



Talk of the **Towne's**

Welcome to *Week 7* of Fresh Picked
Produce

News from the Farm

Dear {FIRST_NAME|Friend},

This week represents the half way point for the CSA season and we sincerely hope you have been enjoying your veggies so far. We're very proud to look across our fields now and see such abundance. For the next couple of weeks we will be thinning crops and sharing the "minis" with you in order to make room for larger crops at maturity. You will see small beets and carrots this week so that you can see huge beets and carrots in the fall.

Our student interns have just a short three weeks left of their practicum, unfortunately just as most of the harvest/fall work begins. Some of them may return for a fall internship and the others will be saying goodbye to the farm they have so lovingly tended all summer. We are lucky to have students for the month of September that are beginning the first part of their Dietetic Internship. These interns will bring a different perspective to the farm, markets and CSA distribution. They are all from a nutrition background and working toward becoming Registered Dietitians.

On that note, we ask that you **SAVE THE DATE** of Wednesday, August 24th from 11am-1pm. We will be having a Potluck Picnic to send off our hardworking summer interns and welcome our new ones. The students will be presenting the results of their summer projects and we will have a delicious garden feast. You are all welcome to join us! Bring a dish to share and enjoy those of others. *Plates, utensils and beverages will be provided.*

The Goodies this Week

Leaf Head Lettuce - gorgeous, nutritious and versatile.

Garlic - the real thing. Large bulbs of freshly picked and dried flavor. High in antioxidants, garlic can be used in almost any savory dish. For more information, see the Practical Produce link below.

Swiss Chard - a beautiful rainbow blend. See the Practical Produce link below.

Kale - dark, leafy and tasty. See the Practical Produce link below.

Baby Carrots - the thinnings from the field, small and oh so sweet. Perfect for snacking or steaming for a colorful side dish or garnish.

and/or

Beets - small and delicious. Use the greens as well as the bulb. See the Practical Produce guide below for information and uses.

Summer Squash (honest!) - coming on strong now (look out, you know what they say about zucchini season, it's the only time of year that you lock your house and car). We've grown an assortment of varieties, from yellow to dark green and all are interchangeable in recipes. See the Practical Produce guide below for fun recipes.

Spring Onions - perfect raw or cooked.

Salad Mix - a fresh blend of greens.

Green Tomatoes - there's a ton of them, and so fun to cook with! See recipes below for fun ideas.

Recipe Ideas

Practical Produce - Beets

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

Practical Produce - Zucchini (Summer Squash)

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

Practical Produce - Kale

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

Practical Produce - Garlic

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

Practical Produce - Swiss Chard

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

Green Tomato Recipes (a vast array of uses)

<http://www.epicurious.com/tools/searchresults?search=green+tomatoes&searchtype=food&recipeGroup=epi>

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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