



Talk of the Towne's

Welcome to *Week 8* of Fresh Picked
Produce

News from the Farm

Dear {FIRST_NAME|Friend},

The sheep were with us for 10 days and successfully "mowed" down the cover crop. We will do testing of the soil and compare it to samples without grazing to determine the effects of integrating animals into our rotation in the future.

We hosted a summer camp group from Ennis last week that plowed through picking 400 feet of weeds in about half an hour. They then picked (and snacked on) beans. They had a great time and were so into weeding and harvesting, there were no time for games. Such hard workers... Thanks Weston for hosting the group!

You're invited so *SAVE THE DATES*:

- **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.*

- **Thursday, August 25th from 4-7 pm** (during CSA pick-up) we will be having a **Towne's Kid's** event for all of your children. Bring the whole family (your friends and neighbors are welcome too)! We will have lots of down home farming fun including games, scavenger hunts, harvesting, and tasting. We'll

even teach them now to make butter. The event is designed for your kids to be present from start to finish, with you tagging along, but they are welcome to join in any time. If they are old enough to be dropped off (6 and older) we'll keep them busy with lots of activities until you return.

- Chaz, Anna & Student Interns

The Goodies this Week

Lettuce - crisp heads of lovely greens. Boy can we grow nice lettuce in Montana!

Green Beans - do they still call them green beans if they are purple? You will see a mixture of both. Surprisingly the purple beans turn green when cooked. For a refreshing summer salad, slice the beans raw, add fresh tomato, radish, cucumber, onion and whatever other fresh eating veggies you have on hand, toss them with olive oil, lemon juice, salt and pepper and throw in a handful of fresh herbs and you'll have a gorgeous and nutritious salad.

Beets - growing larger every week! We're growing a nice blend of red, pink and golden beets. They are not to mature size yet, but the small ones are still delicious. Remember to eat the greens too!

Summer Squash - a fun blend of colors, shapes and sizes. The smaller ones are the best for fresh eating, but the larger ones make a whole lot of shredded squash for freezing and throwing into soups, chilis, spaghetti sauces and especially zucchini bread all winter. What a dilemma...

Spring Onions - perfect raw or cooked.

Cucumbers - whoopie! Our first pickings of the crunchy and delightfully juicy little guys. See the Practical Produce guide below for great ideas.

Celery - wow! Celery is very challenging to grow in northern climates and takes lots of TLC (and time). One of our members once asked us for some, so here you are! It's great for snacking in your crudite trays and lunch boxes. It's also a fabulous, low calorie vehicle for consuming your favorite dips. The Practical Produce guide below has some good information about storing and cooking with it. Be sure to use the leaves in soups and sauces. They are full of flavor too.

Kohlrabi - larger now and every bit as delicious. In a recent taste test here at the farm, it was determined that the green is more mild than the red, which has a radishy kind of spice. Both are crisp and juicy and great eaten raw or cooked. The whole plant is edible, including the leaves.

Broccoli - bright green shoots of fabulously healthy and tasty flowers. It's just maturing so we're light on quantity, but couldn't wait to share it with you.

OR

Cabbage - gorgeous heads of slaw worthy summer saladness.

Fresh Basil - we just need the tomatoes to catch up and you'll be in caprese salad heaven. For now, pesto and pasta will have to do. Another idea is to coarsely chop the leaves and put them in ice trays with a small amount of water and freeze them. Then, in the middle of winter when you are longing for warm days and favorite summer flavors, just pop a cube out and throw it in your recipe. Delicious!

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 - Cucumber

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

Practical Produce - Celery

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

Kohlrabi and Squash Empanadas

<http://eatdrinkbetter.com/2008/06/09/lovin-fresh-kohlrabi-squash-empanadas-recipe/>

A nice broad selection of green bean recipes

<http://www.greenbeansmore.com/green-bean-recipes.html>

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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