



Towne's Harvest Garden

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



This Week's Bounty

Summer Squash

Peppers (green bell and slightly spicy Yellow Carlos)

Cilantro

Basil

Fennel (licoricey flavor, can use the bulb, stalk and fronds)

Beets (don't forget the greens!)

Salad Mix

Kohlrabi

Fava Beans (we grilled them with oil and seasonings for class last week- very tasty!)

Tatsoi or Spinach (chop up and sauté or stir fry)



This Issue:

Featured Recipes.....2
Student Slot.....3

A great lunch

Each year we host a "President's Lunch" at the farm to invite some campus VIPs to show them what THG has been up to. Last week was one of our most delicious yet! MSU's Culinary Marketing: Farm to Table class created spectacular dishes using our produce to make a full and diverse buffet table spread. Tours were provided after lunch and a brief program - and here is where I will encourage you to ask for a tour, or head out to the field on your own again! It seems like every day the farm is changing, and we'd love for you to

witness the change with us! Overall, the lunch was a huge success!

On another note, last week was the start to our Community Food Truck's 3rd season. This mobile market provides our fresh produce to less accessible populations, such as the Belgrade, Three Forks, Gallatin Gateway, and Family and Graduate Housing communities

Best,
Kara and the THG crew





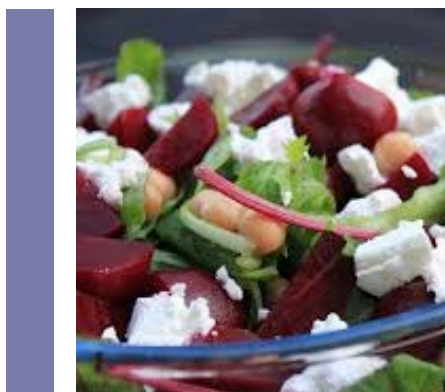
+ Apricot Fennel Salad + Candied Fennel + Cherry Salsa

Start by pickling thinly sliced red onion in red wine vinegar and sugar. Next, mix a dressing consisting of oil, vinegar (white wine), mustard, and apricot jam. Finally, toss together thinly sliced fennel, chopped apricots, and a bit of mint. Mix in the pickled onions and dressing, and season to taste with salt, pepper, or additional pickling liquid. Enjoy as is, or place atop a bed of green.

Chop fennel stalk on the bias. Boil water and sugar along with the stalks for a while. Place on a baking sheet (reserve strained syrup for teas and sweets), and dry in a warmed oven over night. Sprinkle with sugar when tacky and enjoy.

Roughly chop cherries. Add chopped onion, peppers (spicy or not), cilantro, lime juice, a dash of red wine vinegar, a little sugar, garlic, salt and pepper. Let sit for a bit to blend flavors. Use tortilla chips, or cinnamon sugar pita chips for dipping.

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



More Recipe Ideas

- + Add fennel or kohlrabi to a creamy coleslaw
- + Beet and feta salad
- + Stir fry, stir fry, stir fry!
- + Orange segments and shaved fennel salad
- + Fennel fronds tea
- + Basil lemonade



Student Slot

Ya Lan (Tina) Yin

Hometown: Hunan Province, China

Tina is one of our most smiley Chinese exchange students who is always excited to learn and ready to take notes. She is studying Plant Protection, and will have one more year of study left when she returns to China at the end of next month. Tentatively, she plans to finish her undergraduate degree in China, before coming back to MSU to pursue a graduate degree in Plant Science and Plant Pathology. She currently works in the PSPP lab. After

grad school, her plans are to stay in America for about 10 years, before returning to her family in China. Tina is an extraordinary Chinese cook who is purely self taught, it's amazing!

Favorite Food: Apples, up to 10 a day!