



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

Radishes

Braising Mix

Spinach

Salad Mix

Green Onions

Basil

Dill

Mint

(Mix of peppermint and chocolate mint)



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One more week

That's right, there will only be one more week after this for our Spring Greens CSA Share. Then, July 8th the Summer CSA Shares will start. I ask you all to tell a friend or coworker about the Summer CSA. In return, if any new member states you as their referral, we will provide you \$10 of THG Market Bucks that can be used for any THG purchase. There's no limit on referrals, so bank up on our Bucks!

<http://townesharvest.montana.edu/csa.html>

This past week we have continued the usual farm work that needs to be done. Additionally, some of our students went on a field trip to the Golden Triangle of Montana to learn about large-scale grain production. There, they had conversations about technology advancements and sustainable methods to meet commodity demands. See you at the farm!

Kara & the THG crew





+ Pickled Radishes + Polenta & Greens + Dill Omelet

Begin by slicing or dicing radishes. Submerge radishes in a pickling liquid consisting of vinegar, water, salt, garlic and sugar. For a dilly flavor, throw in some fresh dill! Allow the radishes to pickle for 10 minutes to a few days in the refrigerator. Use to top tacos, burgers or salads.

Begin by sautéing green onions and garlic. Chop braising mix or spinach and throw into pan. Let greens wilt. Season with salt, pepper, and balsamic vinegar. Serve over soft polenta, or firm pan seared polenta.

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

Whisk eggs, milk, dill, sautéed green onions, salt, and pepper together. Cook egg mixture in a buttered pan, flip when half way cooked. Add sliced smoked salmon (lox) and goat cheese or cream cheese to half of the omelet. Fold egg over to create an omelet, and garnish with more chopped green onions and dill.



More Recipe Ideas

- + Mint juleps or mojitos
- + Basil or mint lemonade
- + Spinach artichoke dip
- + Roasted potatoes with dill and lemon
- + Curried carrots
- + Green onion soup
- + Homemade pizza with basil



Student Slot Camrey Bradshaw

Hometown: Red Lodge, MT

Camrey decided to move to Bozeman to attend MSU, a college that was relatively close to home. What drew her most was the beauty that Bozeman has to offer.

Though this is Camrey's first experience with agriculture, she hopes to continue with a sustainable lifestyle in the future. She hopes to be able to sustain herself with foods that she can produce.

Camrey sees the need for us all to live healthy, sustainable existences so we

will be able to support future generations.

Camrey sees herself leaving Montana after college, potentially traveling or moving to Iceland. She wants to be a part of positive change that will happen in our world, and we couldn't agree with or encourage her enough!

Favorite Food: Italian foods, especially pasta.