



# Talk of the Towne's

Welcome to *Week 3* of Fresh Picked  
Produce

## News from the Farm

Dear {FIRST\_NAME|Friend},

We hope you had a fun, *and food-filled*, fourth! The crops are flourishing and in the coming weeks you will start to see an abundance of variety and flavors at your pick-up, which we are delighted to share with you. Towne's Harvest is full of life and activity every day. Student projects are well underway, moving past concept and planning and into execution. It is refreshing to see the excitement and passion for so many different components of sustainability and farming. We hope to share some of them with you as they near completion.

The last few weeks have been a whirlwind of changes. As you may know, Towne's Harvest is more than just a working farm, it is an outdoor classroom for students from all backgrounds and future interests. The Organic Market Gardening class has just come to a close, leaving students with in depth knowledge from soils to pollinators and the Culinary Marketing: From Farm to Table class has just begun and will teach the fundamentals of growing, harvesting, cooking and preserving foods fresh from the garden. The beauty of being an educational farm is that we are able to offer students the flexibility to participate in all of these classes as they overlap into a fine web of incredible knowledge and confidence as they explore their goals and fine-tune their roles in the global food system.

Speaking of food systems, we have recently and unfortunately witnessed nature's food chain in action. Several weeks ago, a mother skunk took up residence under one of our sheds. She very daintily and unselfishly helped herself to one of our laying hens each night to feed herself and her hungry kin. With

humane practices, they were relocated away from the farm. Over the weekend, we had a new visitor choose our farm as home. A big and beautiful raccoon, stealthily found his way into the coop in the wee hours of the night and displayed a different feeding practice than the mother skunk. Each night, he dined on almost a dozen laying hens. He was also graciously and humanely trapped and removed from the farm. Needless to say, our flock has been whittled down to half of what we started the season with, meaning that there will be no guarantee of eggs available for purchase on Thursdays. We apologize and hope to have our flock back in production very soon.

- Chaz, Anna & Student Interns

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

Radishes - a blend of red, purple and white. Try shredding them with carrots and/or apples to make an incredible, crowd-pleasing side dish.

Spinach - coming on strong now, you'll get a nice healthy portion to use in your favorite recipes or try one of the one's below.

Salad Mix - an fresh and crisp blend of greens. Growing wary of salad season, change it up! Use the greens on your sandwich, toss them into your warm pasta where they will wilt and add color and nutrition or make a new dressing with your bounty of herbs this week. See recipe ideas below. Included in your salad mix this week is some Camelina Micro Greens - huh? Camelina is an oilseed crop very popular in Montana for it's biodiesel properties. It is used to power vehicles from farm tractors to jets. As it turns out, it is also very good for human consumption with incredible levels of Omega-3 Fatty Acids, competitive with your favorite fish source, and is vital player in heart health. These micro greens are thinnings from our trial crop, are a member of the mustard family and have a nutty, peppery taste.

Spring Onions - a bundle of just-picked green onions. Eat them fresh in salad or as a garnish on your main course, or grill them whole with some olive oil, salt and pepper for a zesty side dish.

Kale & Chard - a hearty blend of the first harvest of these dark, leafy greens loaded with vitamins and antioxidants. See recipe ideas below for a multitude of uses.

Cilantro - full of flavor and ready for addition to guacamole, nachos, asian wraps, pad thai and curries.

Basil - a large bunch of tradition. Make your favorite pesto, add leaves to a tomato grilled cheese, chop and sprinkle over your pasta or make a refreshing salad dressing.

## ***Recipe Ideas***

Carrot and Radish Salad

<http://www.cditchen.com/recipes/recs/2406/Carrot-And-Radish-Salad136275.shtml>

Spinach Salad with Steak & Blueberries

[http://www.eatingwell.com/recipes/spinach\\_steak\\_blueberry\\_salad.html](http://www.eatingwell.com/recipes/spinach_steak_blueberry_salad.html)

Sesame-Seasoned Spinach

[http://www.eatingwell.com/recipes/sesame\\_seasoned\\_spinach.html](http://www.eatingwell.com/recipes/sesame_seasoned_spinach.html)

Crispy Noodle Cake with Kale (& Chard) and Mushrooms

<http://www.vegetariantimes.com/recipes/11560?section=>

Lasagna with Sausage and Kale

[http://www.marthastewart.com/313468/lasagna-with-sausage-and-kale?  
czone=food%2Fproduce-guide-cnt%2Fproduce-guide-winter](http://www.marthastewart.com/313468/lasagna-with-sausage-and-kale?czone=food%2Fproduce-guide-cnt%2Fproduce-guide-winter)

Fresh Garden Herb Dressing

<http://www.organicsoul.com/fresh-garden-herb-dressing/>

## **Sustainable Living Tips**

Towne's Harvest motto is - Locally, Sustainably and Educationally Grown -

Locally grown and it's importance will be discussed another week, but the concept is self-explanatory.

Educationally grown was explained in the news section, but what about Sustainably grown? What does that mean?

ATTRA, a program from NCAT (National Center for Appropriate Technology) defines sustainable agriculture as follows:

*"Sustainable agriculture is one that produces abundant food without depleting the earth's resources or polluting its environment. It is agriculture that follows the principles of nature to develop systems for raising crops and livestock that are, like nature, self-sustaining. Sustainable agriculture is also the agriculture of social values, one whose success is indistinguishable from vibrant rural communities, rich lives for families on the farms, and wholesome food for everyone."*

The website [www.attra.ncat.org](http://www.attra.ncat.org) has a wealth of information on sustainability and is well worth perusing. At Towne's Harvest, we employ sustainable farming methods in a systems approach, rather than certifying the produce as "organic." We do not use conventional, or even organic, fertilizers or pesticides but rather rotate our crops around the field, planting heavy feeders after plants such as beans and peas that actually feed the soil rather than draw from it. We use integrated pest management practices, things such as row covers and attracting beneficial insects. Rotation also helps with this as it makes it hard for any pest to establish itself year after year. If you have any questions regarding our commitment to sustainability or otherwise, please let us know. We'd love to chat with you about it.

In the meantime, rest assured you have purchased clean and healthy food that you can nourish your family with in confidence!

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

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