

GALLATIN VALLEY BOTANICAL

FRESH PRODUCE · BOZEMAN, MT
Veggies for the week of August 27-31st, 2012

Lettuce Head
Arugula (Friday Pick up)
Spinach (Tues/Wed Pick up)
Carrots
Red Ace Beets
Summer Squash

Lemon & Slicing Cucumbers
Heirloom Tomatoes
2 Red Onions
Garlic Chives
Apple Mint

Due to low temperatures over the weekend we lost our beloved bean patch. Although a delectable treat, they were one of the most tedious crops to harvest. Hours spent picking beans can be quite the test to the lower back, as our crew and many of the working CSA members came to realize. I'd be lying if I said the crew didn't shout with joy on Monday morning upon hearing the news. It's a bitter sweet goodbye. RIP beans, you will be missed...kind of.

We have been busy with the beginnings of a new project we like to call "Operation of the Extermination of Deer at Gallatin Valley Botanical" ("OEDGVB" is its acronym and common name). In short it is Matt building a fence around the field Belgrade. The deer demolished most of the corn, and are beginning their work on the winter squash. We've been eager to get the fence up, and are just now allowing ourselves the time to get it done.

Other than that this is my first newsletter, and I don't have an awesome recipe to share with you. I would grab one offline, but the internet is down, so I encourage you to pick up your iPhone or grandmothers cookbook and find the best one you can! What I do have for you is even better. It's a fun poem from my childhood. I want you to share it with anyone you possibly can:

Eat vegetables with every meal
Or your lips will start to peel
And your eyeballs will fall out
And your feet will smell like trout

Enjoy!
-Michaela

PS: About heirloom and other tomatoes: Never refrigerate unless absolutely necessary. If they are soft, they are ripe! Panzanella Salad. Bon appétit!

www.gallatinvalleybotanical.com

Please carefully break down your box and return it! We will reuse them !

Thank you! Enjoy your produce. Matt, Jacy, Zachary, Ania and the GVB Crew