



Locally, Sustainably and Educationally Grown  
MSU Friends of Local Foods

# Towne's Weekly

August 4-8, 2008



## Veggie List

**Spinach, Mizuna,  
Fennel, Lettuce,  
Swiss Chard,  
Peas, Summer  
Squash, Beets,  
Parsley**



## NOTES FROM THE FIELD

This week marks the middle of the harvest season for Towne's Harvest. We have had a good season up until now and hope to continue that trend through the rest of the year. My personal experience as a member of the Towne's Harvest community has been a very enjoyable one. I have learned a vast amount about food and the processes by which it is grown.

We have been able to sow and transplant many new crops in the aftermath of the recent hail damage in hopes of a bountiful end of the year. Many of the crops are showing new growth and are offering

us much hope for recovery.

Last week we had a group of volunteers from the food bank visit to help out. It was a very productive day; we were able to get a handle on our weed pressures.



## ONLINE SUSTAINABLE AGRICULTURE WORKSHOP

Registration is underway for a workshop on sustainable crop management practices in the Northern Great Plains presented by the Department of Land Resources and Environmental Sciences at Montana State University.

The eight-week Web-based workshop is limited to 25 students. Registration will end Oct. 1 or when the class is full. The workshop will begin Oct. 8 and conclude Dec. 12. It will focus on important factors of sustainability, nutrient management, diverse cropping systems, pest management strategies and farm economics. Workshop instructors include Mary Burrows, Dave Buschena, Clain Jones, Fabian Menalled, Kent McVay, Kevin Wanner and Christine Sommers-Austin and will rely heavily on experiences and knowledge of producers and agricultural professionals who participate in the course.

The course will require about six hours of work per week. Students should have basic computer skills and Internet access. Although college credits will not be given for this class, certified crop advisers will be able to receive 25 continuing education units after successfully completing the workshop.

The workshop will cost \$150. In addition to online workshop access, students will receive a booklet containing the workshop readings and a CD with the workshop modules. For a course description and online registration form, please visit: <https://btc.montana.edu/courses/asp/noncredit.aspx>. The sustainable crop management workshop is listed at the bottom of the screen.

## ENJOYING THE HARVEST



**\*\*All Towne's Harvest produce should be washed before eating.\*\***

- Mizuna, spinach, swiss chard, and lettuce should all be stored in plastic bags in the refrigerator for up to 5 days.
- Fresh peas are often eaten boiled and flavored with butter and/or spearmint as a side dish vegetable. Salt and pepper are also commonly added to peas when served.
- The bulb of the fennel plant is a hardy vegetable that can be sautéed, braised, grilled stewed or eaten raw.
- Summer squash is so named because of its inability to keep until winter. They are good raw in a salad, sautéed or grilled.
- Beets are best boiled and can be eaten warm or cooled and put into a salad.

## UPCOMING EVENTS & ANNOUNCEMENTS

**Mark your calendars!**

**August 14:** Field Day at Towne's Harvest with speakers and tours., 6-8pm.

**September 6:** Towne's Harvest second annual Harvest Festival, 2-7pm. Details coming soon!

\*\*\*Towne's Harvest produce bags and t-shirts are now available at distribution. The member price is \$10 each. T-shirts and bags are made from organic cotton have been silk-screened by a local business.

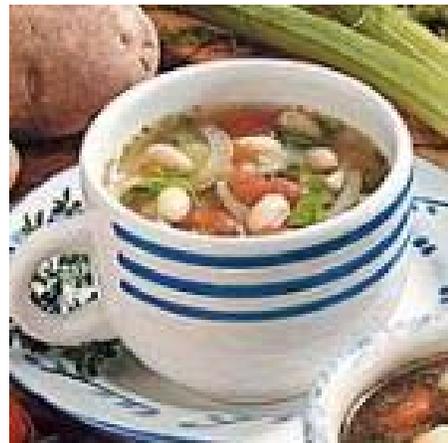


## WHITE BEAN FENNEL SOUP INGREDIENTS

- 1 large onion, chopped
- 1 small fennel bulb, thinly sliced
- 1 tablespoon olive oil
- 5 cups reduced sodium chicken broth or vegetable broth
- 1 (15 ounce) can white kidney or cannellini beans, rinsed and drained
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1 teaspoon dried thyme
- 1/4 teaspoon pepper
- 1 bay leaf
- 3 cups shredded fresh spinach

## DIRECTIONS

In a large saucepan, sauté onion and fennel in oil until tender. Add the broth, beans, tomatoes, thyme, pepper and bay leaf; bring to a boil. Reduce heat; cover and simmer for 30 minutes or until fennel is tender. Discard bay leaf. Add spinach; cook 3-4 minutes longer or until spinach is wilted.



Source: Allrecipes.com

**Towne's Harvest Garden &  
Community Supported Agriculture  
Program**

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