



## Towne's Harvest Garden

Your support allows Montana State University's student-learning, organic vegetable farm to run. Thank you!



## This Week's Bounty

**Farm Eggs** Wander over to our chicken coop each week to admire our lovely layers!

**Arugula** Spicy leafy green, great for salads.

**Braising Mix** A mix of different heartier greens, wonderful in stir-fries.

**Egyptian Walking Green Onions** Great for using as a milder onion flavor, this variety replants itself.

**Sorrel** Greens reminiscent of green apples. Livens up salads, or even desserts!

**Chives** Oniony herb, milder than raw onions. Great in dips and salads.

**Stevia Plant** Continue to harvest leaves for a sweet addition to any dish. Don't forget to water!



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## The start to a new season!

Towne's Harvest Garden is starting its 8<sup>th</sup> season! We have 20 practicum students enrolled this summer. Students are from the Sustainable Food and Bioenergy Systems degree program and exchange students from China. We plan on providing them a phenomenal farm experience. I encourage you all to interact with as many of the students

as you can, as they will be the ones providing your food in the future! To promote this, each week we will dedicate a slot to a practicum student. This issue will also include introductions to the 2014 Production and Marketing Managers at THG.

Best,  
Kara and the THG crew





**Quick Salad Dressing**

½ c oil  
 1/3 c rice wine vinegar  
 ½ tsp salt  
 ½ tsp pepper  
 1 tsp honey or sugar

Shake ingredients, and drizzle on a bed of lovely greens. Alter proportions or vinegar flavor as desired.

## How do I go about using my produce?

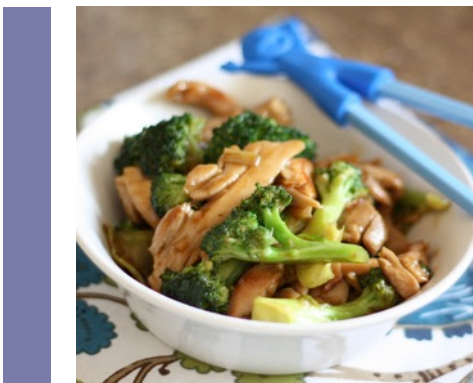
My biggest recommendation is to experiment. Just try things. Try produce raw, try it cooked. You are the best judge as to what you like and want to eat. Our crew of practicum students will be more than happy to answer questions, but don't forget to ask friends, the internet, even your mom (she does know best).

A great resource I strongly encourage you all to explore is [www.FoodGawker.com](http://www.FoodGawker.com) This site compiles scrumptious recipes with appetizing 'foodography'.



Greens will keep longest in plastic bags in the fridge. If you are unsure on how to store food each week, ask us and we will give you our best recommendations.

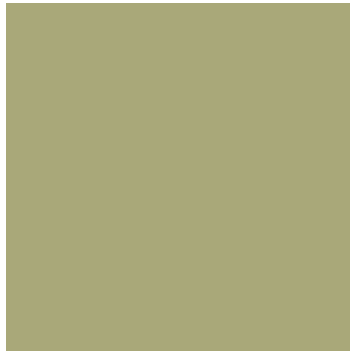
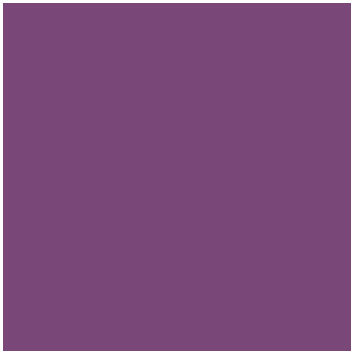
I hope this summer you all can explore, leave your comfort zones, and enjoy truly fresh and tasty food.



### Recipe Ideas

+ Asian stir fry (braising mix, green onions, soy sauce, toasted sesame oil, noodles, meat, other veggies)

- + Quiche (eggs, green onions, braising mix, local sausage/bacon, cheese)
- + Salad (arugula, sorrel, walnuts, cranberries, feta; and/or turn into a quinoa salad)



# Student Slot

## Graham Kerwin

**Hometown:** St. Louis, Missouri

Meet your first practicum student, Graham! Graham traveled west to pursue a degree in Sustainable Food and Bioenergy Systems. He has always held food in high esteem, therefore learning more about the role that food plays within communities was a wonderful curriculum to study. His family hooked him on seeking out the best ingredients to cook with. Combining his love for the outdoors along with the ability to produce great food is what

excites him about learning farming principles this summer. One day, Graham hopes to play a role in the design of specific food systems that cater to the specific needs of a community. Best of luck out there Graham! Be sure to give this goofball a "hello" and high-five at distributions!

**Favorite Food:** Sandwich, anything can go between two pieces of delicious bread, that's the beauty of a sandwich.





## Meet the Managers

### Chaz Holt

Production Manager

Home state: Georgia

Chaz grew up in a family of farmers, but saw the profitability and accessibility of farming dwindle before his eyes. He was determined to grow food, and has made his dream a reality. Chaz has lived in Montana for 14 years, and been our farmer at THG for the past 5 seasons. It's hard to not find him smiling away in the outdoors, particularly with his fabulous wife and three adorable kids.

### Kara Landolfi

Marketing and Operations Manager

Hometown: Missoula, MT

Kara transferred to Bozeman for degrees in Sustainable Food and Bioenergy Systems and Dietetics. She is now pursuing a graduate degree in Food, Family and Community Health. Kara's strives is to procure as much food as she can through hunting, gardening and foraging. Her favorite activities include biking, hiking, backpacking, skiing, and simply enjoying the abundance of beauty that Montana has to offer.