



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

Potatoes

Tomatoes

Peppers

Cucumbers

Onion

Garlic

Basil

Parsley



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Back to School!

This week MSU started back to school. The beginning of the semester marks some new changes for us as well. We will have three new Towne's Harvest interns this semester to help with fieldwork, harvest, and markets for the remainder of our season. This week the Montana Dietetic Internship interns began the first of their rotations with us at the farm, too. A group of 18 interns will spend the next 9 months shadowing and learning how to become a dietitian after they pass their exam at the end of their internship.

Besides that, fall still seems to be lingering, and our field is taking noticeable changes in appearance. We hope that you all enjoy the first CSA share that we assume you have been waiting for!

Best,
Kara and the THG crew





+ Tomato Galette

Make your favorite savory pie dough. Cut large tomatoes in ¼" slices, or cherry tomatoes in half. Layer on the dough that has been rolled out to ¼" circle. Sprinkle with feta cheese, basil, salt and pepper. Fold over the edges of the dough a couple inches, and brush with oil mixed with garlic and parsley. Bake for 25 minutes at 400°, or until done.

+ Roasted Taters

Cube potatoes. Toss with oil, garlic, salt and pepper. Roast in 400° oven for 30 minutes, or until done. Remove and sprinkle with shredded parmesan and chopped parsley.

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

+ Carrot Slaw

Mix together shredded carrots, sliced peppers, minced onion, bean sprouts and minced parsley. Make a dressing consisting of soy sauce, sesame oil, rice vinegar, honey or brown sugar, garlic, and chili powder. Combine the ingredients and allow to sit to blend flavors. Mix in sesame seeds if desired.



More Recipe Ideas

- + Refrigerator pickles
- + Tomato, mozzarella, basil salad
- + Tomato and basil tart
- + Asian peanut noodle dish with carrots and peppers
- + Scalloped potatoes