



Towne's Harvest Garden

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



This Week's Bounty

Tomatoes

Pepper

Garlic

Onion

Lettuce Mix

Potatoes

Corn

Carrots

Surprise Bonus!



This Issue:

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Fall has arrived

Luckily, we have not been hit by a hard frost yet so that means this week we have more excellent warm seasons! We have a variety of peppers this week including bells and a unique variety called ethic sunrise. We have some interesting logistics for getting to the farm this week. The construction workers have begun digging the trench and the farm road you typically drive down is closed. There will be a flagger at the entrance to the farm, who will let you know when it is safe to go

down the alternate route. The alternate route is in the field immediately to the west of the road so you should not get lost! Here is a picture of what you will be seeing:

Please drive carefully because some areas will be one way traffic only.

See you at the farm!

Allison & the THG crew



Thai Carrot Soup

Author: Tessa the Domestic Diva

Ingredients

- 1 tablespoon avocado oil or other fat
- 1 medium yellow onion, rough chop
- 1¼ pound carrot, rough chop
- 1 jalapeño or serrano pepper, with seeds(optional)
- 2 teaspoons grated ginger
- 4 cups broth, veggie or chicken
- 1 teaspoon sea salt OR 1 tablespoon fish sauce
- 1 teaspoon garlic powder
- ½ teaspoon [curry powder](#)
- ¼ teaspoon [garam masala](#)
- ¼ teaspoon turmeric
- ¼ teaspoon cayenne pepper (optional)
- Cilantro, chopped
- ½ cup cream or [full fat coconut milk](#)
- 20 [drops stevia](#) or 3 tablespoons honey, optional



Instructions

1. [Instant Pot Directions](#)
2. Using the saute feature, heat the oil and add the onion. Sauté for 3-5 minutes to soften but not brown.
3. Add in the chopped carrot and pepper, sauteing for a couple of minutes.
4. Add in the broth and all the spices, stirring.
5. Lock the lid and set manual pressure for 12 minutes.
6. When time is up, do a quick release, unlock the lid, add the cilantro, and puree the soup in a blender, food processor, or try using your immersion blender.
7. Add back to pot and stir in the cream and stevia (if using).
8. Enjoy!
9. STOVE TOP DIRECTIONS
10. The same as above, but at step 4, you will cover and simmer about 30 minutes until carrots are tender throw in all the ingredients (after sautéing gfarlic and onions) in crockpot for 4 hours on high.



Garlic Butter Rainbow Carrots

Ingredients:

- 1 clove of garlic chopped
- 1 tablespoon butter
- carrots (roughly 1 heaping cup sliced)
- parsley (optional)
- salt

Directions:

1. Place butter and garlic in a small pan on the stove over medium/low heat. Stir until fragrant (about 1-2 minutes).
2. Add sliced carrots to the pan and cook for 7-10 minutes or until carrots are tender.
3. Season with salt and sprinkle chopped parsley over the carrots immediately before serving. Enjoy!

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

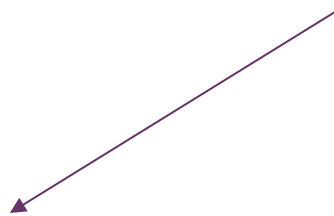
- + Cabbage
- + beets
- + carrots
- + Radishes

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.

