



Towne's Harvest Garden

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



This Week's Bounty

Zucchini or Broccoli

Snap Peas

Beets

Radishes

Spinach

Parsley or Dill

Cilantro

Pac Choi

Scallions

Mixed Lettuce



This Issue:

Featured Recipes.....2

Member recipes.....3

Welcome or Welcome Back!

Welcome to the first week of the 2016 Summer CSA here at Towne's Harvest Garden. We go from 25 members last week to over 50 this week! Also the Bozeman Area Research and Teaching (BART), which Towne's is located on, is participating in a field day this Thursday. The organizers of this event wanted to highlight local food at an event at the farm Thursday night using produce from Towne's. Thanks to

David-A (our production manager) and the students we were able to deliver lots of produce to Montana State today. Hopefully this farm to table event increases the knowledge of local foods here in Montana! We of course have also been busy weeding and are thankful for the break in heat.

See you at the farm!

Allison & the THG crew





+ Beet Smoothie

+ Lemon Beet Humus

<http://www.itscheatdayeveryday.com/lemon-beet-hummus/>

From:

<https://phruitfuldish.wordpress.com/2016/05/16/beet-ginger-smoothie/>

Ingredients:

- 3 small fresh beets
- 1 small banana, fresh or frozen
- 1 inch ginger
- 1/4 cup coconut water

How to:

1. Add all ingredients to blender and go for a whirl!
If it is not blending easily add more coconut water or water.

Ingredients

- 1 15oz Can Chickpeas
- 8 Whole Beets,
- Juice of 1 Large Lemon
- 1 Tbs Tahini Paste
- 1 Tbs Olive Oil
- 1 Tbs Garlic Powder
- 1/2 Tsp Paprika
- 1/2 Tsp Cumin
- 1/2 Tsp Sea Salt
- 2 Tbs Water

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

Instructions

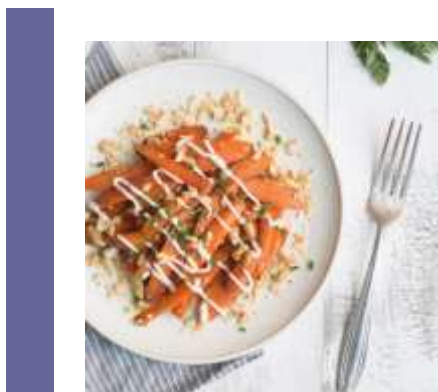
1. Add chickpeas, olive oil, lemon juice, water, tahini paste and seasonings to bowl of a food processor and pulse, scraping sides down periodically, until chickpeas are pureed.
2. Add beets and continue to pulse until hummus is creamy and has a consistent red color throughout.

: serve with a side of toasted pita bread or with a selection of vegetables

More Recipe Ideas

- + Peel, boil, and store beets in fridge for a quick, sweet snack.
- + Beet smoothie

- +stir fry scallions, pac choi, broccoli or zucchini with soy sauce serve over rice or more veggies
- +watermelon, grape, and snap pea salad
- +green herb sauce



Member Recipes

THIS WEEK'S SUBMISSION



This week's submission comes from an employee household. The idea behind recipe submission is so members are encouraged to cook creatively and feel free to stray from recipes provided. Sometimes the best dishes I have cooked are spontaneous! Please submit recipes of produce used from the farm to townes.harvest@gmail.com and I will feature them in the newsletter

4th of July beet slaw

THG Ingredients

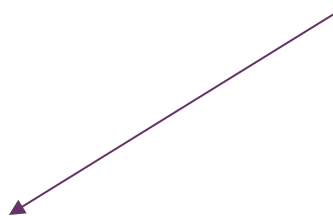
- + Cabbage
- + beets
- + carrots
- + Radishes

Non TH ingredients/ Dressing:

- + White rice vinegar
- + S & P
- + Cumin
- + Olive oil
- + Honey

Directions

Shred or put all veggies in food processor mix in separate bowl mix together dressing. Toss with veggies. EAT!



Try out one of these
submissions and enter your
own!

sdfsdfsHometown: 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.

