



## Towne's Harvest Garden

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



## This Week's Bounty

Beets

Mustard Greens

Spinach

Kale

Turnips

Salad Mix

Romaine Lettuce

Radishes

Carrots

Pac Choi

Dill Pickles

Red Cabbage



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## Last Week Spring Greens

THThat's right, this is our last week for our Spring Greens CSA Share. Then, July 6<sup>th</sup> the Summer CSA Shares will start. I ask you all to tell a friend or coworker about the Summer CSA.!

<http://townesharvest.montana.edu/csa.html>

This past week we have continued the usual farm work that needs to be done.

On Fridays, the class meets and the students take turns making lunch for the class using food from the farm. We usually have a guest

speaker or special topic. Last Friday, we had two employees from the Farm Service Agency(FSA) speak to us about opportunities that agency offers. FSA offers beginning farmer loans and soon specialized insurance for small scale diverse operations such as Towne's. It was a great opportunity for the students to learn!

See you at the farm!

Allison & the crew





**+ Purple Cabbage Soup**

<http://thefoodblog.net/purple-cabbage-soup/>

**Ingredients**

- 2 Tbsp Olive Oil
- 1 small onion, diced
- 2 stalks celery, diced
- 1 garlic clove, diced or crushed
- 1 Tbsp fennel seed
- 1 Tsp black cardamom see crushed
- 4 cups vegetable stock
- 1 398 ml (14 oz) can cocon milk
- 2 small potatoes, peeled a diced
- 1/2 head purple cabbage, sliced thinly sliced
- Salt to taste

See instructions at site above

**+ Tricolor Coleslaw**

<http://artofnaturalliving.com/2016/04/27/tricolor-coleslaw-olive-oil-dressing/>

**Ingredients**

**Dressing**

- + 2 T freshly squeezed lemon juice
- + 2 T pickle juice
- + 1/2 t salt
- + 1/4 c chopped onion
- + 2 T chopped pickles
- + 2 t mustard
- + 1/2 teaspoon celery seed
- + 1 tablespoon honey or maple syrup
- + 1/4 t dash freshly ground black pepper
- + 1/4 c extra virgin olive oil
- + 1/4 c mild olive oil (or other lightly flavored oil)

**Slaw**

- + 4 cups sliced red cabbage
- + 2 cups shredded carrots
- + 2 cups julienned broccoli stems (or broccoli slaw mix)

**Instructions**

To prepare the dressing, combine all of the dressing ingredients but the olive oil in a food processor or blender and puree until smooth. With the blender continuously running, add the oil in a very slow stream (this is important for it to emulsify properly). Continue to process until the mixture has formed a thin emulsion. Refrigerate until needed.

Combine the shredded vegetables and toss with the dressing shortly before serving.

**More Recipe Ideas**

- + Sautéed chickpeas and spinach
- + Cabbage and blueberry juice

- + Cold carrot ginger soup
- + Massage kale with oil and vinegar of choice
- + Salt roasted beets



## Student Slot



## Kaitlyn Albers

Following high school graduation, Kaitlyn studied for three semesters at Northern Michigan University in the Environmental Studies and Sustainability program. During her time there she discovered how much of an impact our food system has on people and our environment and she wanted to be a part of that change. She transferred to MSU this spring to be in the Sustainable Food and Bioenergy Systems major because she wants to manage an organic farm someday. Her personal project at Towne's Harvest is making a map of the farm. She has been recording the plants and where they are located within the strip garden, fan tunnel, high tunnels, SERP tunnels, and in the fields. The map will be a very helpful thing to record and use as a resource next year when deciding where to plant crops so that they are grown in the best area possible. Her favorite vegetables are onions and bell peppers. Say hi the next time you see her!

**sdfsdfsfHometown:** 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.

