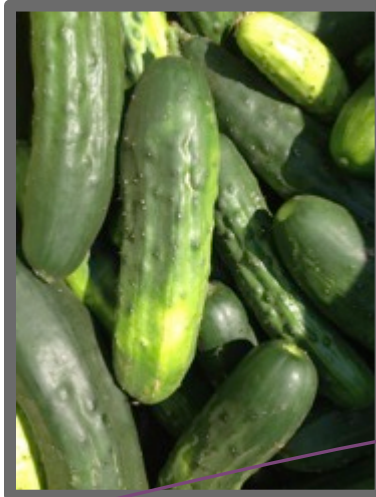




Towne's Harvest Garden

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



This Week's Bounty

Carrots

Mixed Beans

Cucumber

Fennel

Cabbage

Leeks

Yellow Onion

Peppers

Squash

Salad Mix

Spinach



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Another week

There has been a definite change at the farm the last week or so. Without the abundance of students on a daily basis, it almost begins to feel lonely out there sometimes! We had some great students this year, so it's a pleasure (and a lot easier, too!) when they continue to show up for fieldwork or assistance with markets.

The weather has been good for our fall crops this year, and we will actually begin to harvest some of them soon! The thought of such a variety of produce

already, and adding even more shortly is very exciting.

Last week's raspberry u-pick was very successful, even on short notice. We hope that you take advantage of these opportunities when they pop up here and there. We love incorporating as many people into the cycle of growth in our field as we can – even if it's just walking our field!

See you out there,
Kara and the THG crew





+ Potato Leek Soup

Chop leeks and put in bowl of water to allow dirt to settle to the bottom. Chop potatoes, and add to boiling chicken or vegetable broth with leeks. Boil until tender. Allow to cool, then blend soup in small batches until smooth. Add half and half and seasonings. Serve chilled (or hot) with a sprinkling of nutmeg and chopped chives.

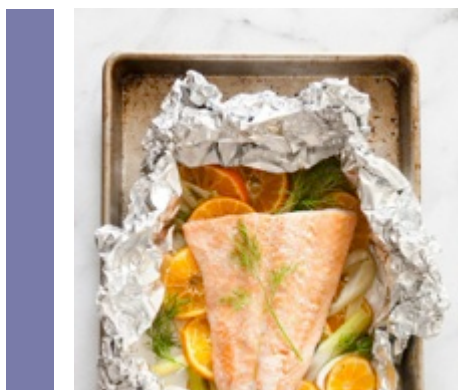
+ Vinegar Slaw

Thinly slice cabbage, and shred carrot and onion (add apple if that appeals, too). Combine ingredients and mix with flavored vinegar of choice (try rice or apple cider vinegars), oil, salt, pepper, and Italian seasonings. Enjoy.

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

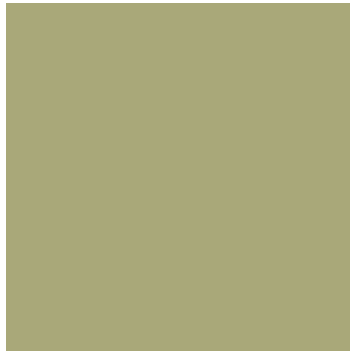
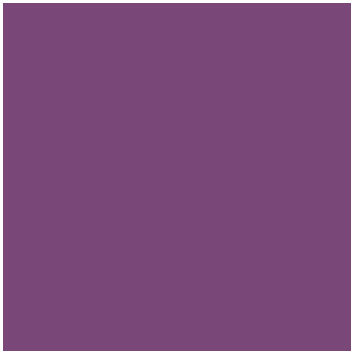
+ Squash Fritters

Shred squash (with skin) and onion. Allow water to drain for 10-15 minutes in a colander or on a towel. Mix vegetables with egg, seasonings, and a bit of breadcrumbs or flour for binding. Fry in a pan and flip *carefully* once browned. Cook other side, and eat while warm. If desired, add some shredded potatoes for a familiar texture and taste.



More Recipe Ideas

- + Refrigerator pickles with cucumbers or squash
- + Bean casserole
- + Pesto made with spinach
- + Fennel with fish
- + Pizza with any of the ingredients!



Student Slot

Dea Vaczy

Hometown: Middlebury, VT

Dea came out to Montana to experience different mountains and to enroll in MSU's Sustainable Food and Bioenergy Systems program. Growing up, her father ran a sustainable meat farm, which peaked her interest in food and agriculture. Her family also cooked and ate together, enjoying good food. Dea's future hopes will begin with traveling to different countries to experience alternative methods to agriculture production. She would like

to take all these techniques into consideration before starting her own vegetable and small meat production, likely back in Vermont. Let's wish this future producer luck!

Favorite Food: Cheese.