

TALK *of the* TOWNES

THE TOWNE'S HARVEST GARDEN WEEKLY NEWSLETTER

JULY 27, 2010

It's been quite a busy week at the farm, but in a very good way—we had our annual “President's Lunch” on the farm this Tuesday, that required a great deal of planning and preparation. Towne's Harvest Garden partnered with the Culinary Marketing Farm to Table summer class to put on this event. The interns and students produced a phenomenal meal for MSU President Waded Cruzado along with several other MSU faculty and staff.

We also welcomed a new intern—Marney, a local high schooler. Marney comes to us as the result of a partnership between Towne's Harvest Garden and the Gallatin Valley Food Bank. Marney is participating in the HRDC Youth Development Program and we are happy to have her!

In terms of what's going on out in the fields, cucumbers and green beans are starting to poke their heads out, so be expecting those in the near future. At the moment, we're mostly doing the seemingly mundane work of field maintenance (i.e. weeding). This work can initially seem dreadful, laborious, and boring. However, there is a great pleasure to be had in the zen-inducing world of weeding and shuffle-hoeing. Our goal is to control our weed bank by preventing the weeds in the field from going to seed and thus spreading a plethora of seed into the field for our pleasure next year. If you don't believe us when we say weeding is a fulfilling, zen-like activity, feel free to come on out to the field and join us for a session...

WHAT TO EXPECT THIS WEEK...

broccoli, onions, green onions, a variety of summer squash
radishes, salad mix, head of lettuce, chard, kale, basil, and beets



please let us know what you think.

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WHAT CSA MEANS TO ME.

I don't assume to know the individual reasons as to why you are a part of our CSA. But, as is hidden behind the acronym, one strong motivation seems to reside in the value we place on *community*.

That the values we place on community are unknown to one another should not come as a surprise. Our reliance on a strong community has all but disappeared because the services it once provided have been outsourced. No longer do we need the support of our neighbors. No longer do we need to provide our own means of food production, of education, of entertainment, and of culture. All of this can all be bought and sold from somewhere else.

As a result, the very structure of our community has become unique to the economy and culture that is placed upon it, rather than the one that arises from it. When an economy extracts from a community rather than supports it, there is a foreign value replacing a native one. We begin to value profit over preservation, short term over the long term, and specialization over local adaptation. Yet I believe we are recognizing these problems as we each attempt to redefine our relationship to community. Wendell Berry writes, “Can people be neighbors, for example, if they do not need each other or help each other? Can there be a harvest festival where there is no harvest?” From personal experience, I know the answer to be no. It is a sad story, but it is the story that has played itself out all across America.

But, that is not the story that I see being played out today. Go back to what I mentioned earlier about the value *we* place on community. To me that shared value must be *support*. As a community of producers and customers, we have decided that we value our ability to support one another through CSA. In doing so, our relationship to food production and to education takes on a different light, one that reflects the values inherent to what we wish our community to become.

For example, at our farm we value several things. We value sustainability: the ability of a community to regenerate and build upon itself. We value education: the ability to pass on information and knowledge to the young. And we value the ability to support our community through agriculture. To stand by these words, we have created a diverse farming economy that is informed by, and made to serve the community that it exists within.

Maybe this is why you purchased your share, maybe it is not. But the point here is not to define what it means to be in a CSA. It is to contemplate what it means to live a good life as a student and as a farmer.

John Thiebes



Zucchini Bread

3 eggs
1 cup (8 fluid oz; 225 ml) canola oil
2 cups (11 oz; 330 g) grated zucchini
1 teaspoon (5 ml) vanilla extract
2 3/4 cup (1 lb. 2 oz; 510 g) sugar
3 1/3 cup (14 oz; 420 g) all-purpose flour 2 teaspoons (10 ml) cinnamon
1 teaspoon (5 ml) salt
1 teaspoon (5 ml) baking soda
1/2 teaspoon (2 ml) baking powder
1 cup (4 oz; 120 g) chopped walnuts

1. Preheat oven to 350°F (170°C). Grease your 9x5-inch loaf pans. Set aside.
2. In a bowl, combine the eggs, oil, zucchini, and vanilla.
3. In another bowl, sift together the sugar, flour, cinnamon, salt, baking soda, and baking powder.
4. Pour the wet ingredients into the dry. Mix until just combined. Do not over mix.
5. Fold in the walnuts.
6. Pour into your loaf pans. Bake for 1 hour.



Recipe and Picture complements of our very own Marcy Gaston. To see more, visit her blog at <http://cookingrut.blogspot.com>

Grits, Cheese, and Onion Soufflés

2 tablespoons (1/4 stick) butter
3/4 cup chopped onion
3/4 cup chopped leek
1 1/2 cups whole milk, divided
1/2 teaspoon salt
1/3 cup quick-cooking grits
4 large eggs, separated
3 green onions, chopped
1 cup (packed) grated hot pepper Monterey Jack cheese (about 4 ounces), divided

Preheat oven to 425°F. Butter four 1 1/4-cup soufflé dishes. Melt 2 tablespoons butter in large saucepan over medium heat. Add onion and leek; sauté 3 minutes. Mix in 1 1/4 cups whole milk and 1/2 teaspoon salt, then grits; bring to simmer. Reduce heat to low, cover, and cook until thick, stirring occasionally, about 5 minutes. Meanwhile, whisk remaining 1/4 cup milk and yolks in small bowl to blend.

Remove grits from heat. Stir in yolk mixture, then green onions and 3/4 cup cheese. Beat whites in medium bowl until stiff but not dry. Fold into grits in 3 additions. Divide mixture among prepared dishes (mixture will come all the way to top of dishes). Sprinkle with 1/4 cup cheese. Bake soufflés until puffed and brown on top, about 18 minutes. Serve immediately.