



## 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** Laying has begun to slow down, but we still have some eggs for you.

**Spinach** Large leaf spinach great for cooking, or slice leaves to put in salads. Can chop, steam, shock, and freeze for later use.

**Pac Choi and Red Choi Bundle** Asian greens, use stems and leaves. Great in stir fries and soups.

**Head Lettuce** Smaller heads, perfect for salads.

**Salad Mix** A new mix to enjoy.

**Cilantro** Herb commonly found in Mexican dishes.

**Dill** Feathery leafed herb. Pairs well with potato dishes or pickling flavors.

**Red Russian Kale** A different variety to try this week, large leafed.



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## One more week

That's right, there will only be one more week after this for our Spring Greens CSA Share. Then, July 9<sup>th</sup> the Summer CSA Shares will start. I ask you all to tell a friend or coworker about the Summer CSA. In return, if any new member states you as their referral, we will provide you \$10 of THG Market Bucks that can be used for any THG purchase. There's no limit on referrals, so bank up on our Bucks!

<http://townesharvest.montana.edu/csa.html>

This past week we have continued the usual farm work that needs to be done. We also had some great guests speak to the class about how they got into farming, including barriers and successes throughout their careers. There certainly are plenty, feel free to ask us any questions you may have of your own!

Kara & the THG crew





### + Peanut Noodles

Sauté garlic and onions. Add stir fry meat of any kind. Once cooked, add sliced pac choi and any additional veggies of choice (peppers, broccoli, carrots, peas). Meanwhile, cook soba or other noodles. Make peanut sauce and mix with cooked noodles. Toss noodles with cooked meat, veggies, sliced green onions, and chopped peanuts.

### + Peanut Sauce

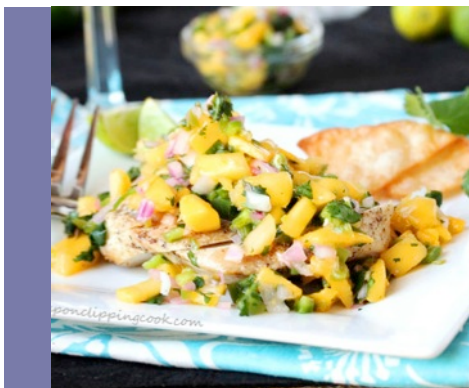
- + • ¾ cup peanut butter
- + • ½ cup water
- + • 1/3 cup sweet chili sauce
- + • 7 Tbsp soy sauce
- + • ¼ cup rice vinegar
- + • 3 Tbps honey or brown sugar
- + • 2 cloves garlic
- + • ¼ tsp sriracha/hot sauce
- + • ¼ tsp salt
- + • ¼ tsp pepper

Mix ingredients to your taste preferences, and pour over noodles once cooked.

### + Cooked Choy

Sauté garlic and ginger until fragrant, then throw in chopped pac choi, oyster sauce (or soy sauce), and stock. Add dissolved corn starch to thicken. Use as a side or serve over rice.

**Don't forget to check out [www.FoodGawker.com](http://www.FoodGawker.com) For recipe ideas**



### More Recipe Ideas

- + Bean, pasta, or quinoa salad with cilantro
- + Cilantro, lime cream dressing, or lime, cilantro, garlic butter

- + Roasted potatoes with dill and lemon
- + Chicken or fish tacos





## Student Slot

### Griffin Forney

**Hometown:** Warsaw, Indiana

Griffin has joined Montanans from Indiana. As a kid, his family would travel to Montana for vacations, and once he got to college he decided to make the trip on his own. Griffin enjoys the skiing and rock climbing that Montana has to offer, which was a key determining factor for the move. He is in the Sustainable Food Systems program, and loving it. His grandmothers initiated his interest in food, both involving themselves in catering and heirloom

tomato production businesses. Family farmland back in Indiana will eventually become his, and he hopes to take an alternative approach to its traditional corn production. Griffin is interested in pursuing greenhouse production, organic microgreens, and learning more about aquaponic systems. You're sure to get a warm smile from this guy!

**Favorite Food:** Popcorn.