



Towne's Harvest Garden

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



This Week's Bounty

Cabbage

Carrots

Peppers

Tomatoes

Spinach Salad Mix

Beets

Chard

Squash



This Issue:

Featured Recipes.....2

Seeds

I hope you all did something enjoyable over the long, Labor Day weekend. Not too much happened at the farm while you were away. Nighttime temperatures have begun to cool down, as have daytime highs. Our new interns have also been enjoying themselves (we hope!) and cooking tasty looking meals together in the MSU food lab.

In the meantime, I thought I would talk about the different varieties of vegetables we are growing this season. The majority of seeds we buy are from

Johnny's Selected Seeds. If you are interested in gardening we strongly encourage you to order a catalog. They provide an abundance of information on how to grow, harvest, and store crops. In Montana it is particularly important to pay attention to the days to maturity to make sure crops will ripen in time for harvest. We'd love to show you our catalogs and varieties we grow during distribution if you are ever interested!

Best,
Kara and the THG crew





+ Pizza Sauce

Purée ripe tomatoes with a little spicy pepper, garlic, salt, pepper and Italian seasonings. Then cook the purée down on the stove until your desired thickness is achieved (if it's really watery, add dissolved corn starch). Have your homemade or premade dough ready to top with your sauce, and what ever toppings you choose! Bake and enjoy.

+ Stir fry

Sauté onions, shredded cabbage, carrots, peppers, and any additional veggies and meats. Toss in sliced chard to wilt at the end with your desired sauces (sweet and sour, soy, or sesame sauces). Serve over rice or mix with noodles.

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

+ Beet Curry

Cook beets. Sauté onions and garlic. Cube peeled beets and throw into pan. Add canned coconut milk, chili powder, curry powder, a dash of nutmeg, salt and pepper. Simmer down, and allow the addition of frozen peas to thaw, and sliced chard to wilt. Enjoy over rice. Leftovers can even be puréed into soup.



More Recipe Ideas

- + Roasted carrots
- + Fresh salsa
- + Fresh spaghetti sauce
- + Grilled squash
- + Coleslaw
- + Taco salad