



## 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
- Peppers
- Cucumber
- Summer Squash
- Melon
- Sweet Corn
- Cabbage
- Fingerling Potatoes
- Leeks
- Spaghetti Squash
- Salad Mix
- Baby Kale
- Parsley



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## Bulking up

This week has been filled with a lot of heavy harvesting. We are pulling the majority of crops out of the field, with the exception of some short season crops that we will continue to harvest, like greens. With that in mind, we want to remind you that there are 4 CSA distributions left for the season. Beginning this week we will load up your CSA shares with all kinds of fall goodies. We hope you have been enjoying all the produce so far, and continue to for the remainder of the month!

We have a few pleasant surprises for you this week, including sweet corn and a Bozeman grown melon! Farmers are always trying to push climatic limits, and this year has been great for longer, warmer season crops. Our summer crops will be coming to an end shortly with frosts coming in the near future. But changes in the weather are anticipated and accepted, as it begins to signify the end of another great growing season.

Best,  
Kara and the THG crew





### + Pizza Sauce

Purée ripe tomatoes with a little spicy pepper, garlic, salt, pepper and Italian seasonings. Then cook the purée down on the stove until your desired thickness is achieved (if it's really watery, add dissolved corn starch). Have your homemade or premade dough ready to top with your sauce, and what ever toppings you choose! Bake and enjoy.

### + Stir fry

Sauté onions, shredded cabbage, carrots, peppers, and any additional veggies and meats. Toss in kale to wilt at the end with your desired sauces (sweet and sour, soy, or sesame sauces). Serve over rice or mix with noodles.

**Don't forget to check out [www.FoodGawker.com](http://www.FoodGawker.com) For recipe ideas**

### + Winter Squash

The easiest way to cook any winter squash is to cut it in half, scoop out the seeds, and bake in a 375° oven until the flesh is tender. Depending on your taste preference, you can add a bit of water to help steam, or butter, brown sugar, or any other aromatic herbs. Alternatively, peel and cube squash and roast, sauté or steam for a variety of uses. Spaghetti squash will be best baked in the oven, and then fluffed to use as a side dish, or in place of noodles.



### More Recipe Ideas

- + Grilled corn
- + Enchiladas
- + Potato leek soup
- + Roasted potatoes
- + Roasted squash seeds
- + Coleslaw
- + Fritters
- + Stock with left over veggie scraps



# Student Slot

## Camrey Bradshaw

**Hometown:** Red Lodge, MT

Camrey decided to move to Bozeman to attend MSU, a college that was relatively close to home. What drew her most was the beauty that Bozeman has to offer.

Though this is Camrey's first experience with agriculture, she hopes to continue with a sustainable lifestyle in the future.

She hopes to be able to sustain herself with foods that she can produce.

Camrey sees the need for us all to live

healthy, sustainable existences so we will be able to support future generations.

Camrey sees herself leaving Montana after college, potentially traveling or moving to Iceland. She wants to be a part of positive change that will happen in our world, and we couldn't agree with or encourage her enough!

**Favorite Food:** Italian foods, especially pasta.