

TALK *of the* TROWNES

THE TOWNE'S HARVEST GARDEN WEEKLY NEWSLETTER



77°

Music On Main

Thursday, July 8th6:30 -8:30 p.m.

Townes Tips #1
WASH ALL VEGETABLES BEFORE YOU EAT THEM.
Just a tip...



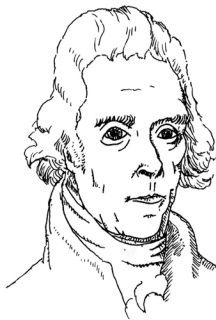
79°

Bogert Farmers Market

Tuesday, July 12th 5-8 p.m.

Welcome back to Towne's Harvest Garden! I hope that everyone had an excellent 4th of July filled with festivity, fireworks, and most of all, an opportunity to feast with friends and family on some of the vegetables grown right here in American soil.

The one thing that I have noted around the farm is that the interns (including myself) are starting to understand the individual roles we play as both farmers and as students. It has been through trial and error, repetition, and by making mistakes, of which this week I have made several already, that this understanding is broadening. I believe our appreciation for the farm and the CSA it provides has strengthened our commitment to our own internships as we realize our personal stake in the process and its continued pledge to grow the highest quality vegetables. For me, it is a privilege to share with you in that process each week. As one of our greatest patriots once said:



“IF YOU VISIT ME AS A FARMER, IT MUST BE AS A CODISCIPLE: FOR I AM BUT A LEARNER; AN EAGER ONE INDEED...”

• THOMAS JEFFERSON •

crop update... the vegetable field is looking good. Production has stepped up to the point where we have enough vegetables to sell at the Farmer's Market once again. Some of the potatoes are in full bloom and most have been mounded to produce even more roots. The peas and the beans are reaching to the heavens and the beets were so thick that even our thinning was a harvest in itself.

KEY	
	SOWED
	SPROUTED
	WEEDED
	HARVESTED

	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC	
Beet													Carrots
Sw. Corn													Kholarabi



Here's one recipe that I think is useful to know, however, you will never, ever, need to use it: The age old recipe for making hail.

Start with a severe storm system, one that has cumulonimbus clouds. These storms brew in the middle of the afternoon or in the early evening during the heat of the summer months. As the hot air rises into the moisture filled cloud formation, similar to heat rising in a convection oven, the hail begins to form.

It starts as the moisture droplets freeze as they supercool in the clouds themselves. As they gain weight they begin to fall to the earth. However, the hot air rising causes the frozen droplets to literally bounce back up into the cloud, garnishing another layer of frozen ice. The cycle is repeated as more and more transparent and translucent layers begin to build, and, in our case, do so until they reach the size of golf balls. Hail accounts for some 1.2 billion in agricultural damages each year, of which, we at THG will unfortunately be adding to. Fear not though, for our seedlings weathered the storm surprisingly well. Why you might ask?

According to Chaz the majority of our crops haven't yet crossed the surface area threshold. Our plants had a small enough leafy surface that the hail didn't have that great of an effect, any larger however, and the damage could have been extensive. To illustrate that threshold, we need look no further than say, a green house or a car window. In fact, our irrigation system, our row covers, and our green houses all took a huge amount of damage, at a considerable cost to the farm. Just one of the many uncertainties of making a living in the great outdoors.

Here's one that you can use though....

Braised Beet Greens

1 lb of beet greens
1 small chopped onion
1 tbl olive oil or butter

Wash and remove the center ribs from the greens. Tear the greens into pieces. Heat the oil or the butter in a large skillet. Add the onions and cook until soft, or about 5 minutes. Add the greens and cook until they wilt down. Then add a quarter cup of water or brother. Cover and cook until tender, probably about a minute or two. Enjoy!

Towne's Harvest Garden:
<http://townesharvest.montana.edu> & townes.harvest@gmail.com

Also, if you like the recipes featured, please check out our very own Marcy Gaston's cooking website:
<http://cookingrut.blogspot.com>