



Towne's Harvest Garden

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



This Week's Bounty

- ← Tomatoes
- Cucumbers
- Squash
- Green Beans
- Carrots
- Radishes
- Red Kale
- Spinach
- Onion
- ← Parsley



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A Week Without Students

This past Friday was the end of MSU's summer semester, and thus the end of our time with this year's THG practicum students. We had 9 lovely students that helped us with everything including weeding, harvesting, irrigation, chicken management, produce washing and packaging, and operating markets, along with all the additional miscellaneous tasks thrown at them on a daily basis! We can honestly say we couldn't have done it without them!

To bid them all a final goodbye, our practicum students joined the Culinary Marketing class (who also helped us these past six weeks, and were fantastic as well) to make some great wood fire oven pizza with fresh produce from the farm. Hopefully next year's students are as dedicated and excited to learn about organic vegetable farming, because these students were a blast!

See you out there,
Kara and the THG crew





+ Tabbouleh

Prepare bulgur (or grain of your choice) by adding boiling water and letting sit for an hour or so to soften. Then add in flavors, including nice oil, salt, pepper, lemon juice, minced garlic and onion, chopped parsley and mint, and diced cucumber and tomato. Let the flavors mingle, and enjoy over the next few days.

+ Squash Fritters

Shred squash (with skin) and onion. Allow water to drain for 10-15 minutes in a colander or on a towel. Mix vegetables with egg, seasonings, and a bit of breadcrumbs or flour for binding. Fry in a pan and flip *carefully* once browned. Cook other side, and eat while warm. If desired, add some shredded potatoes for a familiar texture and taste.

+ Cucumber Dip

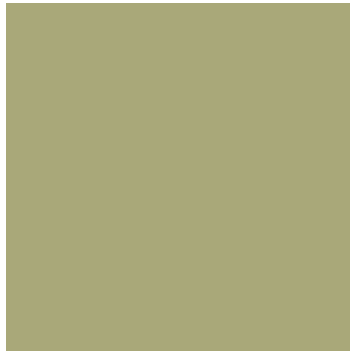
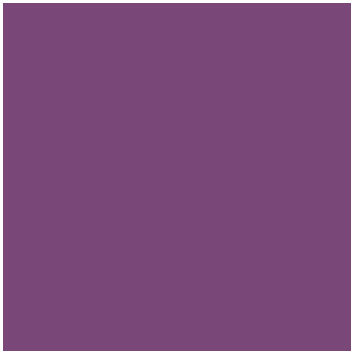
Dice up cucumber, and add to thick yogurt, chopped parsley, lemon zest, salt, pepper, minced garlic, and whatever additional seasonings you see fit. Refrigerate to let flavors blend. Use as a dip for fritters, or any other veggie or dish.

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

More Recipe Ideas



- + Baked curried squash chips
- + Refrigerator pickles with cucumbers or squash
- + Bean casserole
- + Pesto made with spinach
- + Kale salad with feta, nuts and fruit
- + Stir fry!



Student Slot

Emilia Hitchcock

Hometown: Loganville, Georgia

Emilia came to Montana after her father encouraged her to move to this beautiful state, and she decided to pursue an environmental science degree. Growing up she was an active member in her local FFA organization. She was also exposed to many different eating habits and diets that her family would follow.

After her summer at THG, Emilia wishes to study abroad in South America to experience the difference in growing

seasons they have. Additionally, she would like to travel to Europe to see their methods of urban agriculture. In the future, Emilia hopes to work with urban farms or indigenous food systems. Her hope is to educate people about food, while helping them gain access to healthy food as well.

Favorite Food: Pasta.