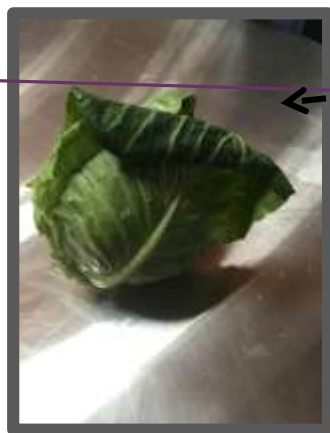


+
Towne's Harvest Garden
 Your support allows Montana State University's student-learning, organic vegetable farm to run. Thank you!



- This Week's Bounty**
- Tatsoi
 - Butter Head Lettuce**
 - Turnips
 - Salad Mix
 - Spinach
 - Cabbage
 - Broccoli
 - Scallions
 - Radishes
 - Beets
 - Cilantro or Dill



+
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Market Brief

This week has been occupied with late summer crop planting, putting out the irrigation system, harvesting, and weeding. The summertime heat has made its way into the forecast, and boy has it been hot!

Additionally this week we have been finalizing our plans for our other markets this summer. Besides CSA, THG also operates a farm stand on the MSU campus to reach faculty, staff and students

all in a convenient location. THG also partners with the Gallatin Valley Food Bank to operate a Community Food Truck that increases access to fresh produce for lower income populations. Help us spread the word for folks out there in need and see the last pages for flyers.

Until next time,
 Allison & the THG crew





+ Spring Rolls

Use spring roll wrappers to roll up rice noodles, shredded radish, broccoli, and sliced spinach. Dip in a sauce made of tahini, soy sauce, honey, and chili paste. Alternatively, add shrimp, fish or chicken. Also try incorporating bean sprouts or herbs such as, cilantro, or scallions. Experiment with a variety of sauces.

+ Chopped Broccoli Salad via @StaceyGIsaacs

Ingredients

- 1 head broccoli, florets placed in food processor and chopped (stems saved for another use)
- 2 scallions, sliced
- 1/3 cup unsweetened dried tart cherries
- 1/4 cup raw almonds, chopped
- 2 Tbs raw sunflower seeds
- 3 Tbs mayonnaise
- 2 tsp apple cider vinegar
- 1 Tbs sugar

Instructions

- In a large bowl, mix together the chopped broccoli, scallions, cherries, almonds, Long Yan Rou (if using), and the sunflower seeds.
- In a small bowl, whisk together the mayonnaise, vinegar, and coconut sugar.
- Add the dressing to the broccoli mixture, stirring well, until combined.
- Enio!

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



More Recipe Ideas

- + Use greens in tacos, burritos or quesadillas
- + Baked beet chips

- + Shredded beet and cabbage slaw
- + Blanch greens and serve with a simple sauce. Greens this week take 1 minute to do



Community Food Truck

Affordable, Farm Fresh Produce



- 2016 Schedule -



TUESDAYS July 12 – September 27

Darlington Manor

July 12, 26. Aug 9, 23. Sept 6, 20

Legion Villa

July 19. Aug 2, 16, 30. Sept 13, 27
Alternating Tuesdays 3-4pm

MSU Family and Graduate Housing
Outside the Office
Every Tuesday 5-6pm
During Free Bread Night



*We Gladly Accept WIC Farmer's Market Coupons



Questions? Email townes.harvest@gmail.com or call Allison 406-925-3858

Organic produce grown by students at Towne's Harvest Garden, MSU

www.TownesHarvest.montana.edu



Campus Farm Stand

Thursdays 3-6pm



By the SUB bus loop on 7th and Grant
July 14 – October 6, 2016

Accepting Cash, Check, Credit/Debit, WIC Coupons



Produce grown by MSU students!



<http://TownesHarvest.montana.edu> • Townes.Harvest@gmail.com