



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 & Tomatillos

Cucumbers

Green Beans

Summer Squash

Cabbage

Carrots

Chard

Onion

Garlic

Dill



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Back to School!

This week MSU started back to school. The beginning of the semester marks some changes for us as well. We will have three new Towne's Harvest fall practicum students this semester to help with fieldwork, harvest, and markets. We will continue to have help from Montana Dietetic Interns as well through the end of our CSA (September 23!).

You have probably noticed changes in the weather. It is still getting hot during the day, but our nighttime temperatures are beginning to drop. Some of our

summer crops are beginning to slow down in production, but now we are starting to harvest our later season crops, which will be showing up in quantity in your share these next few weeks. It's a busy time of year for harvesting, but all of our summer work is really beginning to show, as hundreds of pounds of produce are being brought in from the field on an almost daily basis now!

Best,
Kara and the THG crew





+ Tomato Galette

Make your favorite savory pie dough. Cut large tomatoes in ¼" slices, or cherry tomatoes in half. Layer on the dough that has been rolled out to ¼" circle. Sprinkle with feta cheese, basil, salt and pepper. Fold over the edges of the dough a couple inches, and brush with oil mixed with garlic and parsley. Bake for 25 minutes at 400°, or until done.

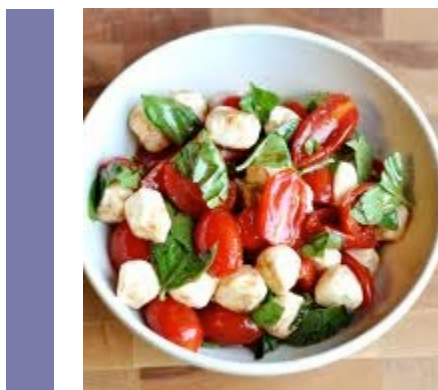
+ Veggie Quiche

Parcook a pie crust for 15 minutes. Add an egg mixture including milk, cheese, sautéed onions, garlic, chard, squash, tomatoes and any additional veggies of choice. Pour into crust, and bake until solid and browned, at least 30 minutes.

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

+ Slaw

Mix together shredded carrots, cabbage, minced onion, bean sprouts and minced parsley. Make a dressing consisting of soy sauce, sesame oil, rice vinegar, honey or brown sugar, garlic, and chili powder. Combine the ingredients and allow to sit to blend flavors. Mix in sesame seeds if desired. You can even add cooked and cooled noodles for a heartier dish.



More Recipe Ideas

- + Dilly green beans
- + Dilled potato salad
- + Fish tacos with cabbage slaw
- + Asian peanut noodle dish with cabbage, carrots, chard, onion
- + Quiche with chard
- + Breaded and fried summer squash



+

Student Slot

David Steinberg

Hometown: North East, New Jersey

David has joined us from the east coast, and we're excited to have him on our team this summer! David did not grow up around agriculture, but figures that since he eats food, he should have some understanding about it. He loves to learn and loves the science associated with agricultural production and environmental science. He feels that knowledge empowers autonomy, and he's doing a great job acquiring as much information as he can.

David would enjoy having a small hobby farm in the future. He loves food, and was fortunate enough to experience and experiment with lots of ethnic cuisines while in New Jersey. If you're interested in scheming to make a creative dish, ask this guy!

Favorite Food: Butter, it's a good way to make good food.