



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

Peppers

Squash

Kohlrabi

Beets

Fresh Potatoes

(These were harvested before their skins were mature, so they won't store long. Cook them ASAP for best results.)

Leeks

Spinach

Basil

Cilantro



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Montana Dietetic Interns

After we bid farewell to our THG Practicum students, we received our first round of Montana Dietetic Interns this week. The MDI internship has accepted 20 interns with dietetic backgrounds to shadow professionals in hospital, food service, collegiate, private practice, and many other settings to experience as many opportunities demonstrating nutrition advice to individuals and institutions as they can. At the end of the 10 month internship these 20 individuals will take an exam to become a Registered Dietitian.

I encourage you all to ask these knowledgeable interns some of your food related questions during CSA pick up these next 6 weeks. Additionally, if you ever find yourself wanting to know more about nutrition, look into scheduling an appointment with a Registered Dietitian in town. There is a lot of unreliable nutrition advice out there, so use educated RDs to your advantage.

Best,
Kara and the THG Crew





+ Crispy Zucchini

Cut zucchini or squash into ¼" pieces. Dip in a flour, salt, paprika and other seasonings mixture. Then dunk in an egg and milk mixture. Finally, place in panko crumbs to coat slices. Either fry in oil in a skillet, or bake in a 400° oven until golden. Eat as is, or dip in a marinara sauce or ranch.

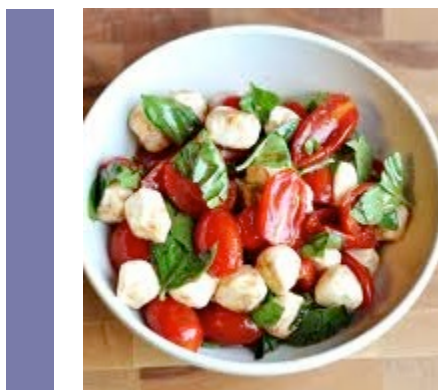
+ Kohlrabi Slaw

Whisk mayonnaise, oil, vinegar, mustard and sugar together. Season with celery seed, salt and pepper. Combine dressing with shredded kohlrabi, and if desired, shredded cabbage, carrots, onion, parsley, or any other ingredients.

+ Summer Salsa

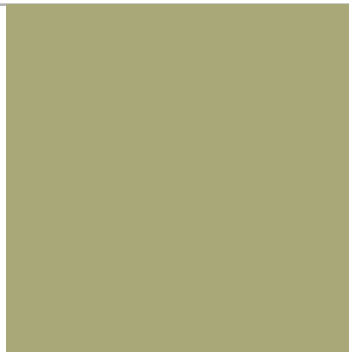
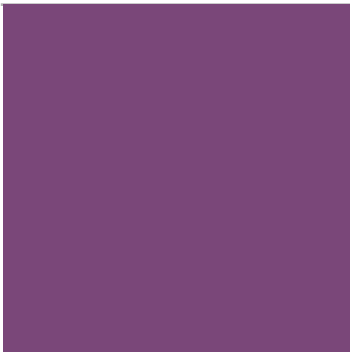
Dice up as many veggies as you like. For a fresh salsa try chopped tomatoes, cucumbers, peppers, onion, garlic, and cilantro. Sprinkle with salt and a bit of lemon juice. Alterations could include adding black beans, avocado, mango, or strawberries for different flavors. Consume over the next few days with chips, tacos, or just by the spoonful.

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



More Recipe Ideas

- + Cucumber relish
- + Tomato, mozzarella, basil salad
- + Chocolate beet cake
- + Potato leek soup
- + Pesto!
- + Gazpacho
- + Freeze shredded or sliced squash for winter soups and quick breads



Student Slot

Tiffani Eccleston

Hometown: Helena, MT

Welcome Tiffani! She came to Bozeman to pursue her interests in environmental studies and sustainable practices. She wanted to learn through hands-on activities while connecting to local food system issues, which is exactly what she's doing at THG!

Tiffani had small exposures to farm life growing up, but she wanted more. She hopes to visit and learn from other sustainable production systems in varying countries to acquire as vast of

an understanding as she can.

Though she did not come from a farm, Tiffani hopes to start a family tradition by having her own sustainable farm that later generations can continue.

Tiffani will also take the lead role in the Friends of Local Foods club on campus this year. We're excited to see what activities she will help coordinate!

Favorite Food: It was a difficult decision, but trout came out as the forerunner.