



# Talk of the Towne's

Welcome to *Week 12* of Fresh Picked  
Produce

## News from the Farm

Dear {FIRST\_NAME|Friend},

What a beautiful Fall we are having! Frigid, sweater laden mornings lead way to hot sunny afternoons. They aren't kidding when they tell you to dress in layers in Montana... The fall crops are loving this prime weather. You will see a blend of warm and cool weather crops today, meaning you can make some delicious salsa and some roasted root veggies all this week.

Our Fall interns have started their shifts and have been working hard harvesting, and winterizing the farm. The Dietetic Interns harvest in the morning and take their bounty to the Foods Lab on campus to experiment with cooking techniques in the afternoon. They attended their first Bogert Market on Tuesday and did a great job of jumping right in and had a good time doing it. As you will note today, we have four returning interns from summer, who have been given "managerial" roles, where they are able to make decisions and execute them, allowing them to take full ownership of the farm. We also have several new interns from the SFBS program who are eager to learn and help out.

**We want to stress to you that we have lots of produce in the fields. More than we can keep up with, in fact. This means that we are planning to offer a flat rate fee for a day of "All-You-Can-Pick." This will be the perfect opportunity for you to put up some food for the winter or just come out and get your hands dirty (bring the kids, of course) and pick some extra veggies for the week. You are**

**also welcome to pre-order vegetables for pick-up at the Friday farm stand (3-6 pm in front of the SUB, off of Grant). Just e-mail us your list.**

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.

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>

- *Chaz, Anna & Student/Dietetic Interns*

## ***The Goodies this Week***

**Potatoes** - early russets and reds.

**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. The quickest and easiest way to use the extra squash is to shred it (a food processor is nice for this) and measure 1-2 cups into freezer bags and freeze it. It's so easy in winter to grab a bag and throw the frozen squash into your pot for soups, stews, chilis and sauces or thaw it for fresh zucchini bread!

**Bulb Onions** - big white and fresh.

**Tomatoes** - big slicers or smaller salad size - your choice! When's the last time you had a BLT?

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

**Beets** - large and ready for fresh eating or canning.

**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.

**Winter Squash** - a blend of varieties and colors for you to pick from, some large and some small

**Celery** - a large bunch of bright green and flavorful stalks. Remember the tops/leaves are great flavor for soup and sauce bases.

**Peppers** - choose all hot, all sweet or a combination of both!

**Eggplant** - the last of our crop! Either traditional purple or the Italian heirloom, Rosa Bianca can be used in your favorite recipes.

**Carrots** - pick your own shapes and sizes, you'll be hard pressed to find a small one this week!

## ***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 - Cucumbers

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

Practical Produce - Beets

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

Practical Produce - Sweet Peppers

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

Practical Produce - Celery

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

Winter Squash Information

[http://www.eatingwell.com/recipes\\_menus/collections/healthy\\_squash\\_recipes](http://www.eatingwell.com/recipes_menus/collections/healthy_squash_recipes)

Winter and Summer Squash Types, Cooking, Storing and Preserving

<http://whatscookingamerica.net/squash.htm>

Eggplant Recipes

<http://www.foodnetwork.com/topics/eggplant/index.html>

<http://www.finecooking.com/articles/how-to/cook-eggplant-to-perfection.aspx>

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>

**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://www.he.k-state.edu/fnp/displays/spices_and_herbs.html)  
<http://edis.ifas.ufl.edu/pdffiles/FY/FY120900.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>

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

[www.townesharvest.montana.edu](http://www.townesharvest.montana.edu)  
[townes.harvest@gmail.com](mailto:townes.harvest@gmail.com)

---

[Click to view this email in a browser](#)

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

---

Towne's Harvest Garden, Montana State University  
121 PE Complex  
Bozeman, Montana 59717  
US

[Read](#) the VerticalResponse marketing policy.

