



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

Pok Choi

(these bundles are small versions of bok choy, use in an Asian stir fry, or grill whole with seasonings, use both the stems and greens)

Broccoli

Baby Beets

Salad Mix

Collard Greens

(a Southern favorite, heartier, so needs a longer cook time)

Rhubarb

(tart celery-looking vegetable, also great in baked goods)

Sorrel

(an herb that tastes similar to green apple, try sliced in salads or baked goods)



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Oh, the hail!

Well, that was some hailstorm Monday afternoon! Fortunately, our plants in the field did not suffer much damage. Right now, you are receiving produce from both our field and plastic covered hoop houses. These are unheated, but help trap in heat for the soil to warm up and plants to thrive in.

If you ever want a tour of any part

of the farm, we would love to show you, just ask during CSA distribution!

Aside from the weather, we have been transplanting baby plants into the field, seeding our summer crop, and getting ahead of the weeds by weeding while they are small.

Until next week,

Kara & the THG crew





Asian Flavors
 Combine ingredients such as:

- +soy sauce
- +chili paste
- +garlic
- +ginger
- +onions
- +rice wine vinegar
- +peanut oil
- +toasted sesame oil

+ Beet Salad

Roast beet roots in a 375° oven, or steam on the stove. Slice to size, and top on a bed of dressed salad greens. Sprinkle goat cheese, walnuts or pecans, and anything else your heart desires! The greens are edible too, so wilt those down in your eggs or stir fry. They taste similar to chard, since they are the same plant, bred for different traits!

+ Greens and Garbanzos

Sauté onions and garlic. Add chopped collards and begin wilting. Stir in cooked garbanzo beans to warm up. Add cumin, salt, pepper, and chili pepper if desired. Freshen the dish up with some lemon juice, vinegar, or even sorrel!

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

+ Rhubarb Bake

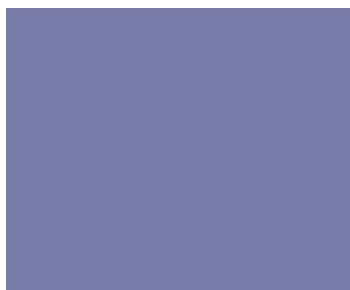
Mix together chopped rhubarb, strawberries and sugar, then top with a crumble mixture consisting of oats, flour, butter, brown sugar, and cinnamon. Bake in a dutch oven or baking dish. (Alternatively, add apples, mint, cranberries, or chopped nuts. Or switch out the strawberries for cherries or blueberries. It's a sweet bake, anything should be great!)



Recipe Ideas

- + Strawberry rhubarb sorbet
- + Baby beet curry
- + Salad with greens, beets, nuts, cheese, hardboiled eggs

- + Asian stir fry (meat, pok choi, broccoli, soy sauce, toasted sesame oil, rice or noodles)
- + Hoppin' John – black eyed peas, collard greens and rice dish



Student Slot

Kendall Franks

Hometown: Montrose, Colorado

Welcome Kendall to Towne's Harvest!
Kendall came to Bozeman for new experiences and an education in Agroecology.

Kendall comes from a family who operates a ranch and an outfitting company. Growing up she also participated in FFA (Future Farmers of America) and 4-H.

In the future, Kendall hopes to work with farmers to help implement more

sustainable practices into their production systems. She also is determined to have her own herd of cows, and hopefully return to and operate her father's outfitting company.

Be sure to say hi when you see her!

Favorite Food: Chiles rellenos or any other authentic Mexican cuisine.



+ Instructor Edition

Mac Burgess

Practicum Instructor

Hometown: Lucerne Valley, CA

Mac had his first experience teaching the THG practicum students last year. He did a phenomenal job, and has returned for another season!

Mac is an assistant professor of small-scale horticulture and agronomy here at MSU. He has strong backgrounds in physical and environmental sciences, as well as diverse cropping systems – all

making him a great candidate to instruct any of the Sustainable Food and Bioenergy Systems students! He continually develops innovative teaching techniques to educate students about food and sustainability in his classes.

Mac spends his off-time with his lovely wife and two homeschooled boys biking, gardening, and fishing.