



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

Beets with Greens

Kohlrabi (crisp and crunchy, similar taste to broccoli stem and cabbage – eat raw or cook)

Collard Greens

Salad Mix

Spinach

Cilantro

Garlic Scapes (mild garlic flavor, chop up or grill whole)

Eggs – For Sale



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And things continue!

This past week has been hot again. Our summer crops are really enjoying the continual warmth, and our field is starting to look great. I encourage all of you to take a tour of our farm when you come to pick up your CSA each week. Feel free to walk yourself around, or if you want a more guided tour, ask one of us to take you out. There are silver labels identifying the crop if you walk down the middle of our field. Try to take a walk a few times throughout the summer to see the progress of our crops before the food gets to you!

Also this week, Patrick (see page 4) took the class on a tour of what will one day be our "food forest." We identified fruit tree and bush varieties on the north end of our field to determine what work needs to be done to make a food forest a reality. It's still in the works, and will take years to see major results, but check out a brief explanation here <http://townesharvestfoodforest.weebly.com> For more information, ask us!

Best,
Kara and the THG crew





+Wraps/Spring Rolls

Using collard greens or rice paper, wrap different vegetables and tofu or chicken and dip in a creamy sauce. Try 'match sticking' kohlrabi, carrots, sliced peas, spinach, green onions, cilantro, and protein of choice, along with a peanut sauce. Try using different vegetables or dipping sauces according to your tastes.

+Feta and Beets

Boil beets whole, and peel skin off once cooked. Chop beets and season with rice vinegar or lemon juice, salt, pepper, and a pinch of sugar. Add crumbled Amaltheia feta cheese. Eat as is, or place atop a bed of salad greens.

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

+Strawberry Waffles

For a more elaborate breakfast, whip up some waffles. Top with yogurt (very easy to make at home, google it or ask Kara) or whipped cream (also easy to whip yourself!) and fresh sliced strawberries, or cook down and blend for a warm berry sauce. Even try adding chopped walnuts or pecans.



More Recipe Ideas

- + Burgers using spinach as the green
- + Cooked beet greens with balsamic vinegar
- + Sliced kohlrabi in place of baby carrots
- + Grilled garlic scapes
- + Braise one or all: collards, beet greens, spinach for a side dish
- + Taco night – cilantro!



Student Slot

Allison Cooley

Hometown: Glendive, MT

Allison comes from a long list of farmers and ranchers. Growing up in Glendive, she experienced the life where hard work is required, but always ended with a good home cooked meal. She has since worked with an extension agent, was a member of FoodCorps, and has run garden classes for the Boys and Girls Club. What finally stimulated her interest and desire to further her sustainable agriculture education was working with her neighbor in his fruit orchard. Allison

will get a degree in Sustainable Food and Bioenergy Systems, and then hopefully work on an orchard that integrates animals. Her desire is to be able to provide educational classes on what ever farm she ends up on to help further the momentum that growing one's own food has started to gain.

Favorite Food: Strawberry rhubarb pie.



+ Instructor Edition

Mac Burgess

Practicum Instructor

Hometown: Lucerne Valley, CA

Mac has returned to MSU as an assistant professor of small-scale horticulture and agronomy. He has strong backgrounds in physical and environmental sciences, as well as diverse cropping systems – all making him a great candidate to instruct our practicum students this summer! He continually develops innovative teaching techniques to teach about food and sustainability for his classes. Mac spends his off-time with his lovely wife and two homeschooled boys biking, gardening, and fishing.

Patrick Certain

Practicum Teaching Assistant

Hometown: Miles City, MT

Patrick will be graduating with a degree in Sustainable Food and Bioenergy Systems this summer, which is what brought him to Bozeman. The SFBS program provided him the hands-on experience and skills needed for a future career in food. Patrick believes it is important for people to not only know their farmers, but also learn how to grow food for themselves. When not talking to this smiley guy, you can tell he is deep in thought about an important food issue.