



## 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

← Carrots

Beets

Spinach

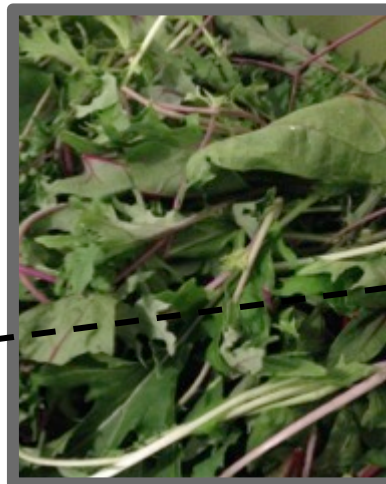
Mustard Greens

Kale

Head Lettuce

← Mixed Braising Greens

Daikon Radishes



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## Market Brief

This week has been occupied with late summer crop planting, putting in our irrigation system, harvesting, and field maintenance. The summertime heat has made its way into the forecast, and boy has it been hot!

Additionally this week we have been finalizing our plans for our other markets this summer. Besides CSA, THG also operates a farm stand on the MSU campus to reach faculty, staff and students

all in a convenient location. THG also partners with the Gallatin Valley Food Bank to operate a Community Food Truck that increases access to fresh produce for lower income populations. We also coordinate with MSU so they can showcase some of our products at special events throughout the summer.

Until next time,

Kara & the THG crew





## + Spring Rolls

Use spring roll wrappers to roll up rice noodles, shredded daikon radish, and sliced kale or mustard greens. Dip in a sauce made of tahini, soy sauce, honey, and chili paste. Alternatively, add shrimp, fish or chicken. Also try incorporating bean sprouts or herbs such as parsley, cilantro, or chives. Experiment with a variety of sauces.

## + Eggs, Greens 'n Toast + 'Big ol' Salad

Cook up some eggs with chopped braising greens, kale, or spinach. Place mixture on a hearty slab of toast. Then top with cheese, and broil to melt.

Get the mixing bowl, and as many ingredients as you can. Mix together chopped Romaine lettuce, spinach, shredded beets and carrots, sliced radishes, and hard-boiled eggs. Drizzle with a vinaigrette. Also try throwing in some feta or cheddar curds, dried fruit or chopped apples, and nuts. Whatever's on hand will do!

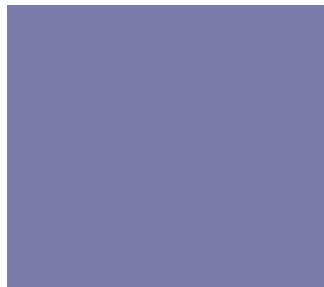
**Don't forget to check out [www.FoodGawker.com](http://www.FoodGawker.com) For recipe ideas**



### More Recipe Ideas

- + Use mustard greens in tacos, burritos or quesadillas
- + Baked beet or kale chips
- + Shredded beet and carrot slaw
- + Tired of salads? Experiment making pesto with different greens





## Student Slot

### Tiffani Eccleston

**Hometown:** Helena, MT

Welcome Tiffani! She came to Bozeman to pursue her interests in environmental studies and sustainable practices. She wanted to learn through hands-on activities while connecting to local food system issues, which is exactly what she's doing at THG!

Tiffani had small exposures to farm life growing up, but she wanted more. She hopes to visit and learn from other sustainable production systems in varying countries to acquire as vast of

an understanding as she can.

Though she did not come from a farm, Tiffani hopes to start a family tradition by having her own sustainable farm that later generations can continue.

Tiffani will also take the lead role in the Friends of Local Foods club on campus this year. We're excited to see what activities she will help coordinate!

**Favorite Food:** It was a difficult decision, but trout came out as the forerunner.