



Talk of the Towner's

Welcome to Week 11 of Fresh Picked Produce

News from the Farm

Dear {FIRST_NAME|Friend},

The farm has been quiet most days this week... Our new interns will be in full swing next week. Some, however, will be present tonight so be sure to introduce yourselves (you will recognize some of us already) and ask questions.

This is the fun time of year when our summer crops are maturing and our fall crops are just starting to produce. We've got produce coming at us from both angles and there's lot's of it! The hard work starts paying off as the fruits of the labor flourish. How rewarding for us, and you as investors in this process!

The new Greenhouse/Coop has been planted and new chicks are on their way. We hope to be back in the egg business for next season. We are very excited to see how the greenhouse system works through the winter, keeping our babies warm and growing crops well outside of the normal season.

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

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

Some other community events to consider:

Composting 101

<http://www.brokengroundpermaculture.com/composting-101.html>

Raising Chickens

<http://www.brokengroundpermaculture.com/raising-chickens.html>

Permaculture Fundamentals

<http://www.brokengroundpermaculture.com/permaculture-design-fundamentals.html>

If you are interested in supplementing your bounty with additional veggies for preservation or for the occasional dinner party, please let us know. We can offer U-Pick prices or you can order them and we'll harvest and have them ready for you to pick up at our MSU Farm Stand on Fridays in front of the SUB from 3-6pm.

- Chaz, Anna & Student Interns

The Goodies this Week

Potatoes - early russets. These make great baked potatoes, twice baked potatoes, country potatoes to go with your eggs, mashed or roasted potatoes. The skins are tender and not as tough as typical russets because of the early harvest, and they are deliciously fresh!

Beans - a blend of green, purple and yellow, plentiful enough to preserve. Refer to the link below for ideas.

Summer Squash - a fun mix of colors, shapes and sizes. Be sure to preserve the extras to ensure they don'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.

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 ready for fresh eating or canning.

Basil - don't forget to throw it into your vinaigrette or garnish your favorite pasta with this epitome of summer flavor.

Garlic - large bulbs of freshly cured tastiness. This wonder food has incredible health benefits. Read more about them here: <http://www.umm.edu/altmed/articles/garlic-000245.htm>

Leeks - use for a mild onion/garlic flavor with a fun texture. The white part is the only useable portion, compost the tough upper stems.

and a few surprises...

Recipe Ideas

Practical Produce - Zucchini (Summer Squash)

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

Practical Produce - Garlic

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

Practical Produce - Tomatoes

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

Practical Produce - Onions

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

Practical Produce - Cucumbers

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

Practical Produce - Beets

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

Website all about Potatoes

<http://www.healthypotato.com/>

Health Benefits, Recipes and Preservation Ideas for Green Beans

<http://whfoods.org/genpage.php?tname=foodspice&dbid=134>

Health Benefits, Recipes and Preservation Ideas for Leeks

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=26>

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>

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/pdf/FILES/FY/FY120900.pdf>

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

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