



Locally, Sustainably and Educationally Grown  
MSU Friends of Local Foods

# Garden Newsletter

June 25, 2009



## Veggie List

**Salad Mix**

**Radishes**

**Parsley**

**Braising Mix**



## NEWS FROM THE FIELD

Once again, welcome and thank you for your support. We are very excited to initiate our produce distribution for 2009. Nearly all of our crops have been in the ground for several weeks and the recent shift toward warmer weather is very much anticipated! This year we have planted lettuce, radishes, turnips, beets carrots, herbs, summer squash, winter squash, tomatoes, peppers, cucumbers, corn, eggplant, onions, garlic, peas, beans, asian greens, tomatillos, melons, kale, and swiss chard.

Thus far our plants look promising. The dry spring allowed for early planting, however the past couple weeks of cool weather and lack of sun has delayed the early harvest. However, it's always exciting to watch the first germinations. Over the past few weeks, we've seen our beets, carrots, spinach, lettuce, turnips, peas and beans break through the soil crust and reach for the sun. The long daylight hours and warmer temperatures should increase growth and production in the coming weeks.

Once again thanks for your support and feel free to come out and spend some time at the farm. We welcome visitors and volunteers!!

## KEEPIN' IT FRESH

Over the course of several months, each of our crops goes through many stages before it reaches our plates, from seed to seedling, to a young plant in the field, to a mature crop ready for harvest. After harvest (but before reaching our plates), there's another crucial step: post-harvest handling. Post-harvest handling refers to the methods of keeping crops at optimum freshness after they've been harvested. At Towne's Harvest Garden, we have a few strategies for providing crops at peak of freshness:

We usually harvest the crops the very same day of distribution. When you pick up your veggies, they've been harvested just a few hours prior.

We harvest leafy greens first thing in the morning.

We quickly submerge many of the crops in cool water and store in our new cooler.

# KEEPIN IT FRESH

CONT..

Here are a few general guidelines for keeping your weekly share fresh after you've picked it up:



Optimum storage temperature for most of our crops is 32-40 degrees Fahrenheit. (For example: don't forget your veggies in your car on a hot day!).

Optimum humidity for most crops is between 90 -100% relative humidity. To provide high humidity conditions, we recommend putting most of our crops in *bags* and putting those bags in the crisper boxes in your refrigerator.

Greens such as lettuce and salad mix store best if they are not overly wet. If you can 'dry' your greens in a salad spinner, they are likely to keep longer.

For crops that we offer with "tops" (foliage) like carrots or beets or turnips or radishes, you will get much longer storage life if you remove the tops as soon as possible. Note that beet, turnip and radish tops are edible greens.

## VOLUNTEERS:

THG welcomes volunteers who'd like to come and take part in the joys of farming. No gardening experience necessary. Volunteers will join in the daily activities of the farm including: planting, weeding, harvesting or preparing vegetables for sale or distribution.

Volunteer hours are every other Tuesday from 9AM - 2 PM. June 30. July 14 & 28. August 11 & 25.

Please email us if you plan on coming, so that we can keep an eye out for you.

# FEATURED RECIPE

## THG AMAZING SALAD DRESSING

- 1/8 c onion
- 3 or 4 cloves garlic
- 1 c vegetable oil
- 1/3 c tamari
- 1/4 to 1/3 c maple syrup
- 2/3 c sesame tahini
- 1/2 c water



- 1 Blend onion, garlic and oil in a blender until smooth
- 2 Add tamari, maple syrup and tahini. Blend again. Add water (adjusting amount to desired consistency).

## THG Welcomes Kris!!

Kris hails from the great gardening state of Vermont. She earned a degree from the University of Vermont, studying ecological agriculture. Among other valuable experiences, she spent several years growing food on a large organic farm in Vermont. We are very excited to have Kris, with her knowledge and exemplary work ethic. There's not a better person to spend long hours in the field with!! Thanks Kris!!



We have a cooler !!!!! With many, many thanks to:

**CWJ & Associates**

**Gallatin Insulation**



## Towne's Harvest Garden

**Montana State University**  
**121 PE Complex / MSU**  
**Bozeman, MT 59717**  
**Location: MSU Horticulture Farm**  
**E-mail: [townes.harvest@gmail.com](mailto:townes.harvest@gmail.com)**  
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