



Locally, Sustainably and Educationally Grown  
MSU Friends of Local Foods

# Towne's Weekly

July 21-25, 2008



## Veggie List

**Arugula**

**Beats**

**Salad Greens**

**Radishes**

**Peas**

**Onions**

**Mizuna**

**Summer squash**

**Parsley**

**Marigolds**

## NOTES FROM THE FIELD

### Hail Report:

On Friday, June 18<sup>th</sup>, our field was hit by a severe hail storm. Many of our crops suffered serious damage from the hail. Some of our crops were destroyed by the hail (such as our melons and head lettuce), and other crops were significantly damaged and may or may not revive to produce an abundant crop (such as corn, winter squash, cucumbers, swiss chard, broccoli, tomatoes, etc.). Of course, our root crops fared the best (onions, carrots, beets, radishes). We thank you for your

understanding, and for appreciating that Southwest Montana is a challenging growing area. It is through member support that our operation continues to be viable – and we thank you for continuing to support us through these challenges of nature. As always, if you have any questions or comments, please share them with us.

-Seth Friedman

THG Coordinator

## JAIME JELENCHICK... GET TO KNOW ME!

### JAIME JELENCHICK

Hi there! My name is Jaime Jelenchick and I am a graduate student in the Science & Natural History Filmmaking program at MSU. You may have seen me out filming at the garden this summer, as I am working on a short film about Towne's Harvest Garden. Our first goal for the documentary is to use it as a recruiting tool to attract more students to careers in local food, nutrition and sustainable agriculture and to be a part of Towne's Harvest. We also hope to use the film to educate the community on the importance of eating locally and the unique nature of Community Supported Agriculture.



This project has been a great learning experience for me so far: watching different crops grow as the weeks go by, seeing how to harvest produce, and discovering what it takes to produce scrumptious veggies here in the Gallatin Valley. I look forward to meeting more CSA members out at the farm over the course of the summer! I will be out of the country during the month of August, so you may see one of my colleagues filming out at the farm for a few weeks. I want to thank you all for your help and support of the project. Stay tuned for the film's premiere at MSU's Annual Local Food Bizarre in early February 2009!



## ENJOYING THE HARVEST



**\*\*All Towne's Harvest produce should be washed before eating.\*\***

- Loosely pack unwashed salad greens in a plastic bag and store in crisper compartment of the refrigerator for up to a week.
- Arugula offers the same pizzazz to a salad as onions without the after taste.
- Mizuna is often added to salad mixes in order to enhance the appearance, taste and nutritional value. It can also be added to soups. Added just before serving, the heat from the broth will cook it sufficiently.
- Beets are commonly eaten boiled as a cooked vegetable or cold after cooking as an addition to a salad.
- Green onions can be eaten raw, work well as a garnish, and can be sliced into a stir-fry.
- Both arugula flowers and marigolds are edible flowers, making them good garnishes to add color to your next salad.

## UPCOMING EVENTS & ANNOUNCEMENTS

**Mark your calendars!**

**August 14:** Field Day at Towne's Harvest with speakers and tours., 6-8pm.

**September 6:** Towne's Harvest second annual Harvest Festival, 2-7pm. Details coming soon!

\*\*\*Towne's Harvest produce bags and t-shirts are now available at distribution. The member price is \$10 each. T-shirts and bags are made from organic cotton have been silk-screened by a local business.



## THANKS VOLUNTEERS!

We hosted a volunteer work party on Monday of this week and had a great turnout. Several members brought their families out to help. We also saw around 20 volunteers at the farm. We were able to get done the weeding in the onions, carrots, peas, and much of the rest of the farm. All the help saved us several days of work!

We were rained on during our dinner, as was our potluck and last Friday's distribution, but we learned from our previous experiences and took shelter before hand.

## SUMMER SQUASH SLAW

Source: allrecipes.com

### INGREDIENTS

- 2 small yellow summer squash, julienned
- 2 small zucchini, julienned
- 1 small sweet red pepper, julienned
- 1/3 cup sliced onion
- 3 tablespoons vegetable oil
- 2 tablespoons cider or white wine vinegar
- 1 tablespoon mayonnaise
- 1 teaspoon sugar
- 1/2 teaspoon dill weed
- 1/2 teaspoon garlic salt
- 1/4 teaspoon celery salt
- 1/4 teaspoon pepper

### DIRECTIONS

In a large bowl, combine squash, zucchini, red pepper and onion. In a small bowl, combine remaining ingredients; mix well. Pour over squash mixture and toss to coat. Cover and refrigerate. Serve with a slotted spoon.

**Towne's Harvest Garden &  
Community Supported Agriculture  
Program**

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