



Towne's Harvest Garden

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



Purple sweet peppers

This Week's Bounty

Beets

Basil

Carrots

Zucchini

Cucumbers

Garlic Scapes

Purple Bell Peppers

Cilantro

Lettuce

Raspberries!

Chard

Scallions



This Issue:

Featured Recipes.....2
Member

Farm and Market Success

Summer has arrived at the farm as you can see by your bounty for this week. All of our summer crops are either about to produce or at the very beginning of their fruit production. Organization and watering is critical to get fruits to fill (oh and heat!) we have the organization and irrigation down and this week is bringing some heat. Last week, we had a successful distribution through our community food truck. Last

Thursday, we had our first farm stand on campus and saw great success! Spread the word that farm stand is every Thursday from 3:00pm to 6:00pm by the noodle. And of course you are welcome to come purchase more of your favorites. Looking forward to seeing you all this week

This week See you at the farm!
Allison & the THG crew





From: twopeasandtheirpod.com

+Cucumber, Watermelon, and Feta Salad

INGREDIENTS:

- 1 large seedless English cucumber
- 3 cups cubed watermelon, 1/2-inch pieces
- 1/3 cup crumbled feta cheese
- 1/4 cup fresh mint leaves, thinly sliced

Juice of 1 lime

DIRECTIONS:

Use an [Inspiralizer](#) to create the cucumber noodles or just use cubed cukes. Place cukes in a large bowl. Add the watermelon cubes, feta cheese, and mint. Squeeze fresh lime juice over the salad. Serve immediately

Don't forget to check out:

<https://foodgawker.com>

For more ideas



From <http://glutenfreewithlb.com/>

+Asian Sesame Cucumber Salad

INGREDIENTS

- 2 seedless or hothouse cucumbers, chilled
- 2 large carrots
- 1 tsp. Kosher salt
- 2 TBSP rice vinegar
- 1 TBSP fresh lime juice (about half a lime)
- 2-3 TBSP honey, to taste
- 1 tsp. Toasted sesame oil
- pinch of red pepper flakes, to taste
- 1/2-1 TBSP toasted sesame seeds (I used white and black, but either would work fine on their own)
- 1 scallion, sliced
- 2 TBSP fresh cilantro, chopped (optional)

Directions

If you have a spiralizer, use it to cut the cucumbers and carrots into long noodles. (My carrots weren't big enough to fit in my spiralizer, so I used a jullienne peeler instead -- if you don't have a spiralizer, a tool like this will do in a pinch, or you can slice the carrots and cucumber thinly with a knife.) Place the spiralized cucumber into a strainer and toss with 1 tsp. kosher salt. Let the cucumber drain for 15-20 minutes to remove excess water.

Meanwhile, in a small bowl or glass measuring cup, whisk together the vinegar, lime juice, honey, sesame oil, red pepper flakes, and sesame seeds.

Once the cucumber has drained for a bit, spread it onto a layer of paper towels, or a clean dish towel, and gently pat out as much moisture as you can. Place the "noodles" into a large bowl, and add 2-3 TBSP dressing, to coat. Toss to combine, then garnish with additional sesame seeds, sliced scallions, and fresh cilantro. Serve immediately.



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		

www.100daysofrealfood.com

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.

