



Towne's Harvest Garden

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



This Week's Bounty

Beets

Chard

Arugula

(Spicy green for salads)

Mizuna

(Slight horseradish flavored green, chop greens and stems into bite-sized pieces)

Spinach

Head Lettuce

Green Onions

Garlic Scapes

(mild garlic flavor, chop up or grill/sauté whole or cut into pieces)

Basil

Farm Eggs – For Sale



This Issue:

Featured Recipes.....2

Student Slot.....3

Meet the Managers..4

The start to a new season!

Towne's Harvest Garden is in its 9th season, and so far off to a good start! The warm weather has really brought the farm to life this summer. This year we have 10 practicum students working at the farm, from the Sustainable Food and Bioenergy Systems degree program. So far they have been enjoying themselves, feel free to ask what they have learned thus far! These students will one day be producing, distributing, or cooking your food - so start getting to know

them now! To promote this, each week we will dedicate a slot to a student. This issue will also include introductions to the 2015 Production and Marketing Managers at THG. The next few weeks of CSA will be manned by MSU's Culinary Marketing: Farm to Table Class, so even more faces to get to know!

Best,
Kara and the THG crew





Scape Pesto
 Bag of basil
 1-2 garlic scapes
 2 T parmesan cheese
 2 T oil
 3 T walnuts
 Pinch of salt
 Splash of lemon juice

Combine ingredients in a food processor or blender. Blend into a pesto consistency. Serve on pizza, pasta or toast.

How do I go about using my produce?

My biggest recommendation is to experiment. Just try things. Try produce raw, try it cooked. You are the best judge as to what you like and want to eat. Our crew of practicum students will be more than happy to answer questions, but don't forget to ask friends, the internet, even your mom (she does know best).

A great resource I strongly encourage you all to explore is www.FoodGawker.com This site compiles scrumptious recipes with appetizing 'foodography'.



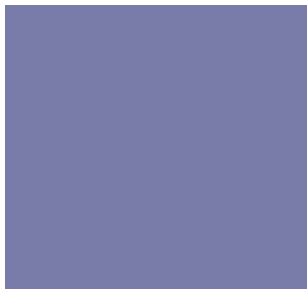
Most produce will keep longest in plastic bags in the fridge. If you are unsure on how to store food each week, ask us and we will give you our best recommendations.

I hope this summer you all can explore, leave your comfort zones, and enjoy truly fresh and tasty food.



Recipe Ideas

- + Strawberry and romaine salad with creamy poppy seed dressing and toasted chopped almonds
- + Sautéed chard or spinach
- + Chopped mizuna on tacos or burritos
- + Romaine leaf tacos
- + Quiche with green onions and sautéed greens
- + Beet, arugula, feta cheese, and walnut salad



Student Slot

Thomas Ward Jr.

Hometown: Libertyville, Illinois

Tommy came to Montana to experience the state's phenomenal skiing and fishing opportunities. He originates from a traditional Midwest farm. In high school, Tommy became interested in sustainability and how it is affected by the choices you make. He is now enrolled in MSU's Sustainable Food and Bioenergy Systems program.

Tommy has lots of family, some of whom work in agriculture. His

grandmother owns a farm and wants to see it transformed into a more sustainable farm entity. Though he has considered this opportunity, Tommy may first work for his uncle's fish farm to learn that system. In the end, Tommy hopes to reside in a place like Montana.

Favorite Food: Rib eye steak with mashed potatoes and caramelized onions.



Meet the Managers

Chaz Holt

Production Manager

Home state: Georgia

Chaz grew up in a family of farmers, but saw the profitability and accessibility of farming dwindle before his eyes. He was determined to grow food, and has made his dream a reality. Chaz has lived in Montana for 15 years, and been our farmer at THG for the past 6 seasons. He has also assisted other local farmers in the creation of their businesses. It's hard to not find Chaz smiling away in the outdoors, particularly with his fabulous wife and three adorable children.

Kara Landolfi

Marketing and Operations Manager

Hometown: Missoula, MT

This is Kara's second season coordinating THG's markets and CSA program. She is also pursuing a graduate degree at MSU in Sustainable Food Systems. Kara strives to procure as much food as she can through hunting, gardening and foraging, all of which she has learned since moving to Bozeman. Her favorite activities include hiking, backpacking, skiing, hunting, biking, and simply enjoying Montana's abundant beauty with her adventurous partner.