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Summer CSA Share: Week 9

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Summer CSA Share: Week 9

Welcome back to another week of Summer CSA! This week we have the opportunity to give you lots of flavor! While some vegetables and botanical fruits are used as the substance of a meal, the meat of the course so to say, some are mostly used for flavor and texture. This week we're giving you more peppers, leeks, onions, garlic, jalapenos, basil, and more. All of these items are key flavoring ingredients in many recipes and often make meals pop!

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In other news pertaining to the farm, we harvested ALL of our spring planted carrots and ALL of our potatoes from the field. We will be slowly doling them out over the remaining 5 weeks of CSA! We hope you enjoyed the leeks last week, because we're giving you more, and when they're paired with potatoes they're absolutely delicious! Gabi, one of our newest employees, is learning how to use the tractor - something that is relatively tricky and often scary for those foreign to it. She helped us by running our potato digging implement on the tractor this past monday and she did a spectacular job. We have full faith that she'll be a master tractor operator in no time.



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A fraction of the results...



Do I Need to Bring Anything?

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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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Giant of Italy Italian Flat Leaf Parsley
 Ace (F1), Carmen (F1), or Glow (F1) Peppers
 Genovese Basil
 Megaton (F1) Leeks
 Ailsa Craig Onions
 Conservor Shallots*
 Bravo Daikon Radishes
 Watermelon Radishes*
 Yukon Gold and Dark Red Norland Potatoes
 Early Jalapenos
 Hera Dill
 Cherokee Purple, Estiva (F1), Marbonne (F1),
 Green Zebra Slicer Tomatoes

* = new variety or crop this week

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Vegan Potato Leek

Soup Recipe

compiled by Dylan Fishman

Sourced from [The Full Helping](#)

I've probably already turned some of you away with the first word of the title for this recipe... That dirty word, "vegan." Don't let it turn you off, because it's much easier to deveganize a recipe than it is to veganize it (and yes, I just made up the word veganize). You can chicken brothify, cheesify, and bacon bitify this recipe all you want! I just wanted to provide something with a simple base that you can expand upon as you see fit.

Ingredients

- 1 tablespoon olive oil (to deveganize, use butter)
- 2 large or 3-4 small leeks, dark green stems removed, washed thoroughly and sliced thinly
- 2 stalks celery, chopped
- 3 large Yukon gold or yellow potatoes (about 2-2½ lbs), peeled and roughly chopped
- 1 teaspoon salt
- Black pepper to taste
- 4 cups vegetable broth + 2 cups water (to deveganize, use chicken broth)
- ½ cup nutritional yeast (to devagnize, use cheddar cheese)
- *Optional:* 4 heaping cups washed and chopped kale, collard greens, or spinach
- *For topping:* Chopped green onions, or snipped chives (to deveganize, use bacon bits)

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Instructions

1. Heat the olive oil in a large soup pot over medium heat. Add the leeks and celery and cook, stirring occasionally, until the leeks have completely cooked down. Add the potatoes, salt, and pepper.
2. Add the broth and water. Bring to a boil and lower to a simmer. Simmer for 25-30 minutes, or until the potatoes are so tender that they're almost falling apart. Use an immersion blender or a regular blender to blend about half the soup, so that it has a creamy, thick texture but chunks of potato and celery are still visible.
3. Stir in the nutritional yeast and adjust salt and pepper to taste. If you'd like to add greens, stir them in now and keep simmering the soup until they're wilted and tender. Serve the soup with toppings of choice.

Enjoy!

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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

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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!



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
