



Towne's Harvest Garden

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



This Week's Bounty

Farm Eggs

Broccoli

Red Spinach
(so tender and sweet!)

Salad Mix

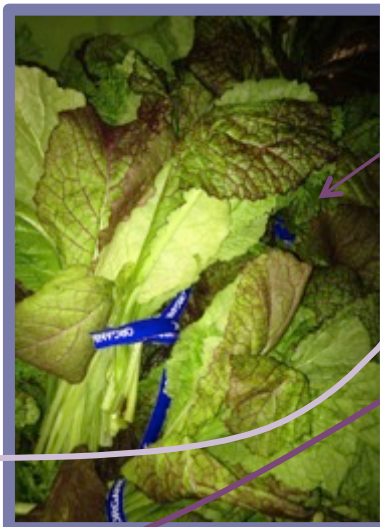
Kale

Red Mustard
(spicy green, great cooked)

Salad Turnips
(you will fall in love again!)

Daikon Radish

Chives



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The start to a new season!

Towne's Harvest Garden is starting its 9th season! We have 10 practicum students enrolled this summer who will be helping us on all of the aspects at the farm and markets. Students are from the Sustainable Food and Bioenergy Systems degree program. We plan to provide a phenomenal farm experience to all who participate with us this year. I encourage you all to interact with

as many of the students as you can, as they will be the ones providing your food in the future! To promote this, we will highlight a student or staff member each week. Feel free to continue the conversation with each of us. Enjoy the first round of produce; it will only get more exciting!

Best,
Kara and the THG crew





Quick Salad Dressing

½ c oil
 1/3 c rice wine vinegar
 ½ tsp salt
 ½ tsp pepper
 1 tsp honey or sugar

Shake ingredients, and drizzle on a bed of lovely greens. Alter proportions or vinegar flavor as desired.

How do I go about using my produce?

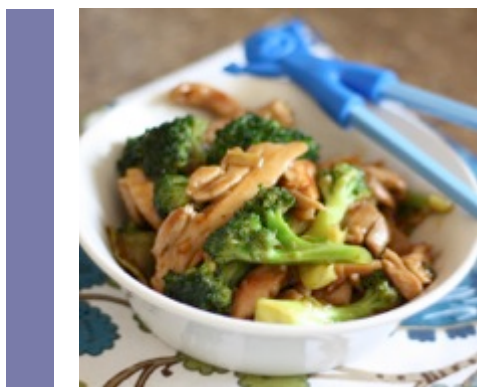
My biggest recommendation is to experiment. Just try things. Try produce raw, try it cooked. You are the best judge as to what you like and want to eat. Our crew of practicum students will be more than happy to answer questions, but don't forget to ask friends, the internet, even your mom (she does know best).

A great resource I strongly encourage you all to explore is www.FoodGawker.com This site compiles scrumptious recipes with appetizing 'foodography'.



Greens will keep longest in plastic bags in the fridge. If you are unsure on how to store food each week, ask us and we will give you our best recommendations.

I hope this summer you all can explore, leave your comfort zones, and enjoy truly fresh and tasty food.



Recipe Ideas

+ Asian stir fry (broccoli, mustard greens, radish, chives, soy sauce, toasted sesame oil, noodles, meat, other veggies)

- + Quiche (eggs, kale, chives, local sausage/bacon, cheese)
- + Spinach and crumpled bacon salad



Meet the Managers

Chaz Holt

Production Manager

Home state: Georgia

Chaz grew up in a family of farmers, but saw the profitability and accessibility of farming dwindle before his eyes. He was determined to grow food, and has made his dream a reality. Chaz has lived in Montana for 15 years, and been our farmer at THG for the past 6 seasons. He has also assisted other local farmers in the creation of their businesses. It's hard to not find Chaz smiling away in the outdoors, particularly with his fabulous wife and three adorable children.

Kara Landolfi

Marketing and Operations Manager

Hometown: Missoula, MT

This will be Kara's second season coordinating THG's markets and CSA program. She is also pursuing a graduate degree in Sustainable Food Systems. Kara strives to procure as much food as she can through hunting, gardening and foraging, all of which she has learned since moving to Bozeman. Her favorite activities include hiking, backpacking, skiing, biking, and simply enjoying Montana's abundant beauty with her pre-fiancée.