



Towne's Harvest Garden

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



This Week's Bounty

Wheat Bouquet (just for looks, but if you find a way to eat it, all to you!)

Summer Squash - finally!

Tatsoi (Asian green, more flavorful than spinach, eat raw or cooked)

Kale & Chard Bundle

Romaine Hearts

Red Pok Choi (small Asian head, tasty in stir fries)

Green Onions

Fava Beans (usually double shelled, but can be shelled from the pod only, or even roasted whole and eaten from the pod)

Dill



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Our Markets Grow

This was another exciting week at the farm. We had several takers on our U-pick snap peas offer, many of whom brought young children with them. It was wonderful to witness the joy and inquisition that these youngsters have when they experience the harvesting of their own food. Passing this knowledge on to the next generation is a main goal of the Sustainable Food and Bioenergy Systems program, so it was great to be able to instill a small dose to these kids (and adults) before they make it to MSU to study SFBS!

Our Campus Farm Stand also began this week. We will operate this market every Thursday from 3-6pm just south of the MSU SUB until October 9th. If you know friends looking to get the food you're offering them at dinner parties, be sure to send them our way! This will be a busy week for us at the farm, we can't wait to see how it goes and summarize it next week for you!

Best,
Kara and the THG crew





+ Roasted Favas

Fava beans are notoriously time consuming, but they don't need to be. In many counties they don't do the double shell process. It's worth a try to sauté the whole pods in butter, garlic, salt and lemon, and then bake until golden and the beans are tender. Then just suck the beans out of the pod, taking advantage of the buttery flavors.

+ Tatsoi Side Dish

Using peanut or other oil, saute green onions and mushrooms. Add oyster sauce, or soy sauce and rice vinegar. Throw in tatsoi or red choy until just wilted (if tatsoi stems are long, chop to make 1" pieces). Salt and pepper to taste. Enjoy as a side, or serve over rice. For a spicy version, add chili paste or crushed chilies. Also, add sesame seeds if desired, or a dash of toasted sesame oil.

+ Dilled Goat Cheese

Chop ¼ to ½ cup cucumber and strain out the liquid. Chop dill, and mix with the cucumber, ~10 oz chevre goat cheese, salt and pepper. Stir in a dash of oil if the mixture is too dry. Spread on crackers, or anything!

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



More Recipe Ideas

- + Make a puree with fava beans, put on toasted bread
- + Shish kebabs with squash and green onions
- + Throw steamed or raw fava beans in salads, stir fries or rice dishes
- + Grilled squash halves
- + Kale-y eggs



Student Slot

William Martin

Hometown: Bozeman, MT

William grew up with a Sicilian mother who always produced excellent food. He has gained a love for cooking from her, but has also acquired interests in growing plants, and food in general. Currently, he is in the crop production option in SFBS, and would like to one day travel to other countries to assist in the transition to more sustainable growing methods for different areas. His goal is to help increase food security in these other countries by helping them

learn how to grow and cook good food. William has been a great asset to the farm this summer, helping in as many projects as he can. Be sure to tell this guy "hi" when you see him!

Favorite Food: Lasagna, especially his mom's.