



## Towne's Harvest Garden

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



## This Week's Bounty

**Tomatoes** (the last, along with other warm season crops)

**"Blue" Purple Carrots**  
and  
**"Gold" Potatoes**

**Delicata Winter Squash**

**Yellow Onions**

**Mustard Greens Mix**

**Kohlrabi**

**Sweet Corn**

**Radishes**

**Cucumbers**

**Peppers**



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## The big freeze

Well, the big September freeze that was coming, finally came last week. We prepared by harvesting most all of the crops that can not tolerate a frost beforehand, leaving some root vegetables and other crops that could withstand the cold. This is an indication that our growing season is finally wrapping up this year, but we still have storage crops and greens from our greenhouse to make it through the final weeks of CSA!

We have been incredibly happy this year with our CSA members, and hope you have been equally pleased. We

encourage you to begin thinking back on the past several months to recollect on what you enjoyed this year, and what could use improvement. Towne's Harvest would love your continued involvement in future seasons, and so now is your chance to begin commenting so your voice can be heard. We still have three more weeks, but feel free to begin talking to me at distribution about your likes and dislikes, or submitting feedback via email. We strive to create and maintain relationships with our members, so please offer any thoughts you may have!

Best,  
Kara and the THG crew





**+ Cream of Kohlrabi + Roasted Veggies + Corn Fritters**

Sauté cubed kohlrabi, onions and garlic until translucent. For a richer flavor, add cubed potatoes, mushrooms, or other vegetables. Add chicken or vegetable stock with Italian seasonings and allow to simmer. Add cream and blend until smooth. A roux can be made by adding flour to the initial oil or butter cooking the vegetables to thicken the soup, or corn starch can be added later if a thicker consistency is desired. Season with salt, pepper, and chili pepper to taste.

Cube potatoes, carrots, kohlrabi, radishes, and winter squash. Drizzle oil over vegetables and season with salt, pepper, Italian seasonings, and a sliced onion, if desired. Mix and pour onto a baking sheet. Roast in a 375° oven, stirring every 10-15 minutes until done, about 45 minutes.

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

Cut corn off the cob. Mix with a bit of minced onion and peppers. Add flour, salt, pepper, cilantro, and a beaten egg to the vegetables. Spoon mixture into a pan with a layer of oil thick enough to fry fritters. Flip after one side has become browned. When done, place on paper towels to drain oil. Eat immediately plain or by dipping in a creamy sauce.



**More Recipe Ideas**

- + Squash curry
- + Potato hash
- + Grilled sweet corn
- + Creamy tzatziki sauce
- + Pickled kohlrabi
- + Kohlrabi chips
- + Bake seasoned squash seeds
- + Salads, again!