



## Towne's Harvest Garden

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



## This Week's Bounty

- Purple Viking & Yukon Gold Potatoes
- Tomatoes
- Peppers
- Cucumber
- Eggplant
- Carrots
- Winter Squash
- Sweet Corn
- Tatsoi
- Spinach
- Onions
- Shallot
- Garlic
- Basil



## This Issue:

- Featured Recipes.....2
- Student Slot.....3

## Fall draws near

We hope you all were able to enjoy a fun filled Labor Day weekend. It is pretty evident now that fall is near with the latest snow falling in the mountains and light frosts occurring at the farm. Nighttime temperatures have been cooling down, and crop growth has begun to slow. An upcoming hard frost will surely end a few crops, but many will continue to mature with the warmer weather in the future forecast. Some crops even become sweeter with a frost.

This week we are happy to give tatsoi again. This is an Asian green, similar to bok choy, but grown for loose leaves. Chaz and I both agree that it's one of our favorite greens. Personally, I love cooking it down as a side dish (description below) or added to salads. Mac's 10 different eggplant varieties have also made a reemergence for you all, and though some are small, they all pack a tasty bite! We hope you all enjoy!

Best,  
Kara and the THG crew





## + Enchiladas

Make an enchilada sauce with tomatoes, onions, peppers and garlic. Layer a pan with corn tortillas, cheese, sauce, and meat and vegetables of choice. Continue layering until all ingredients are used. Finish with sauce and cheese on top. Bake in the oven until everything is heated and cheese is melted. Alternatively, enchiladas can be rolled in tortillas, with sauce and cheese slathered on top.

## + Eggplant

+Create a tasty pasta sauce with onions, garlic, sliced eggplant, tomatoes, peppers, basil and additional seasonings to taste to serve over pasta.

+Fry sliced eggplant, onions and mushrooms to top a pesto pizza.

+ Make your favorite buba ganoush recipe for pita chips!

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

## + Stir Fried Greens

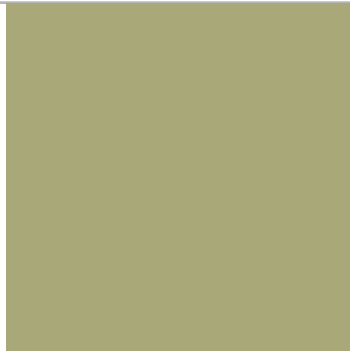
Using peanut or other oil, sauté onions, garlic and mushrooms for a couple minutes. Add soy sauce, and toasted sesame oil. Throw in tatsoi or spinach until just wilted. Salt and pepper to taste. Enjoy as a side, or serve over rice. For a spicy version, add chili paste or crushed chilies. Also, add sesame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



## More Recipe Ideas

- + Squash curry (cook together onions, garlic, cubed squash, diced potatoes, carrots, diced tomatoes, spinach, curry powder, coconut milk and chick peas or meat)
- + Shallot vinaigrette

- + Roasted potatoes
- + Shallot cream sauce over poultry
- + Creamed corn
- + Lasagna



# 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.