# Towne's Weekly

**TOWNE'S HARVEST GARDEN**

*Locally, Sustainably and Educationally Grown*
**MSU Friends of Local Foods**

## Veggie List

beans
peas
zukes and summer
potatoes
carrots
cabbage
kale
broccoli
beets

## NOTES FROM THE FIELD

We are finally getting some much needed heat and things in the garden are taking off! Our root crops are in full swing and from now on expect to see carrots, beets and potatoes on a regular basis! Fruiting crops such as eggplants, peppers and cucumbers are just starting to be harvested so they will all most likely be seen in next weeks share. Our winter squash and pumpkins seem to be ahead of schedule so a large fall harvest is likely if things keep going well! Beans and peas are also in abundance right now, expect to keep seeing beans for the next few weeks. Remember to freeze any produce for winter if you're finding yourselves with extras. We have an abundance of zucchini at this point. A good trick to use up some of these is to shred and freeze them, portioned for zucchini bread throughout the winter.

## MEET YOUR FARMERS

Hey there CSA members!  My name is **Tara Gregorich** and I am a Horticulture student at MSU.  I grew up in Big Timber, MT and enjoy hiking, camping, and spending time on the Montana rivers.  I enjoy growing and learning about all plants, and veggies are no exception!  I believe local farming is important for any community and am excited about the opportunity to be a part of Towne's Harvest Garden.

Let me see, I am **Antonette Lininger,** born and raised in the Gallatin Valley.  I am a 25 year old sophomore in the sustainable foods and bioenergy program. I chose this program because it targets issues that are relevant to the world we live in today, and because it seems that I will be able to use this degree after college (a big plus).  So after high school, I moved to Jackson, Montana and then Driggs, Idaho and became involved in mountain biking backpacking, canoeing and skiing, all which I still do today even though not as much as before.  I have had to reprioritize my life since starting school a year and a half ago.  i came back to Bozeman because it is such a beautiful valley with a whole lot to offer, and it seems I was just in time to be a part of the new major.

Special points of interest:

- *In culinary terms, we treat summer squash as vegetables, however, botanically, squash is the immature fruit of the female squash flower.*

- *Mature zucchini can reach up to 3 ft in length.*

- *Patty Pan squash are the small, round and look like flying saucers.*

- *Summer squash can also be pickled or canned!*

- *In Mexico, the flower (flor de calabaza) is preferred over the vegetable.*

- *In France, summer squash is a key ingredient in ratatouille.*

- *In Turkish cuisine, summer squash is the main ingredient in the popular dish mücver , or "squash pancakes", made from shredded zucchini, flour and eggs, lightly fried in olive oil and eaten with yogurt.*

- *In Lebanon, summer squash are stuffed with minced meat and rice plus herbs and spices and steamed. They are also used in various kinds of stew.*

# Summer Squash

Summer squash are a subset of squashes which are harvested immature, while the rind is still tender and edible. Common summer squashes are Zucchini, Patty Pan and Yellow Crookneck.

Origin—Most summer squash originated in the America's and were introduced to Europe during the time of the colonization. Zucchini, although considered closely related, is of Italian origin. The first records of zucchini in the United States date to the early 1920s, likely brought over by Italian immigrants.

Cultivation— Summer Squash and Zucchini are one of the easiest vegetables to cultivate in this climate and are infamous for their ability to produce a tremendous amount in one growing season. While easy to grow, these squash are open pollinators, often relying upon bees to spread the pollen required for fruit production.

Harvest and Handling —Summer squash and Zucchini are harvested young. Fruit in the 4—6 inch range are considered a delicacy. The skin of these squash is very fragile, so the utmost care should be taken in handling, transportation and storage.

Storage— Store squash in a plastic bag in the refrigerator crisper drawer and do not wash until just before use. Squash should be stored no longer than five days. They are prone to chilling damage which shows as sunken pits in the surface of the fruit, especially when brought up to room temperature after cool storage. At the first sign of wilting, use immediately as softness is a sign of deterioration. To freeze, slice squash into rounds, blanch, plunge into cold water, drain, and seal in airtight containers or bags. Frozen squash can be kept for ten to twelve months.

Preparation—Summer squash and Zucchini are usually served cooked. They can be steamed, boiled, grilled, stuffed and baked, barbecued, fried, or incorporated in other recipes such as soufflés. The zucchini has a delicate flavor and requires little more than quick cooking with butter or olive oil. These squash are often complimented with fresh herbs. You do not need to peel summer squash. Summer squash and Zucchini can also be eaten raw, sliced or shredded in a cold salad, or baked into bread.

## Grilled Summer Squash

Ingredients:

- 1 Summer squash 4-8 inches in length

- Marinade: 2 Tbs olive oil, 2 Tbs balsamic vinegar, 1 tsp oregano, 1/2 tsp red pepper flakes, salt and pepper to taste.

Cut squash lengthwise into 1/2 inch thick slices.

Allow squash to marinade for 20 minutes.

Grill directly over medium hot coals until browned, usually 4—5 minutes.

For crisper squash, omit marinade, brush slices with oil, grill and season to taste.

Grilled squash can be topped with goat cheese, pesto, or toasted slivered almonds etc….feel free to experiment!