

## + Towne's Harvest Garden

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



## This Week's Bounty

Scallions

Lettuce

Turnips

Beets

White Radishes

Carrots (two bundles)

Kale

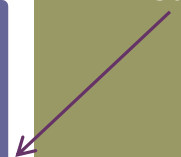
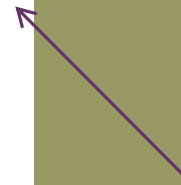
Garlic scapes

Cilantro

Salad mix

Cilantro

Spinach



### This Issue:

Featured Recipes.....2

Researcher Slot.....3

Member recipes.. 4

## Change in Weather

This week has brought cooler weather, which is a lot more enjoyable to work in! However, with all the warmth from last week, we finished setting up our irrigation system and have been using it to help germinate seeds, establish good root systems, and cool down plants in the heat.

The practicum students learned all about composting last Friday. We discussed the ideas of green and brown material, what those

are and what proportions should go into a compost pile. We discussed the importance of aeration and moisture for the microorganisms that make our compost for us! Lastly, we created a pile to have a friendly competition with the Market Gardening class that also meets at Towne's. Next year it will be providing nutrition to our crops!

Until next week,

Allison & the THG crew





### + Carrot Salad with Creamy Turmeric Sauce

#### Ingredients

- 3 large carrots
- 1/2 cup raw almonds, chopped
- 1/2 cup raisins

- 1 tsp honey
- pinch salt

#### Directions

Place all of the creamy turmeric sauce ingredients in a blender or bowl and blend or whisk until smooth.

Spiralize or grate three big carrots.

Place the carrots, almonds, raisins, and creamy turmeric sauce in a medium bowl and toss until mixed.

#### Creamy Turmeric Sauce

- 2 Tbsp almond butter
- 2 Tbsp apple cider vinegar
- 2 Tbsp olive oil
- 2 Tbsp water
- 1 garlic clove, minced
- 1 tsp powdered turmeric or 1 Tbsp fresh turmeric, minced

### + Roasted radishes

Tired of raw radishes? Try roasting them at 375° with some oil, salt, pepper and Italian seasonings until golden brown. This dulls the spicy flavor, while offering an alternative method for eating these "pre-season" veggies! Also, add sesame seeds if desired.

#### +Cilantro Pesto

Break out the barbeque and grill up some steak or chicken. Top meat of choice with a tasty cilantro pesto. Use a blender or food processor to create the pesto. Mix together lots of cilantro, oil, garlic, lime juice, jalapeno or other spicy pepper, salt, and pepper. Drizzle over meat, or use as a dipping sauce.

### Recipe Ideas

#### + CARROT, WALNUT & RED LENTIL HUMMUS from

<http://blissfulbasil.com/2016/06/13/carrot-walnut-red-lentil-hummus/>





## Researcher Slot

### Joseph Kibiwott

**Hometown:** Eldoret, Kenya

Joseph joined the department of Plant Science and plant pathology on June 1, 2015 to pursue MSc. Degree in plant sciences under the guidance of Dr. Mac Burgess. He grew up in Kenya's Rift Valley and developed interest in soil science and plant nutrition in his sophomore year in college. He taught high school for four years and worked in an agricultural research lab in Nairobi for another four years before going back to school. Joseph has a BS in Soil and Water science from the University of Florida and a proficiency certificate in crop production from the University of Illinois. Joseph has a great interest in

studying soil fertility, cropping systems, soil and water conservation, and sustainable agriculture with a focus on vegetable production. In his view, knowledge gained in a research-based graduate degree will give him insight and a fresh approach in combining available technologies that improves soil fertility, promoting food production and improving environmental and ecosystem quality. In his spare time, Joseph loves hanging out with his wife Carolyne and their three sons; Larry, Laban and Lance.

**New Feature:**

## Member recipe

### Let's start a friendly-weekly competition.

I would love to have members submit photos and either recipes they found that worked great, or original creations. This week I asked Dr. Alison Harmon for her kale pancake recipe that I had heard about through the grapevine. Here is a photo Dr. Harmon took and a similar recipe I found on the internet. Please submit your recipes by Tuesdays at noon and I will feature them in the next week's newsletter if we have the same or similar crop!

Submit Recipes to:  
[townes.harvest@gmail.com](mailto:townes.harvest@gmail.com)

Kale Pancakes pictured by Dr. Harmon



Similar recipe from <http://healthfoodlover.com/hfl/2011/06/recipe-green-spinach-pancakes/> **Ingredients:**

- 3 eggs (best if from organic/biodynamic raised & pastured chickens)
- 1 handful of baby spinach (or more)
- 1- 2 Â medium-sized banana(s)
- 1 C. almond meal
- coconut oil, to cook with (or ghee/organic butter/red palm oil)
- to serve: fresh nuts and seeds, fresh seasonal fruit, maple syrup etc.

#### You will need:

- a blender or small food processor
- a frying pan
- a spoon
- a spatula

#### How to:

1. In a blender or food processor, add the eggs and baby spinach and blend until you have green eggs\*. Add the banana and blend again.
2. Pour this into a bowl mixture in a bowl and mix in the almond meal till you have a thick mixture.
3. Heat a few teaspoons of coconut oil in the frying pan and when hot, dollop the pancake batter mixture into the pan and cook until brown on both sides.
4. Serve with your favorite pancake toppings.

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