



Towne's Harvest Garden

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



Mac's trestled cucumbers



This Week's Bounty

Tomatoes

Squash

Green Beans

Cucumber

Carrots

Radishes

Chard

Pepper

(So far, we have sweet green Yankee Bell peppers and spicy yellow Havasu peppers. More to come as they ripen!)

Basil



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Cucumber Research

Have you noticed those 3 high tunnels as you drive in on the east side of the road? Well, Professor Mac Burgess is conducting some really interesting research! Currently, he is growing cucumbers, eggplants, tomatoes, peppers and melons inside the plastic covered structures. He is constantly monitoring inside and outside temperatures and opening and closing the sidewalls for proper growing conditions.

As for the plants, Mac has carefully chosen multiple varieties of each crop to

record data related to harvest duration, productivity, taste, and overall quality. Interested in cucumber variety names? How about these 10 that Mac is growing: Sonja, Diva, Green Finger, Marketmore 76, Marketmore 97, Ministro, Straight 8, Talledega, Tasty Jade and Tendergreen. If any of you are ever interested in discussing season extension in Montana, I'm sure Mac would love to have a conversation!

Best,
Kara and the THG crew





+ Lemony Beans

Sauté garlic, and onions if desired. Throw in beans and stir until cooked. Toss with lemon juice, and toasted pine nuts or slivered almonds. Sprinkle on parmesan cheese if desired. Serve warm.

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

+ Squash Casserole

Sauté onion and garlic. Add chopped squash, zucchini, tomato, peppers, chard (anything you may have, including browned meat). Add grated cheese, along with egg and breadcrumbs to help hold together. Put in baking dish, and top with buttered breadcrumbs. Bake in oven until golden.

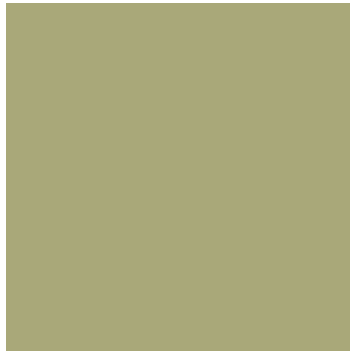
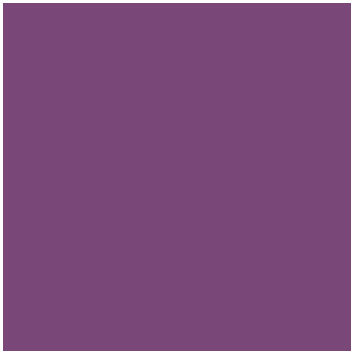
+ Cherry Bean Salad

Soak dried tart cherries in warm water or juice to plump up. Cook beans in steamer for 1 minute, and then shock in cold water to stop cooking. Caramelize onions, and crisp up ham or bacon. Use cherry liquid to deglaze the pan, then throw in cherries and beans to warm up. Sprinkle with feta, and enjoy.



More Recipe Ideas

- + Zucchini bread
- + Salted, sliced radishes on buttered baguette
- + Fresh tomato pasta sauce
- + Margarita pizza
- + Slice zucchini or squash into noodles
- + Quick pickled cucumber slices



Student Slot

Mariah Stone

Hometown: Albuquerque, NM

Mariah was enrolled in THG's fall practicum course and was able to experience storage crop harvest last year. Now, she is an intern for THG's Community Food Truck, helping the sell of our vegetables to lower income populations.

Mariah will graduate from Sustainable Food and Bioenergy Systems this spring. She came to MSU to pursue a degree and the outdoor adventures that Bozeman has to offer, especially snowboarding. She understands that

sustainable agriculture is fundamental to preserving farmland and good health. Plus, she loves food, so why not study it!

In the future, Mariah hopes to join the Peace Corps. Afterwards, she wants to address issues leading to American food desserts.

Favorite Food: Kettle corn, or pretty much any vegetable, especially zucchini.