



## 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

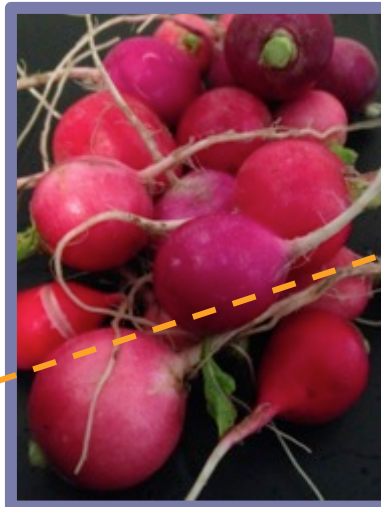
Broccoli

Radishes

Salad Mix

Spinach

Cilantro



## This Issue:

- Featured Recipes.....2
- Student Slot.....3
- Teaching Edition.....4

## Change in Weather

This week has brought cooler weather, which is a lot more enjoyable to work in! However, with all the warmth from last week, we finished setting up our irrigation system and have been using it to help germinate seeds, establish good root systems, and cool down plants in the heat.

The practicum students learned all about our irrigation system, including moving our hand line sprinklers, and how to turn on our

well for our drip irrigation system. Additionally, we had a presentation from the man in charge of the iris patch, on the south side of the three hoop houses as you drive in. Feel free to walk around to take a look, or ask for a tour, we would love to show you around! The irises are a short-lived attraction, be sure to look before they are gone!

Until next week,

Kara & the THG crew





## + Stir fried greens

Using peanut or other oil, sauté onions and mushrooms for a couple minutes. Add soy sauce rice vinegar and toasted sesame oil. Throw in spinach or any leftover greens until just wilted. Salt and pepper to taste. Enjoy as a side, or serve over rice. For a spicy version, add chili paste or crushed chilies. Also, add sesame seeds if desired.

## + Roasted radishes

Tired of raw radishes? Try roasting them at 375° with some oil, salt, pepper and Italian seasonings until golden brown. This dulls the spicy flavor, while offering an alternative method for eating these "pre-season" veggies!

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

## + Cilantro Pesto

Break out the barbeque and grill up some steak or chicken. Top meat of choice with a tasty cilantro pesto. Use a blender or food processor to create the pesto. Mix together lots of cilantro, oil, garlic, lime juice, jalapeno or other spicy pepper, salt, and pepper. Drizzle over meat, or use as a dipping sauce.



### Recipe Ideas

- + Broth or noodle soup with wilted greens
- + Toss chopped broccoli into Alfredo pasta dish
- + Potato, egg bake sprinkled with cilantro
- + Homemade hummus to dip carrots, radishes or broccoli
- + Fresh salsa with cilantro
- + Cilantro lime chicken
- + Avocado cilantro salad dressing



## Student Slot

### David Steinberg

**Hometown:** North East, New Jersey

David has joined us from the east coast, and we're excited to have him on our team this summer! David did not grow up around agriculture, but figures that since he eats food, he should have some understanding about it. He loves to learn and loves the science associated with agricultural production and environmental science. He feels that knowledge empowers autonomy, and he's doing a great job acquiring as much information as he can.

David would enjoy having a small hobby farm in the future. He loves food, and was fortunate enough to experience and experiment with lots of ethnic cuisines while in New Jersey. If you're interested in scheming to make a creative dish, ask this guy!

**Favorite Food:** Butter, it's a good way to make good food.