



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** Our chickens are still laying for you!
- Spinach** Large leafed spinach, great for wilting in dishes, or eating in salads.
- Salad Mix** A mix of different delicate salad greens.
- Radishes** Spicy root vegetable to eat raw or roasted. Softer leaves can also be eaten or cooked.
- Red Pok Choi** Asian greens with dark purple pigmentation. Wonderful in stir fries.
- Tatsoi** Another Asian green, great in salads or sautéed as a side dish.
- Mystery Surprise** Sometimes our plans don't go according to plan. We'll find out what's ready to harvest and inform you at distribution!



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Salad time!

The greens you've all been waiting for have been growing strong this past week. Meanwhile, our students have been seeding and transplanting lots of crops for later in the season. Weeding has also taken a distinct role, which will continue throughout the summer.

The last couple weeks we have been playing around with

different washing and packaging techniques. Our newest innovation is to use a washing machine to spin our greens dry, how neat is that!

Along with our Student Slot, this issue will include introductions to the 2014 Practicum Instructor and Teaching Assistant at THG.

Until next week,

Kara & the THG crew





Asian Flavors

Combine ingredients such as:

- + soy sauce
- + chili paste
- + garlic
- + ginger
- + onions
- + rice wine vinegar
- + peanut oil
- + toasted sesame oil

Stir fried greens

Using peanut or other oil, sauté onions and mushrooms for a couple minutes. Add oyster sauce, or soy sauce and rice vinegar. Throw in tatsoi (or red choy or spinach) until just wilted. Salt and pepper to taste. Enjoy as a side, or serve over rice. For a spicy version, add chili paste or crushed chilies. Also, add sesame seeds if desired.

Roasted radishes

Tired of raw radishes? Try roasting them at 375° with some oil, salt, pepper and Italian seasonings until golden brown. This dulls the spicy flavor, while offering an alternative method for eating these "pre-season" veggies!

Don't forget to check out www.FoodGawker.com For recipe ideas

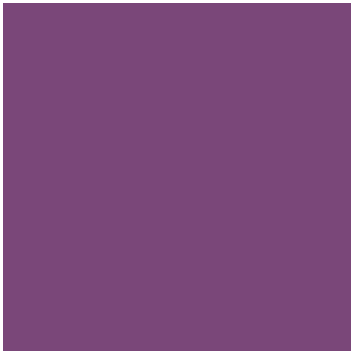
Asian dressings

If you haven't tried them yet, taste Annie's Dressings. This week's theme would pair well with the Shiitake and Sesame Dressing, or Sesame Ginger Dressing. You could even try to make these dressings yourself through some simple internet recipe searching.



Recipe Ideas

- + Broth or noodle soup with wilted greens
- + Large salad including all greens, radishes, nuts, cheese, dressing
- + Asian stir fry (meat, veggies, Asian greens, soy sauce, toasted sesame oil, rice)
- + Too many greens? Quickly steam, shock in cold water, and freeze greens for later



Student Slot Cassandra Liefers

Hometown: Grand Rapids, MI

Say hello to Cassandra! She traveled to Montana from Michigan, in hopes for a more focused plan of study on sustainable food rather than the sustainable business principles that she had been studying previously.

Cassandra has a restaurant experience background, and would like to work within a farm to table establishment in the future. She is also interested in natural remedies, and could see herself growing herbs to sell as tea mixes and

other products. Her desire to connect sustainable food production with consumer consumption is strong and evident. Cassandra not only thinks about food and its production techniques, but also practices what she preaches. Be sure to say hi when you see her!

Favorite Food: Indian food, there are so many flavors and ingredients to chose from to create tasty dishes.



+ Instructor Edition

Mac Burgess

Practicum Instructor

Hometown: Lucerne Valley, CA

Mac has returned to MSU as an assistant professor of small-scale horticulture and agronomy. He has strong backgrounds in physical and environmental sciences, as well as diverse cropping systems – all making him a great candidate to instruct our practicum students this summer! He continually develops innovative teaching techniques to teach about food and sustainability for his classes. Mac spends his off-time with his lovely wife and two homeschooled boys biking, gardening, and fishing.

Patrick Certain

Practicum Teaching Assistant

Hometown: Miles City, MT

Patrick will be graduating with a degree in Sustainable Food and Bioenergy Systems this summer, which is what brought him to Bozeman. The SFBS program provided him the hands-on experience and skills needed for a future career in food. Patrick believes it is important for people to not only know their farmers, but also learn how to grow food for themselves. When not talking to this smiley guy, you can tell he is deep in thought about an important food issue.