



Talk of the **Towne's**

Welcome to *Week 5* of Fresh Picked
Produce

News from the Farm

Dear {FIRST_NAME|Friend},

What a nice week we have had! These warm temperatures are so needed to jump start the growth and maturation of some of your favorite crops. The tomatoes, cucumbers, and summer squash are blossoming with the peppers and eggplant soon to follow. We are hopeful that if this warmth continues, it won't be long before your bags are brimming with the harvests of these summer delights. We are thankful also to have our own resident population of bees, a passion of David Bombauer's at the Hort Farm, which provide plenty of pollination. If you haven't seen them yet, look for their home, the colorful boxes way out in the field by Garfield on your way in or out.

There will be another spectacle in the field next week. We have partnered with the MSU Department of Agriculture to bring in a traveling flock of sheep to graze our cover crop and manage it without having to use any fossil fuels (such as mowing and tilling). Hopefully by your pick-up time next week, we will have them in place and will welcome you to walk out and see their "hard" work.

Another exciting event is taking place next week. We are hosting the president of MSU, Waded Cruzado, at a Garden Luncheon. This has become an annual event put on by the Culinary Marketing students. It is a chance for us to show President Cruzado and the many other guests, including faculty, staff, students, our partner farmers and our four and five year CSA members the successes of Towne's Harvest and the SFBS program and honor them for their support. We'll give you the details next week!

The Goodies this Week

Sugar Snap Peas - second round, getting sweeter by the day.

Radishes - new crop of beautiful, bright red Cherry radishes.

Paris Island Romaine Head Lettuce - a monstrous mound of greens. Who doesn't love a good Caesar salad (*which was created in Tijuana, Mexico not Italy like most people assume*)? See the link below for a traditional recipe, it's easier than you think!

Spring Onions - Drizzle with olive oil, salt and pepper and throw them on the grill. Tasty, easy and pleasy (*I know, that's not a word ...*). Kids love their sweetness!

Kale - a bunch of emerald green, nutrient packed delicious leaves. See the Practical Produce link below for great ideas and information.

Baby Beets - some golden and some red, refer to the Practical Produce guide below for lots of fun facts, storage recommendations and yummy recipes.

Baby Fennel - a tasty treat used in many dishes. The link below has a vast array of ideas.

Fresh Dill & Sage - I've left the links to the herb use documents that one of your fellow members forwarded in case you didn't get through them all last week.

Wild Edible Greens Mix - Special this week with limited availability! If you are feeling adventurous you might enjoy dining on this delicious blend of plants that grow all over the place without planting or care but that offer a strong punch of nutrition and flavor. Olin, one of our interns, for his summer project has researched, sampled and gathered this blend to offer you. It includes purslane, red root pigweed, mallow, yellow sweet clover, lambs quarter, field pennycress, horseradish leaves, alfalfa blossoms, dandelion, western salsify, red and white clover, cilantro, prickly lettuce and shephard's purse. For information about wild edibles (and more...), visit <http://www.montana.plant-life.org/>. If you miss it this week, and are interested in trying it, we will make it up to you next week or the week after.

OR

Salad Mix - a fresh blend of greens.

Recipe Ideas

Caesar Salad Recipe

<http://www.reluctantgourmet.com/caesar.htm>

Loads of Baby Fennel Recipe Links

<http://www.yummlly.com/recipes/baby-fennel>

Practical Produce Guide - Kale

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

Practical Produce Guide - Beets (in case you missed it last week)

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

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.

www.townesharvest.montana.edu

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.

