



## Towne's Harvest Garden

Your support allows Montana State University's student-learning, 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!



## 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 7<sup>th</sup> 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 thought 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





1 Radishes roasted in the Milo Household



**+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.

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



**PRODUCE STORAGE CHEAT SHEET**

Whole Fruits & Veggies	Pantry/ Room Temp	Refrigerator	Freezer
APPLES	Until ripe	1 month	
APRICOTS	Until ripe	5 days	
ARTICHOKES		5-7 days	
ASPARAGUS		2-3 days	8 months
AVOCADOS	Until ripe	5 days	
BANANAS	Until ripe	5 days (fully ripe)	1 year (peeled)
BEETS		2 weeks	
PEPPERS, BELL OR HOT		1-2 weeks	
BERRIES	Until ripe	3-5 days	1 year
BROCCOLI		5-7 days	
BRUSSELS SPROUTS		5-7 days	
CABBAGE		1-2 weeks	
CARROTS		2 weeks	
CAULIFLOWER		1 week	
CELERY		1-2 weeks	
CHERRIES	Until ripe	3-5 days	
CORN		3-5 days (in husk)	8 months (out of husk)
CUCUMBERS		1 week	
EGGPLANT		1 week	
GRAPEFRUIT	Until ripe	1-2 weeks	
GRAPES	Until ripe	5 days	
GREEN BEANS		3-5 days	8 months
GREEN PEAS		3-5 days	8 months
LEMONS	Until ripe	1-2 weeks	
LETTUCE		5-7 days	
LIMA BEANS		3-5 days	8 months
LIMES	Until ripe	1-2 weeks	
MANGO	Until ripe	2-3 days	
MELONS	Until ripe	5 days	
MUSHROOMS		5-7 days	
NECTARINES	Until ripe	5 days	
ONIONS	1-2 weeks	2-3 weeks	
ORANGES	Until ripe	1-2 weeks	
PEACHES	Until ripe	5 days	1 year
PEARS	Until ripe	5 days	1 year
PINEAPPLE	Until ripe	5-7 days	
PLUMS	Until ripe	5 days	
RADISHES		2 weeks	
RHUBARB		3-5 days	
SNAP BEANS		1 week	
SPINACH		5-7 days	8 months
SQUASH, SUMMER		3-5 days	
SQUASH, WINTER	1 week		
SWEET POTATOES	1-2 months		
TOMATOES	1 week	Not recommended	
TURNIPS		2 weeks	
WATERMELON	Until ripe	5-7 days	
WHITE POTATOES	1-2 months		

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**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.

