



## Towne's Harvest Garden

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



## This Week's Bounty

Strawberries

Snap Peas

Romaine

Kale

Mizuna (stemmy mustard green, eat fresh)

Radishes

Green Onions

Chard

Parsley

Dill

Special Gift

Eggs – For Sale



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## The start to a new season!

Towne's Harvest Garden is in its 8<sup>th</sup> season, and so far off to a good start! The warm weather has really brought the farm to life this last week, after a fairly cool spring. This year we have 20 practicum students working at the farm, from the Sustainable Food and Bioenergy Systems degree program and exchange students from China. So far they have been enjoying themselves, feel free to ask what they have learned thus far! These students will one day be producing,

distributing, or cooking your food - so start getting to know them now! To promote this, each week we will dedicate a slot to a student. This issue will also include introductions to the 2014 Production and Marketing Managers at THG. The next few weeks of CSA will be manned by MSU's Culinary Marketing: Farm to Table Class, so even more faces to get to know!

Best,  
Kara and the THG crew





### Strawberry Salsa

- 1 c strawberries
- ½ c diced cucumber
- 2 Tbsp green onion
- 1 clove diced garlic
- 1 lime juiced
- 2 T chopped parsley
- drizzle oil, salt, pepper, chili powder

Combine ingredients, let sit to blend flavors. Serve atop fish, or eat 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'.



Most produce 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

- + Strawberry and romaine salad with creamy poppy seed dressing and toasted chopped almonds
- + Sautéed chard or kale
- + Dill grilled potatoes
- + Asian stir fry with peas, sliced radish, green onions, chard
- + Chopped mizuna on tacos or burritos



# Student Slot

## Amy Bordeau

**Hometown:** Chanhassen, Minnesota

Meet Amy, one of the many farm all-stars we have this summer. Amy traveled to Montana to visit the MSU campus, and fell in love with the mountains. She is studying Sustainable Food and Bioenergy Systems, along with the majority of our students at the farm. Amy is concerned with the rapid change that agriculture has taken over time, and wishes to see a shift towards educating people with basic food and agricultural knowledge. She has worked

in many restaurants, and hopes to remain in the food industry in the future. If not working in her own restaurant where she can source locally, she may choose to work for a local distributor to further improve local food access to food manufacturers.

**Favorite Food:** Pasta.



## 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 strives 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.