



Towne's Harvest Garden

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



This Week's Bounty

Arugula

Pok Choi

(these bundles are small versions of bok choy, use in an Asian stir fry, or grill whole with seasonings, use both the stems and greens)

Mizuna

Tatsoi

Kale

Radishes

Turnips

Bibb, aka Butter aka Boston head lettuce

Scallions



This Issue:

Featured Recipes.....2

Employee profile.....3

Teaching Edition.....4

Freeze Baby, Freeze

Maybe you noticed early Tuesday morning the air temperature was below freezing. Fortunately, our plants in the field did not suffer much damage. Due to David, Mac, and the students hard work, our warm season vegetables were protected. Right now, you are receiving produce from both our field and plastic covered hoop houses. These are unheated, but help trap in heat for the soil to warm up and plants to thrive in.

If you ever want a tour of any part of the farm, we would love to show you, just ask during CSA distribution!

Aside from the weather, we have been transplanting baby plants into the field, seeding our summer crop, and getting ahead of the weeds by weeding while they are small.

Until next week,

Allison & the THG crew





Butter Head Lettuce Profile:

- ~Named butter for a reason!
- ~delicate unique flavor
- ~crunchy, perfect texture
- ~ see: <http://www.thekitchn.com/why-this-is-our-favorite-lettuce-93323> for more information

+ Greens and Garbanzos + Tatsoi and peanut sauce

Sauté scallions and garlic. Add chopped greens for example: Tatsoi, Kale, Pac Choy, Mizuna, or Arugula and begin wilting. Stir in cooked garbanzo beans to warm up. Add cumin, salt, pepper, and chili pepper if desired. Freshen the dish up with some lemon juice, vinegar, or other sauce!

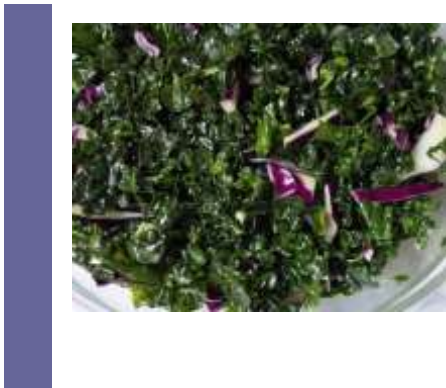
Don't forget to check out www.FoodGawker.com For recipe ideas

- Salad:**
- 1 head tatsoi, cleaned and chopped
 - 3 radishes, thinly sliced
 - 3 small carrots, thinly sliced
 - 1/3 English cucumber, chopped
 - 1 tomato, chopped

- Dressing:**
- 1 T peanut butter
 - 1 T honey

- 1 T low sodium soy sauce*
- 1 T rice vinegar
- 2 T vegetable oil
- 1 1/2 t chili garlic sauce
- juice of 1/2 lime
- 1/4 t ground ginger
- 1 t toasted sesame seeds

Toss salad together. In separate bowl, whisk together dressing and cover salad. Courtesy of: <http://bigflavorstinykitchen.com/>



Recipe Ideas

- + Massage kale with olive oil, vinegar, and spices
- + Salad with chopped greens, radishes, nuts, & cheese,

- + Asian stir fry (meat, pok choy, radishes, soy sauce, toasted sesame oil, rice or noodles)
- + Pesto with greens see: <http://www.loveandlemons.com/pesto-ways/>



+ Employee Slot

Cassandra Loeffers

Hometown: Grand Rapids, MI

Cassandra plans to graduate in the fall in the sustainable food systems option.

She is excited to help guide students out on the farm and be a part of a team!

Moved to Montana six years ago to pursue my degree and enjoy all the outdoor activities

Montana has to offer, especially backpacking and kayaking

Research Project at Towne's

Cover crops have been shown to have several benefits that include, but are not limited to, breaking and preventing disease cycles, weed management, reducing soil erosion, and overall soil health. While the phytonutrients found in

many vegetables have potential to reduce the risk of cancer, many foods such as cereals, legumes, and seeds also provide a wide variety of phytonutrients that may have a significant role in reducing the risk of many other chronic diseases, as well as cancer. This study serves to address a research gap on the effects of cover cropping on the phytonutrients of cash crops towards improving the health of soil and health of the human body. If the growing of cover crops proves to increase phytonutrient levels in other plants, it leads us down a road of a more sustainable future, where improving our soil is shown to also improve our health.



+ Instructor Edition

Mac Burgess

Practicum Instructor

Hometown: Lucerne Valley, CA

This is Mac's third year teaching the THG practicum students last year. He does a phenomenal job, and has returned for another season!

Mac is an assistant professor of small-scale horticulture and agronomy here at MSU. He has strong backgrounds in physical and environmental sciences, as well as diverse cropping systems – all

making him a great candidate to instruct any of the Sustainable Food and Bioenergy Systems students! He continually develops innovative teaching techniques to educate students about food and sustainability in his classes.

Mac spends his off-time with his lovely wife and two homeschooled boys and baby daughter biking, gardening, and fishing.

