



## Towne's Harvest Garden

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



## This Week's Bounty

**Beans** (multicolored beans, purples will turn green if cooked)

### Summer Squash

Zucchini

Carrots

Chard

**Peppers** (green bell, mild yellow, hot jalapeños)

Garlic

Basil

Parsley

Zinnia Flowers



## This Issue:

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

## The Semester's End

Another Montana summer's end can be seen in the not-too-distant-future. This past Friday was the last day to the summer semester for our practicum students. Many will still venture out to the farm, but many have summer plans of their own before classes ramp up again. It's been wonderful having 20 helping hands thus far, we'll definitely miss their abundance these next few weeks! Our farmer Chaz spent some time with distant family this past week as well, which offered greater responsibilities to those of us at the farm. Our Practicum

TA, Patrick, was able to be our stand-in Production Manager, and everything went all right!

Finally, the semester's end also brought an end to the Culinary Marketing class. For their final harvest day with us, I asked them to pick raspberries. Well, they deserve a huge thanks since they are the reason you all got a raspberry surprise last week, it wouldn't have happened without them!

Best,  
Kara and the THG crew





### + Lemony Beans

Sauté garlic, and onions if desired. Throw in beans and stir until cooked. Toss with lemon juice, and toasted pine nuts or slivered almonds. Sprinkle on parmesan cheese if desired. Serve warm.

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

### + Squash Casserole

Sauté onion and garlic. Add chopped squash, zucchini, tomato, peppers, chard (anything you may have, including browned meat) and cook partially. Add grated cheese, along with egg and breadcrumbs to help hold together. Put in baking dish, and top with buttered breadcrumbs. Bake in oven until golden.

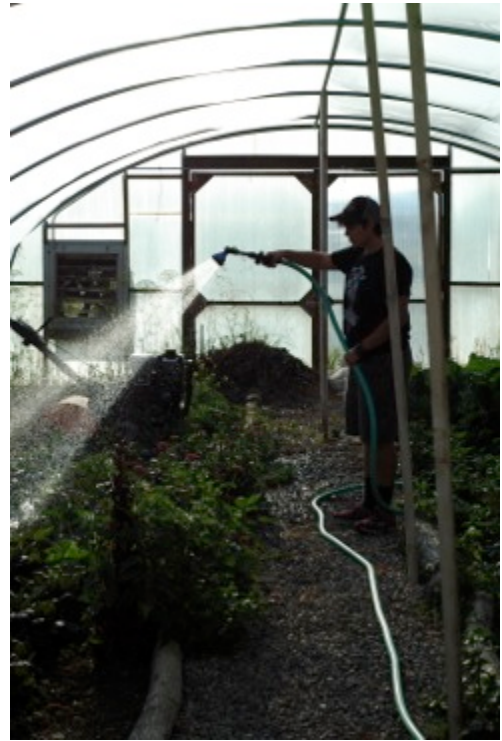
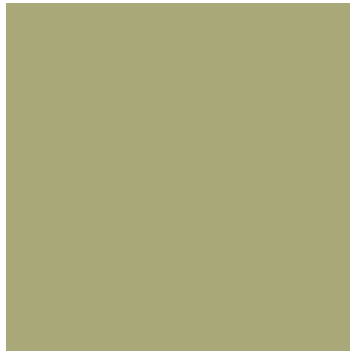
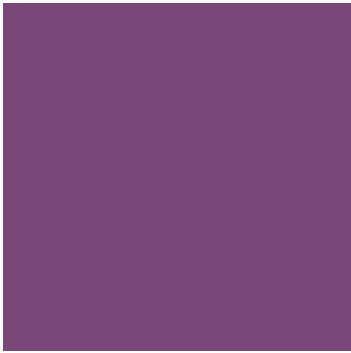
### + Cherry Bean Salad

Soak dried tart cherries in warm water or juice to plump up. Cook beans in steamer for 1 minute, and then shock in cold water to stop cooking. Caramelize onions, and crisp up ham or bacon. Use cherry liquid to scrape off the pan, then throw in cherries and beans to warm up. Sprinkle with feta, and enjoy.



### More Recipe Ideas

- + Three bean salad
- + Zucchini bread
- + Garlic bread
- + Stuffed squash
- + Margarita pizza
- + Tabbouleh salad with parsley
- + Slice zucchini or squash into noodles



# Student Slot

## Kendra Teague

**Hometown:** Wolf Point, MT

Kendra was originally exposed to MSU through BRIDGES, a program that connects tribal colleges to 4-year institutions, and allows students to conduct research. After transferring to Bozeman, she became interested in the relationship that clean water and soils have with the food system, the politics of food, and indigenous foods. She has been inspired by her relatives to believe that food is medicine, and thus healthy diets should be consumed to remain

healthy. In the future, Kendra hopes to create a program that can be implemented and taught on various reservations. Her idea is to bring culturally relevant materials to light, through informal scientific lessons. Concepts such as food, nutrition, and environmental relationships would be explored.

**Favorite Food:** Ice cream, why not!