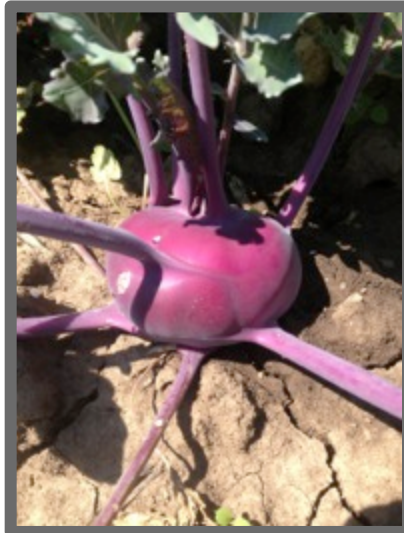




Towne's Harvest Garden

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



This Week's Bounty

Carrots

Beets

Summer Squash

Kohlrabi

Chard

Salad Mix

Red Leaf Lettuce

Green Onions

Garlic Scapes

Dill

Basil

Eggs – For Sale

+ Our Campus Farm Stand made the front page of the Chronicle on Friday!



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And things continue!

It has been a fun and busy week at the farm. We began our two markets, the Community Food Truck and the Campus Farm Stand. If any of your non-CSA friends are looking for produce, send them our way!

This past week students in the Culinary Marketing class conducted a lettuce taste test on a Romaine lettuce variety trial. Differences that students noticed were in taste, appearance, and growing conditions and qualities particular to

each variety. Did you ever think there was more than one kind of Romaine lettuce? By the end of tasting 10 different lettuces, we all seemed to be greened out for the day!

Then, during the Practicum students' class on Friday, we learned how compost is made, and how to harvest grains with a scythe. Each day is a new experience, it's great!

Best,
Kara and the THG crew





+ Kohlrabi

Essentially, kohlrabi is the engorged stem of a plant similar to broccoli, cauliflower and cabbage. To eat, peel the outer skin, and use the entire white flesh on the inside. It is great to eat raw, sliced onto salads or used to dip into hummus. To cook, try kohlrabi in a soup, roasted with other veggies, mashed or pureed, or baked into chips or fries!

+ Dill

Dill is a great addition to salads of any kind! Throw in with your green salad, or use when making potato salad, tuna, chicken or egg salad. Dill dips are also tasty. It is also a great addition if you wish to pickle anything. You can even dry it now, and use later!

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

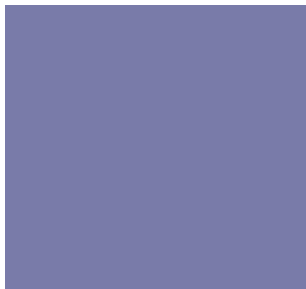
+ Summer Squash

It's that fantastic time of year again, when zucchini and summer squash begin to come on strong! A few ideas include slicing lengthwise and grilling or using in place of noodles in lasagna. Stir-fries are an obvious choice to serve over rice or pasta. Or simply cook squash with green onions and salt for a side dish. Even pickled squash is tasty!

More Recipe Ideas

- + Roasted kohlrabi, beets and carrots seasoned with onion, dill, and garlic scapes!
- + Sandwiches with lettuce... BLT?
- + Grilled garlic scapes
- + Use chard as the wrapper to make spring rolls
- + Dilly squash fritters





Student Slot

Damion Lynn

Hometown: Helena, MT

Damion was convinced to attend college by his friends who told him to come with them. His dad taught him a substantial amount about gardening, and engrained a passion for growing plants. However, it wasn't until recently that Damion began to pay more attention to food and different preparation techniques. He hopes to move into a place where he can experiment and learn to cook more dishes soon.

In the future, Damion hopes to travel everywhere to experience the world. He is also very interested in pursuing a career in research, particularly related to soils. Damion is always ready for a good conversation, and is a reliable source for smiles!

Favorite Food: Goulash.



+ Instructor Edition

Mac Burgess

Practicum Instructor

Hometown: Lucerne Valley, CA

Mac had his first experience teaching the THG practicum students last year. He did a phenomenal job, and has returned for another season!

Mac is an assistant professor of small-scale horticulture and agronomy here at MSU. He has strong backgrounds in physical and environmental sciences, as well as diverse cropping systems – all making him a great candidate to instruct any of the Sustainable Food

and Bioenergy Systems students! He continually develops innovative teaching techniques to educate students about food and sustainability in his classes.

Mac spends his off-time with his lovely wife and two homeschooled boys biking, gardening, and fishing.