can make an informed decision once CSA time rolls around.



The first variety we have is a classic red bell pepper. It's a hybrid by the name of "Ace," and it boasts a good fruit set and a quicker maturation rate than most bell peppers on the market. This is important for us here in Montana due to our short growing season and the scarce amount of time that we have hot days. Ace has a thinner wall (the wall is the part of the pepper we eat which can range in thickness from variety to variety) and has a bright flavor. I recommend you use this variety for stuffed peppers because it will stand up on it's own and has a flavor that will lend itself to being mixed with many ingredients.

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The second variety we have is a snack pepper - or so we thought. Snack peppers are those tiny little multi-colored sweet peppers that you see bagged up in stores. We planted a variety called "Glow" which is an orange snack pepper. They got to be snack pepper sized and we waited for them to ripen and turn orange, when in fact, they just continued to grow bigger and bigger! Now they're ripe and basically bell pepper sized, but they have a sweet, orange snack pepper taste. These have a slightly thicker wall than the Ace variety and are most suitable as a vessel for hummus or raw in a salad or wrap.



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Last, but certainly not least, we have my absolute favorite variety, "Carmen." Carmen peppers are a sweet Italian frying pepper that looks to be spicy, but will drench your taste buds with sweetness and flavor. These peppers are "bull horn" style peppers that have a heavy-fruit set, but take a while to ripen. They're more than worth the wait! My favorite thing to do with Carmen peppers is to fry them with onions, garlic, and chard or spinach as a side dish, mix them in my stir fries, or eat them raw with hummus (as you can tell, I'm a sucker for hummus).

We hope you enjoy these peppers as much as we do, and we'll hopefully be able to give you a chance to try all of them this season!

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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!

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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!



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



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