



Talk of the Towne's

Welcome to *Week 9* of Fresh Picked
Produce

News from the Farm

Dear {FIRST_NAME|Friend},

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 how 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.
- **Friday, September 15th from 5-7 pm.** MSU Extension and Towne's Harvest are partnering to offer the community a **Field Day** at the farm. This is the perfect opportunity to learn all about Towne's programs, courses offered and the various crops grown.

Well, we have just one more short week with our practicum students. They have been incredibly

instrumental in making Towne's the success it is this season! We will miss them greatly. In preparation for them finishing the course, they have been busily completing their summer projects. Many of them are done and ready for show-off. We hope you can join us on Wednesday as they present them. They are very proud, as they should be.

You will see some fun variety this week. We've harvest a row of gorgeous potatoes, some red and some russet. They are tender and delicious. Our tomato vines in the hoop house are sagging from the weight of their fruits and ripening every day. These define "Vine-Ripened" as you will taste.

We are hopeful that you will bring your children and grandchildren, friends and neighbors out to the farm next Thursday for our Towne's Kids event. It will be lots of fun, with a little education thrown in.

Also a reminder that if you are hosting a dinner party, or have company coming and find the need for additional produce, we have a Farm Stand every Friday on campus from 3-6pm. We are located just off Grant in front of the SUB, under the spinning noodle. You will find much of the same produce you receive on Thursdays, plus some different things that we did not get the quantities of to offer to CSA. Stop by and say hi!

- Chaz, Anna & Student Interns

The Goodies this Week

Spinach - into our Fall crop now!

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.

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. Lot's of questions about flavor and culinary uses have arisen about the different colors and shapes. This link describes the different types and offers storage, preservation and recipes that look delicious Especially the Spicy Squash Cakes.
<http://urbanext.illinois.edu/veggies/ssquash.cfm>

Bulb Onions - big white and fresh. Sure to bring you to tears.

Kohlrabi - (no joke) 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.

Leeks - delicious and mild. Due to their growing nature, leeks typically have dirt or sand in between their

layers. To clean before using, either slice in half lengthwise, after cutting the roots off, and run under the faucet separating the layers slightly to allow water in or slice while whole into ringlets and rinse in bowl of cold water. See recipe ideas below.

Swiss Chard - a nice bundle of rainbow colors. See the Practical Produce guide below for a refresher on its many uses.

Garlic - cured (dried) and ready to use fresh or stored for winter. See the Practical Produce guide below for storage and recipe ideas.

Carrots - young and tender still. These are not for storing, but for enjoying in the present!

Tomatoes - not the green ones this week! Juicy and full of flavor. You'll never look at the ones in the regular grocery store the same again.

Potatoes - red and white and freshly harvested. Amazing what happens just below the surface of the soil. Who knew we would uncover such treasures this season?

Recipe Ideas

Practical Produce - Swiss Chard

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

Practical Produce - Zucchini (Summer Squash)

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

Practical Produce - Garlic

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

Practical Produce - Tomatoes

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

Practical Produce - Onions

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

Practical Produce - Spinach

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

Leek Recipes

<http://www.leekrecipes.org/>

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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