



## Towne's Harvest Garden

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



## This Week's Bounty

**Golden Beets** (cook the same way, and don't forget their tasty greens!)

**Fingerling Potatoes**

**Green Beans**

**Summer Squash**

**Tomatoes**

**Tomatillos and Green Tomatoes**

**Pie Pumpkin**

**Shallot**



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## Fall draws near

Nighttime temperatures have been cooling down, and crop growth has begun to slow. The upcoming frost will surely end a few crops, but many will be able to rebound with the warmer weather in the future forecast. Some crops even become sweeter with a frost. Updates will continue as the weather turns to fall and the colors around town begin to turn.

This week we have picked up a new SFBS intern, bringing us to four interns for the fall. The second round of Montana

Dietetic Interns (there are 3 groups of 6 interns) has started their rotation at the farm this week. The first rotation thoroughly enjoyed their time harvesting and cooking with our produce. At the end of their 2 week rotation they prepared a farm fusion meal, and I must say, theirs was fantastic. We are proud to be able to offer the wonderful food that all of you are able to transform into such delicacies!

Best,  
Kara and the THG crew





## + Enchiladas

Make a green enchilada sauce using tomatillos and green tomatoes, or use red tomatoes for a red sauce. Layer a pan with corn tortillas, cheese, sauce, and meat and vegetables of choice. Continue layering until all ingredients are used. Finish with sauce and cheese on top. Bake in the oven until everything is heated and cheese is melted. Alternatively, enchiladas can be rolled in tortillas, with sauce and cheese slathered on top.

## + Fried Green Tomatoes

Cut green tomatoes in 1/4" slices. Season with salt and pepper. Place in flour, then an egg mixture. Cover slices in panko crumbs. Heat oil in a pan to fry slices on both sides until golden brown. Eat plain, or dip in buttermilk ranch dressing or marinara sauce.

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

## + Roasted Pumpkin

Cut a pie pumpkin in half and scoop out the seeds. Place on a pan and roast in a 375° oven for 30-45 minutes, until tender. Scoop flesh out and mash, blend or food process for desired texture. Use in place of canned pumpkin for pies, soups, mousses, pumpkin bread, gnocchi, or any other pumpkin flavored items of your choice. Freezes well for later use, too.



### More Recipe Ideas

- + Green salsa
- + Pumpkin pie
- + Pumpkin soup
- + Shallot vinaigrette
- + Dilly beans
- + Roasted potatoes
- + Beet salad
- + Shallot cream sauce