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Summer CSA Share: Week 14

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Hello everyone! Please click the link below to take our survey so that we can continue to improve our CSA shares. Thank you for the feedback!

<https://goo.gl/forms/kMezlwjChKfp1pfD2>

Now for the fun stuff!

We have come to the last week of our 2018 CSA summer season. We have harvested all we can and planted cover crops and garlic for next year. But don't be too sad because we have plenty of great storage vegetables for you this week that you can enjoy throughout the fall. These include potatoes, onions, winter squash, garlic, shallots, carrots and beets. In case you would like even more, we will be selling additional garlic, potatoes and pumpkins at a discounted price during CSA pick up.

We will have three varieties of potatoes this week:



French Fingerlings

Huckleberry Gold

Mozart

Potatoes should be stored in a cool, dark and preferably humid place for up to 2 months. We hope you like potatoes because we will be giving you plenty of them to be eaten within the next couple months.

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We will be giving you Patterson storage onions as well. Since we harvested these onions it has been cold and wet so they haven't finished curing yet. Curing is just a word that means dried down. Once these onions have finished curing they will be ready for storage. In order for these onions to reach full storage potential we suggest hanging them in a cool dry place with their green tops on. Once the tops are completely dry you can cut them off and keep the onions in a cool dry cabinet. At that point these onions can last up to three months.

We will have three types of winter squash available:



Taybelle Acorn



JWS Butternut



Jester/Bush Delicata

All of these squash should be stored in a cool dry place. We suggest eating the acorn squash first because they are ripe and ready to eat. The butternuts will ripen within the month. Mac Burgess the director of Towne's Harvest Garden always proclaims that the delicata squash are perfect by Thanksgiving. One of the great things about winter squash is that their flavor improves with storage, so don't be afraid to let your butternuts and delicatas hang out in storage for a month or two.



These are our beautiful Conservor shallots! They have already been cured and can be stored in a cool dry place for up to three months like the onions.

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These are our German Red hard stem garlic. These as well as our soft stem variety Inchillium will be offered in the CSA. The soft stem variety will store longer so we recommend eating the hard stem garlic first. They should store in a cool dry place for a couple months.



Carrots and beets can be stored in an air tight bag in the crisper drawer of your refrigerator for up to a month.



In addition to our storage crops we will be offering everyone a carving pumpkin just in time for the Halloween season. As was mentioned earlier, we will be selling additional pumpkins for anyone who is as excited about carving pumpkins as we are.

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!

Goodbyes and Hellos

As 2018 comes to a close we have some transition in our THG staff. We have introduced some of our new employees in past weeks but here's another update. Some current employees of Towne's Harvest Garden will not be returning in 2019 as they venture on to new phases of life.



Sam worked at THG this summer as a TA for the summer practicum and as a general helping hand (assistant to the managers). In the middle of July, Sam went on a backpacking trip to hike the Sierra High Route and returned late in August to help us finish the season. Sam is studying Geography so he hopes that next summer he will find an internship that relates to his degree. #samwilsonyall



Our Cultivation Manager, Wes, will be graduating from MSU next spring with his Bachelor's degree in Conservation Biology, so this is his last season here at THG. Wes has worked at THG for an impressive three years. He looks forward to finding new opportunities in the field of conservation biology.

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Our Marketing Manager, Dylan, will also be graduating from MSU next spring with his Bachelor's degree in Sustainable Food and Bioenergy Systems with the Crop Production option. Dylan has worked at THG for two and a half years now. He will be starting his own cut flower farm called Foxglove Flower Farms just outside of Bozeman next year. Dylan looks forward to supplying you and all other people in Bozeman with naturally grown specialty flowers, so be on the look out for Foxglove Flower Farm flowers!



Kristin began working at Towne's Harvest Garden earlier this summer and is enthusiastic about working at THG next year as well. Kristin was a student in the summer practicum two years ago and has returned to bring great energy and insight to all of our projects at THG.



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[I had started working at THG earlier this August after taking the summer practicum. She is a Sustainable Food and Bioenergy Systems major in the Crop Production](#)
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option. When Gabi took the practicum this summer she thought that Wes' job was so cool that she wanted to do it too. Gabi has put in many hours on the tractor and is ready to be next year's Cultivation Manager.



Emma is Sustainable Food and Bioenergy Systems major studying in the Food Systems option. She started working at THG this July while taking the summer practicum. Emma enjoyed helping with CSA pickups and reading the newsletter, so she decided to take the opportunity to be Marketing Manager next year. Emma is excited for next season and to see all of you at CSA pickups.

A Word on Irrigation and Squash from Charlie Watt

Irrigation

This season our water usage from the irrigation ditch equated to around 500,000 gallons. This is equivalent to just under 10 inches of rain over 2 acres. It's important to be mindful of water usage when growing organic vegetables. We are lucky to have access to an irrigation ditch and to know that the water table that supplies our well is not far beneath the surface. This is not always the case when farming so water access is an important aspect to consider when growing food.

Squash

We were worried about our beloved squash when the early June frost hit. They looked as if they had died back but they pulled through to produce a good crop this fall. This year we planted them on rows of black plastic mulch to help with weed suppression, soil water retention, and soil warmth. Without the extra heat the plastic mulch creates, our plants would have died in the frost. The plastic mulch also allowed our staff to focus attention elsewhere with the reassurance that squash plants were not suffering from weed competition. Of course, there are drawbacks from a sustainability standpoint when using plastic. In the future, it will be interesting to run trials of squash rows side by side, with and without plastic, to see if there are differences in squash production come harvest time in the fall. Pictured below is the amount of plastic it takes to grow one squash plant, which produced an average of

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three fruits.

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What's in the CSA This Week?

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Racer (F1) Pumpkin*
 Patterson (F1) Onions*
 JWS 6823 PMR (F1) Butternut Squash
 Taybelle (F1) Acorn Squash
 Jester (F1) & Bush Delicata Squash*
 Huckleberry Gold, French Fingerling*, and Mozart Potatoes
 Conservor (F1) Shallots
 King Richard (F1) Leeks
 Chioggia Beets
 Bolero (F1) & Scarlet Nantes Carrots
 German Red Hard Stem Garlic
 Inchelium* Red Soft Stem Garlic
 Ace (F1), Carmen (F1), or Glow (F1) Sweet Peppers
 Mars Celeriac
 Kn-Bravo (F1) Daikon Radish
 Red Express Cabbage

* = new variety or crop this week

Vegetarian Chili with Winter Vegetables

MARTHA ROST SHULMAN

YIELD 6 to 8 servings

TIME 1 hour 30 minutes

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INGREDIENTS

- 7 cans simmered pinto beans
- 14 tablespoons grapeseed, sunflower or canola oil
- 7 onions, finely chopped
- 14 medium carrots, cut in small dice
- 7 red peppers, diced (optional)
- 14 large garlic cloves, minced
- 21 tablespoons mild ground chili (or use hot, or use more)
- 7 tablespoons lightly toasted cumin seeds, ground
- 7, 28-ounce cans chopped tomatoes
- 7 teaspoons dried oregano, preferably Mexican oregano
- 14 tablespoons tomato paste dissolved in 1 cup water
- 17 cups diced winter squash (about 3/4 pound)
- Salt to taste
- 3½ cups chopped cilantro
- Grated cheddar or Monterey Jack, or crumbled queso fresco for garnish (optional)

PREPARATION

1. Heat the beans on top of the stove in a large soup pot or Dutch oven.
2. Heat the oil over medium heat in a heavy nonstick skillet and add the onion, carrot and pepper. Cook, stirring often, until the vegetables are tender and beginning to color, about 8 minutes. Stir in the garlic, stir together until fragrant, 30 seconds to a minute, and add the ground chili and cumin. Cook, stirring, for 2 to 3 minutes, until the mixture begins to stick to the pan. Add the tomatoes and oregano, and salt to taste. Bring to a simmer and cook, stirring often, until the tomatoes have cooked down and the mixture is beginning to stick to the pan, about 10 minutes. Stir in the tomato paste dissolved in water and bring back to a simmer. Season with salt to taste and simmer, stirring often, for 10 minutes, until the mixture is thick and fragrant.
3. Stir the tomato mixture into the beans. Add the winter squash and bring to a simmer. Simmer, stirring often, for 30 to 45 minutes. It is important to stir often so that the chili doesn't settle and stick to the bottom of the pot. It should be thick; if you desire you can thin out with water. Taste and adjust salt.
4. Shortly before serving stir in the cilantro and simmer for 5 minutes. Spoon into bowls. If you wish, top with grated cheddar, Monterey jack, or crumbled queso fresco.

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Slow Cooker Pumpkin Spiced Cider

Olivia's Cuisine

Serves 6

Prep time: 10 minutes

Cook time: 3 hours



INGREDIENTS

Pumpkin Syrup:

- 1 cup pumpkin purée
- ⅓ cup brown sugar
- ¼ cup water
- 1 teaspoons pumpkin spice
- 1 teaspoon pumpkin spice extract

Spiced Cider

- 6 cups Apple cider
- 1 orange, sliced
- 15 cloves
- 3 cinnamon sticks
- 2 star anise (optional)

INSTRUCTIONS

1. In a saucepan, combine the pumpkin puree, brown sugar, water, pumpkin spice and pumpkin extract and bring to a boil. Once it boils, lower the heat and simmer for about 10 minutes, stirring every now and then, until it thickens and becomes a syrup.
2. In the mean time, stud the orange slices with the cloves and reserve.
3. Transfer the syrup to the slow cooker (you can also do this on the stove top) and add the remaining ingredients, stirring to combine.
4. Cover and cook on low for 2-3 hours or until fragrant and warm. Remove the cinnamon, star anise and orange slices and serve.

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Thank You!

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All of us at Towne's Harvest would like to thank you for joining us this summer

season. We hope you thoroughly enjoyed the veggies as much as we did. Have a great fall and winter, and may your squash and potatoes last you a long time. We look forward to seeing all of you in the Spring and Summer of 2019!

LAST Towne's Harvest Garden Campus Farm Stand



Looking for more produce? Do you want ALL of the winter squash?

Come visit us at our Campus Farm Stand one last 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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Contact Dylan Fishman at
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