



Locally, Sustainably and Educationally Grown  
MSU Friends of Local Foods

# Towne's Weekly

July 2, 2009



## Veggie List

**Lettuce**

**Scallions**

**Herbs**

**Kale**



## NEWS FROM THE FIELD

This past week has been the weather that we and our plants have been waiting for. As you come to CSA distribution this week, take a look at the garden and the rows of squash. Then, when you are departing, look again, because the plants have likely gotten bigger!! Ok, so perhaps not that quickly, but do take note of the changes that come about after just a week of warm temperatures.

The THG crew, with much help from the Organic Market Gardening class successfully completed the first of many counter attacks on the weeds. We spent countless hours this past week hand weeding our tiny seedlings such as carrots and beets. These crops are too small to weed with hand tools, but also benefit from a much needed edge over the competition of the weed seedlings.

We've also re-seeded a few crops this week that did not germinate well such as spinach and turnips. We are hoping for better success in these later plantings. In the next week, you will likely see tomato trellises go up in the field in anticipation of those sweet, wonderful garden fresh beauties.

Thanks again and we hope you enjoy the fruits of our weekly harvest.

## Sustainable Food and Bioenergy Systems

If you are a returning member to Towne's Harvest, you might have noticed the multitude of new faces this season. Many of our student interns are the first students involved in an exciting new degree program at MSU.

The Sustainable Food and Bioenergy Systems (SFBS) interdisciplinary degree program promotes sustainable production, distribution and consumption of food and bioenergy by growing a new generation of leaders through collaborative learning and hands-on experience. Areas of focus for this major include: Sustainable Food Systems, Agroecology and Sustainable Crop Production. The SFBS Program at Montana State University combines classroom learning, research opportunity, and meaningful field experiences to prepare students for careers that will impact the future of food and energy production in Montana and beyond..... *Cont on reverse side*

## SFBS CONT.

Topics in sustainable food and bioenergy crop production including agronomy, ecology, soils, animal production, pest management, and greenhouse production. Food and nutrition topics including food preparation and processing, distribution, nutrition and health, food access and policy. Complementary coursework in political science, economics, business, Native American studies, and engineering is also available



The THG Internship offers student interns a hands-on learning experience in small scale farm production and marketing. Interns are involved in all aspects of the farm project: planting, maintenance, harvesting, distribution and sales.

THG is also involved in several higher level as well as graduate internships for Horticulture, Land Resources and Environmental Science and Nutrition students.

Thus far, our interns have been instrumental in the successful start of this years THG project. They bring a diversity of backgrounds and interests, as well as hard work and many laughs. We are very pleased to have all these great folks involved. Thanks y'all.



### TOURS / VISITS:

THG welcomes visitors and offers tours to those who are interested in our project. Thus far, we've had several youth organizations, school and gardening groups out to the farm. If you know of any individuals or groups that might be interested, please have them contact us at [townes.harvest@gmail.com](mailto:townes.harvest@gmail.com).

Thanks.

## MARINATED GREENS

*From "The Art of Simple Food" - Alice Water*

You can prepare any greens this way-but cooking times will vary. The sturdiest greens take the longest.

Wash: 1 bunch (about 12 oz.) chard, kale, collards

One at a time, grasp the stems in one hand and strip the leaves off with the other. Cut the leaves into 2-inch pieces. Heat a heavy skillet over medium-high heat.

Pour in: 1 tablespoon olive oil. Add the chopped greens and sprinkle with salt.

Cook, stirring often, until the greens are tender, about 5 minutes. The residual water clinging to the leaves from washing is usually enough to keep them moist; if not, add a splash of water during the cooking. Remove the greens from the pan and let cool. Squeeze out any excess moisture and transfer to a bowl Dress with:

1 tablespoon olive oil

1 garlic clove, chopped fine

A squeeze of lemon juice

A pinch of dried chili flakes

Taste, adjust the seasoning, and serve.

\*I think they are good alone, or piled warm on croutons, tossed with a simple pasta, or a whole grain such as wheat berries, or cooled and wrapped in slices of prosciutto. Jen N

### Next week our CSA newsletter will go digital!!!

In attempt to save paper, find our weekly newsletter at <http://townesharvest.montana.edu/newsletter.htm>



### 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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