



Locally, Sustainably and Educationally Grown  
MSU Friends of Local Foods

# Towne's Weekly

7/28 - 8/1, 2008



## Veggie List

**Dill**

**Cilantro**

**Green Onions**

**Eggplant**

**Peppers**

**Peas**

**Basil**

**Herbs**

**Kohl Rabi**

**Fennel**

## NOTES FROM THE FIELD

### Hail Report Part 2:

After I wrote my last hail report, we received another even more powerful storm last Tuesday. Of course, this hail storm did more damage to our crops, as I'm sure last week's Friday pick-up noticed. It is now probable that our corn, melons, cucumbers, swiss chard, and field tomatoes are crop losses this year. Our broccoli, cabbage, cauliflower, and beans suffered major leaf/flower damage, and may or may not recover. Even crops like peas, onions, and beets suffered damage to their foliage -- and in the case of peas, direct damage to the pods. Squashes were damaged, but will probably recover. The good news is that our peppers and eggplant were protected from the storm, and will likely recover. Other good news is that we have lots of tomatoes in our greenhouse and hoop house, so we will still see a tomato harvest this year. And other good news is that some crops suffered only minimal damage, such as fennel, potatoes, and carrots.

A master gardener in the area, Don Mathre, said that in 41 years in Bozeman, he's only seen hail damage this severe one other time. Another experienced farmer, owner of Rocky Creek Farms, Peter Fay, told me that in 27 years, he's never seen a growing season as tough as this one.

We are working hard to prepare as many beds as possible for a new sowings and a fall harvest of turnips, kale, beets, broccoli, and more greens. We are also taking a chance in re-sowing beans, in hopes of a late frost, and a late September harvest. We've also given supplementary fertilizers to the damaged crops, and they seem to be responding well. From here on out, let's all hope for excellent growing conditions: some good, warm, stable weather, and a late frost. In addition, we thank you for being understanding if our shares are a little lighter these next few weeks.

Seth Friedman

## FARM MANAGER: SETH FRIEDMAN

Greetings local agriculture supporters! My name is Seth, and this is my opportunity to share a little about my background. My first experience on an organic farm was in Switzerland, in the summer of 1997, where I volunteered on a farm (for room and board) where the farmer, Pascal, kept a herd of goats and made goat cheese. Most of the work involved making hay on steep slopes. My next farm experience was two years later, on a small organic farm in Italy: a bed-and-breakfast in an old stone house in the countryside, a few acres, cows, chickens, and goats. The owner, Iris, was a wonderful host, preparing all home-cooked meals with fresh farm ingredients, and taking me into town for ice cream. In graduate school at the University of Montana, I discovered the PEAS Farm (a college farm that grows food for an 80-member CSA and food bank, hosts school visits, offers various community events, and recently started a mobile veggie market that brings food to senior citizens homes, and others who otherwise wouldn't have access). Inspired, I applied and received a grant to make a 27-minute documentary film about the program. Other farm adventures followed: an internship at an organic farm in Italy (where they made olive oil and wine and grew vegetables), a Certificate in Ecological Horticulture at the University of California (Santa Cruz), and a job installing an agricultural estate in Hawaii. I'm very excited to be the coordinator of Towne's Harvest Garden, and look forward to seeing the project grow into a center for organic gardening/farming education and a place where the Bozeman community comes together over great food.



## ENJOYING THE HARVEST



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

- Kohl Rabi is in the same plant species as wild cabbage (*Brassica oleracea*) and may be eaten raw as well as cooked.
- The leaves of the fennel plant are delicately flavored. The root may be sautéed, stewed, braised, grilled, or eaten raw.
- Although considered a weed in the United States, purslane can be eaten raw or sautéed, added to soup or other hot dishes.
- Eggplant's tender texture allows it to soak up many flavors and fats. Salting and rinsing the raw eggplant will take away much of its bitterness.
- Peas can be eaten raw by themselves, on a salad or also make a nice addition to soups or stir-fry.

## 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



## FEATURED RECIPE

### 'Swamp Soup'

Sautee onions and garlic in olive oil and a little bit of butter (1 tbsp). Pour in 1 large can of chicken broth and torn spinach. Simmer lightly. Serve with croutons and parmesan cheese.

This recipe was submitted to us by Becky MacDonald. She writes: "This soup's real name is fresh spinach soup but when my son took one look at it many years ago, he promptly named it swamp soup. We've all loved it ever sense."

If you have a favorite recipe you would like to share, please send it our way! Thanks Becky.



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

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