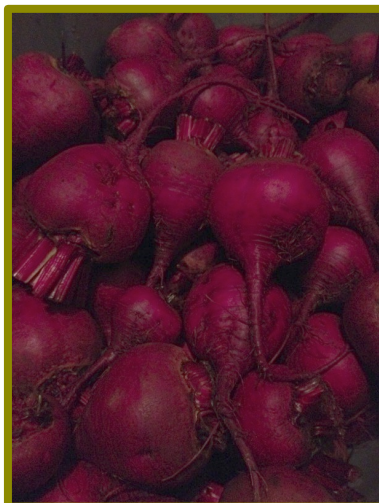




Towne's Harvest Garden

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



This Week's Bounty

Farm Eggs

Carrots

Beets

Radishes

Salad Mix

Spinach

Mizuna

(Stemmy, slightly horseradish-flavored green.)

Arugula

(Another spicy green.)

Cilantro



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Last Week for Spring Greens CSA!

Thank you for supporting THG during the early part of our season! This spring turned out to provide a large diversity of early season veggies, and we hope you enjoyed it!

Our Summer CSA Shares begin next week, on July 8th. There are still a few shares remaining, so sign up now if you haven't already. We are not taking a week off of CSA as we have in past years due to the 4th landing on a weekend,

meaning we will immediately jump into Summer Shares!

This last week has been full of sun and heat, and then finally some rain showers Monday. We have been irrigating consistently to keep our crops cool and hydrated. The field is really taking off, so be sure to ask for a field tour at any CSA distribution to experience the growth throughout the summer.

Kara & the THG crew





+ Arugula Pizza

Make or purchase pizza dough. An easy and tasty option is 'On the Rise' pizza dough supplied at TnC. Start the pizza with an oil or pesto base. Top with ingredients such as mushrooms, artichokes, sliced onion, sundried tomatoes, prosciutto, or feta. Bake until cooked. Once out of the oven, throw arugula leaves on top for that final peppery punch.

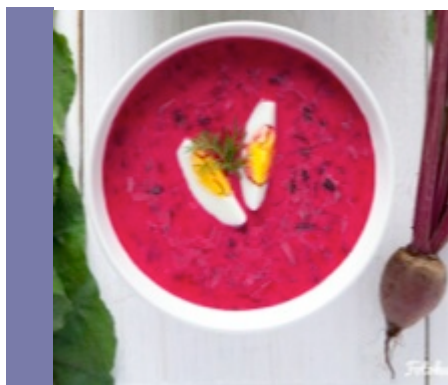
+ Green Smoothie

Blend up your greens into a chilled smoothie or juice drink. Decide what base flavor you are looking for. Options include blending up your spinach or any combination of greens with bananas and peanut butter, or apples, pears and celery for a fresher option. Just play around, you could even freeze into green popsicles.

+ Tasty Salad

Toss together any greens of your choice. Mix up a dressing consisting of oil, Dijon mustard, honey, orange juice, salt and pepper. Toss everything together with dried cranberries or raisins, walnuts or sliced almonds, and grilled pears.

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



More Recipe Ideas

- + Chilled borscht soup
- + Arugula pesto
- + Beet chips
- + Roasted root veggies





Student Slot

Debra Kraner

Hometown: Staunton, Illinois

Deb decided to attend MSU for its Sustainable Food and Bioenergy Systems program after visiting Montana and working in Yellowstone for three summers. At home, she worked for many years with a naturalist doctor who stimulated her interest in connecting natural remedies with health. Since then, Deb has worked on several small-scale vegetable farms, allowing her to see the intricacies of different production and operational methods.

In the future Deb would like to operate a Chinese medicinal herb farm and provide value added herbal products to her customers. Additionally, she wishes to pursue a graduate degree in herbal science. She sure has a broad range of knowledge, be sure to strike up a conversation with her!

Favorite Food: Roasted beet salad.