



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** Some more lovely eggs!
- Beets** Red, sweeter root vegetable. Usually cooked, but can be eaten raw.
- Flowering Chives** These flowers give chives some color, and all of it is edible! Great chopped in salads.
- Salad Mix** Another lettuce mix for tasty salad creations.
- Blue Kale** This kale is maturing into larger leaves, great steamed or sautéed.
- Mizuna** Stemmy green with a slight spicy flavor, great in salads or tacos.
- Radishes** Small, slightly spicy root vegetable.
- Chard and Beet Greens** An earthy mix of greens, can be eaten raw, or cooked.



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Special Recognition

If you haven't already heard, THG received national recognition for being chosen as an exemplary outreach program. Check it out on the MSU homepage! <http://www.montana.edu/news/12660/msu-s-towne-s-harvest-garden-receives-national-recognition> This is a great honor, which leads us to believe that THG has an impact greater than what we see on a daily basis. Thanks to you all for support over

the years!

On farm, watering has become critical with the weather becoming warmer and sunnier. The weeds are also beginning to take root. We can see the growth in crops as the days continue, with some plants visibly increasing in size by the day. Everything will be here before we know it!

Kara & the THG crew





+Bulky Quesadillas +Eggs, Greens 'n Toast + 'Big ol' Salad

For a quick weeknight meal, cook up some caramelized onions, chard or kale, and beans or meat. Spread this mixture with the cheese of your choice on a tortilla (try Trevino's tortillas made in Billings) and brown on both sides. For a more elaborate dish, add additional vegetables, or make a variety of sauces to dip or top with.

Cook up some eggs with chard or kale. Place mixture on a hearty slab of toast. Then top with cheese, and broil to melt. Sprinkle chive blossoms for additional flavor.

Get the mixing bowl, and as many ingredients as you can. Mix together salad mix, mizuna, shredded beets, sliced radishes, and chopped chives and blossoms. Pour on a vinaigrette to dress the salad. Also try throwing in some feta or cheddar curds, dried fruit or chopped apples, and nuts. Whatever's on hand will do!

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

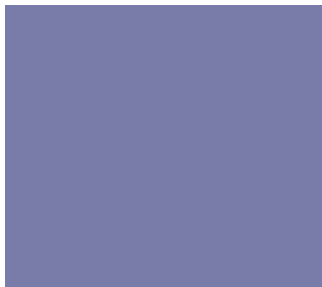


More Recipe Ideas

- + Orzo, mushroom, chard soup
- + Tacos or burritos with chopped mizuna

- + Shredded beet and carrot slaw with vinegar, Dijon mustard and any additional ingredients





Student Slot

Wenye Lin

Hometown: Fujian, China

Wenye Lin has joined us from China. She is completing a year-long exchange program at MSU. She studies plant pathology, as it is one of the best degree options to pursue at home. Her interest in plants and nature has inspired her to move in this direction, and potentially become a researcher within plant pathology in the future. Wenye has provided us with many food and cultural differences that are interesting to contemplate. She also works in a lab

on campus studying plants. In her free time, she enjoys reading, sleeping, and hiking. Be sure to strike up a conversation with Wenye Lin, she'll be sure to smile the whole time!

Favorite Food: Green cabbage.