



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Towne's Weekly

June 24, 2008



Veggie List

Spinach

Salad Greens

Radishes



NOTES FROM THE FIELD

Welcome to the first installment of "Notes from the Field." This will be a short column each week where I'll be updating you on the latest crop news. Let's all start by giving a warm welcome to the summer that's finally come to Bozeman! This helps our farm in many ways. The crops that we've planted a month ago will start receiving the warmth and sunlight that they need to grow. Secondly, instead of fields being constantly water-saturated, the roots of our plants will receive the oxygen that they need. And thirdly, the warmer weather has given us the opportunity to transplant our tender crops, like basil, cucumbers, squash, melons, peppers, eggplant, and tomatoes.

It's always exciting to watch the first germinations. Over the past few weeks, we've seen our beets, carrots, spinach, lettuce, turnips, peas, cilantro, dill, Swiss chard, and, most recently, our beans break through the soil crust and reach



for the light of day! The next crop we're eagerly awaiting and watching to germinate is our corn.

With the warm weather and a newly installed irrigation pump, it'll only be a matter of time before we're enjoying an abundant harvest this season.

Seth Friedman

Towne's Harvest Coordinator

SAM ROBBINS.... GET TO KNOW ME!

Finally the sunshine is upon us and I am excited to be kicking off the 2008 Towne's Harvest Garden CSA distribution. I am originally from Colorado and have spent the past decade in Montana primarily working with troubled youth in various outdoor settings. Farming this summer is food for my body and soul as I continue to pursue my Masters in Nutrition at MSU. If I'm not at the farm, I'm likely out on in the hills on a bike or seeking some other grand adventure.



If you happened to catch Michael Pollan's recent article in the New York Times, he stated that growing food is perhaps the act providing the most substantive reduction in one's carbon foot print. Well, I've got to say thanks to you, as a CSA member and THG supporter.....together we're actively reducing our footprints, and building a healthy community in conjunction. Thanks for your support, I look forward to meeting you and may the growing continue!!

ENJOYING THE HARVEST



****All Towne's Harvest produce should be washed before eating.****

- Loosely pack unwashed spinach in a plastic bag and store in crisper compartment of the refrigerator for up to a week. When freezing spinach, wash the leaves and let them dry. Store in plastic bags in the freezer.
- Radishes can be sliced and eaten or tossed on a salad.
- Fresh spinach is delicious in salads and on sandwiches.
- Spinach can also be steamed, boiled, braised, or sautéed, and can be used in soups, quiches or pasta dishes among others.
- You can substitute spinach for any recipe requiring a leafy green.

UPCOMING EVENTS & ANNOUNCEMENTS

Mark your calendars!

August 14: Field Day at Towne's Harvest with speakers and tours., 6-8pm.

September 6: Towne's Harvest second annual Harvest Festival, 2-7pm. Details coming soon!



FEATURED RECIPE



CHARLIE'S LIGHT SPINACH SALAD

- Fresh spinach leaves (washed)
- Dried cranberries
- Toasted chopped walnuts
- Sliced red onions
- Raspberry vinaigrette

Toss ingredients with a light drizzle of the vinaigrette. Serve immediately. Enjoy.



Towne's Harvest Garden & Community Supported Agriculture Program

Montana State University
SUB Mail Box 71
Bozeman, MT 59717
Location: MSU Horticulture Farm
E-mail: townes.harvest@gmail.com
<http://townesharvest.montana.edu/>