Summer Share Week 2

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Towne's Harvest Garden

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



This week's carrots taking a bath



This Week's Bounty

Beets Carrots Zucchini Snow Peas Snap Peas Fennel Parsley Arugula Mixed Lettuce Scallions Raspberries!

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This Issue:

Featured Recipes.....2 Member recipes......3

Nearly Summer In Montana

This week marked the beginning of our markets besides you guys! We partner with the Gallatin Valley Food Bank to bring produce to lower access populations on Tuesdays. Then on Thursday, we take the Community Food truck over to campus on 7th and Grant and conduct a mini farmers market there. Luckily, David is doing an excellent job and we will have abundance of summer veggies soon. This week and last week are a kind of shoulder season for the farm. Our spring greens are struggling with the heat and longer days, but we have not yet had enough growing days for the bulk of our summer fruits. In preparation for this abundance, I though this week in addition of sharing a recipe, I thought I would best storing practices and roasting times for produce. See you at the farm!

Allison & the THG crew





+General roasted Vegetable recipe

Preheat oven to 400F.

Option A Choose 2-4 vegetables with the same roasting time. Cut into same size pieces.

Option B Choose 2-4 vegetables with different roasting times. Cut the vegetables with a longer cooking time into smaller pieces than those with a shorter cooking time to help them roast evenly.

Place on a rimmed baking sheet.

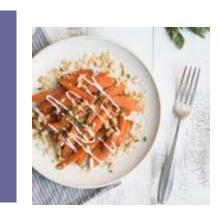
1 Radishes roasted in the Milo Household



Drizzle with olive oil. No need to measure. Just make sure each vegetable gets a little bit of oil. Top with sea salt and pepper. If adventurous, experiment with spices, herbs, or lemon juice. If feeling safe, sea salt and pepper will taste great! Mix everything together.

Spread out on a baking sheet. Don't overcrowd your pan. You want to make sure your vegetables all have enough room to cook evenly.

Roast until vegetables can easily be pierced with a fork. For roasting time, follow the guidelines above. 30 minutes is usually a safe bet. If veggies are still hard, continue roasting in increments of 5-10 minutes until done.



More Recipe Ideas

- + Zucchini fritters
- + Baked zucchini and mozzarella

+grilled fennel with parmesan and lemon

+Roasted beet and arugula salad

+green herb sauce

TATING	8 5			
Whole Fruits &	È	geral	seral	
Veggies	Pant	Refn	Free	
PPLES	Until ripe	1 month		
PRICOTS	Until ripe	5 days		
RTICHOKES		5-7 days		
SPARAGUS		2-3 days	I months	
VOCADOS	Until ripe	5 days		
ANANAS	Until tipe	5 days (hully riger)	1 year (period)	
EETS		2 weeks		
EPPERS, BELL OR HOT		T-2 weeks		
ERRIES	Until ripe	3-5 days	1 your	
ROCCOLI	100	5-7 days		
RUSSELS SPROUTS		5-7 days		
ABBAGE		1-2 weeks		
AROTS		2 weeks		
AULIFLOWER		1 week		
ELERY		1-2 weeks		
HERRIES	Until ripe	3-5 days		
ORN		3-5 days (in teach)	8 months	
UCUMBERS		1 week	Test of hooks	
GGPLANT		1 week		
RAPEFRUIT	Until ripe	1-2 weeks		
RAPES	Until ripe	5 days		
REEN BEANS	(annender	3-5 days	8 months	
REEN PEAS		3-5 days	8 months	
EMONS	Until ripe	1-2 weeks	A. A	
ETTUCE	- soun ripe	5-7 days		
IMA BEANS		3-5 days	8 months	
IMES	Until ripe	1-2 weeks	a monora	
ANGO	Until ripe	2-3 days		
IELONS	Until ripe	2-3 days 5 days		
IUSHROOMS	unui npe			
IECTARINES	Bankit show	5-7 days		
NIONS	Until ripe	5 days		
	1-2 weeks	2-3 weeks		
RANGES	Until ripe	1-2 weeks	1	
EACHES	Until ripe	5 days E days	1 year	
EARS	Until ripe	5 days	1 year	
INEAPPLE	Until ripe	5-7 days		
LUMS	Until ripe	5 days		
ADISHES		2 weeks		
HUBARB		3-5 days		
NAP BEANS		1 week	100000554	
PINACH		5-7 days	# months	
QUASH, SUMMER	12/1/15/2	3-5 days		
QUASH, WINTER	1 week			
WEET POTATOES	1-2 months	No.		
OMATOES	1 week	Not recommended		
URNIPS		2 weeks		
	Until tipe	5-7 days		

sdfsdfdsfHometown: 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.