



Talk of the **Towne's**

Welcome to *Week 10* of Fresh Picked
Produce

News from the Farm

Dear {FIRST_NAME|Friend},

We'd like to send out a large, warm and fuzzy FAREWELL to our beloved SFBS Practicum Students. We cannot emphasize enough how critical having these students out here each week is to the success of Towne's Harvest! They "gave us" their entire summer, with minimal breaks and for that we are indebted. Bearing the cold, wet days of spring (which as we remember went well into June) to the blazing sun of August they worked to maintain planting, weeding, harvesting, packaging and selling of our bounty of gorgeous produce. They learned a lot from us, and us from them. What incredible people we are sending into the Sustainability future. THANK YOU PRACTICUM STUDENTS! We miss you already.

Since this news comes to you after pick-up (sorry...), we are happy to report that we WON the taste test! We had a taste test table with produce bought at the grocery store and the same produce fresh harvested from THG and the results resoundingly supported ours. Just another reason to buy local. It just plainly and simply tastes better!

We also had a nice time with the kids that came to our Towne's Kids event. They were our hardest critics at the tasting table (hard to pass up those cute whiddled baby carrots), the swiftest harvesters of carrots, beans, beets and the stray melon, the world class butter makers (and eaters, who eats spoonfulls of butter? Oh yeah, kids do) and the most savvy edible veggie part trivia players! If you weren't able to make it, we missed you. Let us know next week and I'll bet we can work something out...

Next week you will see our new "crew." There will be a mixture of familiar faces from our summer students who are enrolled for a Fall internship and MSU's first ever Dietetic Intern class. This restructuring will give you the opportunity to ask questions not only about how the veggies are grown and what varieties they are but also what health benefits and nutrient qualities they offer.

Please remember, you're invited to our Field Day:

- **Friday, September 16th from 5-7 pm.** MSU Extension and Towne's Harvest are partnering to offer the community a **Field Day** at the farm. This is the perfect opportunity to learn all about Towne's programs, courses offered and the various crops grown.

We have recently found ourselves up to our ears in beans - green, purple and yellow. We'd love for you to come pick some if you enjoy home preservation of beans. Our u-pick price is \$1.50 per pound and available Monday-Thursday from 9-12. Please let us know if you'd like to come so we can make sure someone is available to assist.

Also a reminder that if you are hosting a dinner party, or have company coming and find the need for additional produce, we have a Farm Stand every Friday on campus from 3-6pm. We are located just off Grant in front of the SUB, under the spinning noodle. You will find much of the same produce you receive on Thursdays, plus some different things that we did not get the quantities of to offer to CSA. Stop by and say hi!

- *Chaz, Anna & Student Interns*

The Goodies this Week

Arugula - spicy and flavorful! Throw this vesatil green into lasagna, pizza, salad, quiche and anything else you might put spinach in. Arugula has a distinct flavor that lends to a uniqueness your dinner guests will not recognize, but will love!

Green Beans - plentiful enough to preserve. Refer to the link below for ideas.

Summer Squash - a fun blend of colors, shapes and sizes. Okay, really now, you'd better lock your doors! These beauties just won't stop and we're passing the abundance on to you. Preserving squash ensures it doesn't go to waste and that you have some pickled or frozen ready for soup in the hard months of winter when you are longing for fresh local produce.

Bulb Onions - big white and fresh. Sure to bring you to tears.

Carrots - we've harvested the whole row. These are great for eating now or look through the links below for preservation ideas!

Tomatoes - the big slicers this time! Juicy and full of flavor. Some of the bigger ones just need a couple of days in the windowsill to fully ripen, but don't wait too long, they get soft really fast. Did you know that you should not store tomatoes in the refrigerator? It makes them mealy and mushy. Keep them at room temperature for best results.

Cucumbers - we have both pickling little ones and big slicing ones.

Beets - large and read for canning. Try the Waldorf Astoria's recipe for Red Velvet Cake using the beets for color and moisture. I recently made it as a birthday cake and it did not make it past the next day. It was wonderful!

Fennel - the perfect accompaniment to anything citrus. The whole plant is edible from the bulb to the fronds. Many people have no idea what to do with fennel. One of our Culinary Marketing students put together a wonderful information sheet on fennel, which I will send in a separate file to all of you. In the meantime, refer to the herb guides below.

Eggplant - purple and white. The white eggplant is a Rosa Bianca Italian heirloom variety and can be used just as you would the purple.

Basil - just enough this time to throw into your tomato salads, top your homemade pizza or favorite pasta dish.

Recipe Ideas

Practical Produce - Zucchini (Summer Squash)

<http://townesharvest.montana.edu/documents/Zucchini.pdf>

Practical Produce - Tomatoes

<http://townesharvest.montana.edu/documents/Tomatoes.pdf>

Practical Produce - Onions

<http://townesharvest.montana.edu/documents/Onions.pdf>

Practical Produce - Arugula

<http://townesharvest.montana.edu/documents/Arugula.pdf>

Practical Produce - Cucumbers

<http://townesharvest.montana.edu/documents/Cucumber.pdf>

Practical Produce - Beets

<http://townesharvest.montana.edu/documents/Beets.pdf>

Home Preservation Ideas

National Center for Home Preservation (offers publications to download)

<http://www.uga.edu/nchfp/>

UNL Food

<http://food.unl.edu/web/localfoods/seasonal-foods>

A video on canning & preservation

<http://vimeo.com/27889226>

Eggplant recipes

<http://www.eggplantrecipes.net/>

Information and recipes on fennel (more to come)

<http://www.npr.org/templates/story/story.php?storyId=6710330>

A nice broad selection of green bean recipes

<http://www.greenbeansmore.com/green-bean-recipes.html>

Cooking with Fresh Herbs

<http://www.ag.ndsu.edu/pubs/plantsci/hortcrop/h1267.pdf>

<http://extension.missouri.edu/explorepdf/hesguide/foodnut/n00362.pdf>

<http://www.ksre.ksu.edu/library/fntr2/mf2920.pdf>

http://www.he.k-state.edu/fnp/displays/spices_and_herbs.html

<http://edis.ifas.ufl.edu/pdffiles/FY/FY120900.pdf>

As always, your input and feedback are welcome and considered! Feel free to contact us anytime.

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