



Talk of the **Towne's**

Welcome to *Weeks 13 & 14* of Fresh Picked
Produce

News from the Farm

Dear {FIRST_NAME|Friend},

What a way to send off the 2011 CSA Season! With this beautiful weather, it's tough for us to say goodbye to you all. I hope you are as sorry that this is the last week of distribution as we are, but, we plan to celebrate tonight! Since it is so gorgeous, we will be offering light refreshments and hope that you will stay a while, walk the fields, have a picnic with your family and enjoy this day with us.

We are working hard to clean the fields so that we can plant a cover crop to energize the soil over the winter with nutrients and microorganisms. This weather, however, is allowing the crops to keep coming. We can arrange days for you to come harvest veggies next week for a flat rate, just e-mail us and let us know. We will also be putting together "soup" boxes in the next few weeks and will notify you when they are available. Also, the MSU Market Farm Stand will still be open for business every Friday from 3-6 until we've sold the last of our crops or the weather doesn't cooperate any longer, whichever comes first.

Speaking of weather cooperating, the only rain we've had in months happened to come last Friday, the day of our public Field Day. We canceled the event, with little notice because we really wanted to make it work, but as the day progressed the fields got more and more untraversable. There were a few troopers that did show up and if you were one of them, thank you for your persistent support. If anyone was planning to come and would still like to have a tour, we'll arrange for tours tonight, just let us know. Our sheep will be visiting again after a soaring success mowing our cover crop.

So, in closing, we will be sending out a survey in the next week or so about your experience with

Towne's Harvest this season. Your input is CRITICAL to our planning for next season so we urge you (and anyone in your family that shared in the experience) to fill it out and return it so that we can implement new ideas and changes for continued success and ensure that this is a valuable and satisfying venture for you.

THANK YOU FOR YOUR SUPPORT!

- Chaz, Anna & Student/Dietetic Interns

The Goodies this Week

Potatoes - russets and golden varieties.

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 - large and delicious. We ended up with a healthy crop of them after an unsure start this season.

Tomatoes - big slicers or smaller salad size, red or green.

Cucumbers - After a shaky start, they've finished strong. Your choice of big slicing ones or smaller pickling/snacking.

Beets - large and ready for fresh eating or canning.

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

Carrots - pick your own shapes and sizes, you'll be hard pressed to find a small one now and after the other night's frost, they should be at the peak of their sweetness!

Parsnips - a close relative of the carrot, in fact they are easily confused, these golden beauties are great for raw eating, roasted, steamed or braised. They hold their shape in stews and soups and add a hint of earthy sweetness. See the recipe ideas below.

Salad Mix - we figured you've been missing the greens that you got so tired of in the beginning of the season so we harvest a special blend for your last share.

Kale - a nice bunch from our fall crop.

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 - Parsnips

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

Parsnip recipes

<http://www.epicurious.com/tools/searchresults?search=parsnip>

<http://www.seasonalchef.com/recipe0308a.htm>

Winter Squash Information

http://www.eatingwell.com/recipes_menus/collections/healthy_squash_recipes

Winter and Summer Squash Types, Cooking, Storing and Preserving

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

Website all about Potatoes

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

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>

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

townes.harvest@gmail.com

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

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