



Vegetables for the week of June 24-29, 2013

Mesclun Salad Mix*
Spinach*
Kohlrabi*
Bunch Kale
Garlic Scapes

Lettuce Heads
Butterheads* & Romaine
Cilantro bunch*
Thyme bunch
Scallions* * Half Shares

Yep, you've got another bunch of kale in your box this week - I hope y'all love kale as much as me! It's one of a number of greens that we're growing more of this year in response to increased demand from the community. You'll likely see more lettuce heads and scallions too - if they're not in your box it's because we've packed cases of them for the Community Food Co-op. The Co-op has made a commitment to buy more local produce than ever this year and we're awfully thankful to have them as a customer.

For those that don't know me, I moved to Bozeman four summers ago hoping to learn more about farming and providing food to a community. I was fortunate enough to meet Matt and Jacy that first summer and have worked at GVB ever since. I worked part-time for two summers (also cashiering at the Co-op) and moved to the farm to work full time over a year ago. It's encouraging as an aspiring farmer to see past interns and staff go on to start their own farms, and the local demand for fresh organic produce continue to grow.

While some of you have been CSA members for years, we have many new subscribers this summer. For those that are new, it really does take a community to run a farm and we're grateful for the countless hours of volunteer help over the years. In the past we've offered weekly opportunities to help out but this year we're trying something different. The last Friday of each month will be a community farm day for anyone who is interested in visiting the farm and getting their hands dirty for a few hours. Anyone is welcome (all ages are encouraged) to join us this Friday, June 28 from 9am-noon! Bring some water, sunscreen, snacks, and gloves if you have them - we'll likely be doing some weeding. The farm is located at 250 Chester Lane. Visit our website at gallatinvalleybotanical.com for directions or call Matt at 406-599-2361. We hope to see you here! - Katie

Stay up to date with farm events and photos by "liking" us on Facebook!

Kohlrabi is in the same family as cabbage and broccoli and shares a similar flavor. Remove the leaves from the stems and use them as you would kale or collards. The bulb should be peeled and is delicious raw or cooked. Try tossing slices in a bit of oil and roasting them till slightly crisp or shredding them with carrots, cilantro, scallions and sunflower seeds for a delicious slaw topped with an asian vinaigrette!

Enjoy the Produce! Matt, Jacy, Zachary, Ania, and Crew.
Please carefully unfold your box and return it; we will reuse it!