



Towne's Harvest Garden

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



Purple sweet peppers



This Issue:

Featured Recipes.....2



This Week's Bounty

Beets

Dill

Chard

Zucchini

Cucumbers

Garlic

Purple Bell Peppers

Onion

Lettuce Mix

Head Lettuce

Raspberries

Scallions



Cover Crops

The cover crop pictured to the left is buckwheat. According to Sustainable Agriculture Research and Education (SARE), Buckwheat is an excellent cover crop for quick soil cover to reduce erosion, suppress weed, and provides nectar for pollinators. Towne's Harvest Garden has increased the number of acres in cover crops and decreased the acreage in production this year to increase soil fertility and decrease weed

pressure. Cover crops are an essential tool in organic systems for weed suppression, nutrient cycling, soil erosion, and maintenance of organic matter.

WE are busy planting cover crops for nutrients to grow your food for next year, irrigating, harvesting, and weeding.

See you at the farm!
Allison & the THG crew





+ PESTO ZUCCHINI LASAGNA ROLL UPS

Author: The Seasoned Mom

INGREDIENTS

- 4 medium zucchini, sliced thin
- ½ cup marinara sauce, plus additional for topping
- 1 cup part-skim ricotta
- ¼ cup mozzarella cheese
- ¼ cup Parmesan cheese
- ¼ cup pesto
- ¼ teaspoon salt
- 1 egg

INSTRUCTIONS

1. Preheat oven to 350 degrees F. Spray a baking dish with cooking spray and spread a thin layer of marinara sauce evenly in the bottom. Set aside.
2. Spray a grill or indoor grill pan with cooking spray and grill the zucchini slices for about 3 minutes per side, or until soft enough to roll.
3. Meanwhile, prepare the filling. In a medium bowl, stir together ricotta, mozzarella, Parmesan, pesto, salt, and egg until completely combined.
4. Spread a heaping tablespoon of filling onto each slice of zucchini, then roll. Place seam-side down in the prepared baking dish.
5. Place an additional dollop of marinara sauce on top of each roll up.
6. Bake, uncovered, for about 15 minutes (or until ricotta filling is heated through and set). Garnish with additional Parmesan if desired.



1From: <http://glutenfreewithlb.com/>

+AVOCADO BASIL ZOODLES

Ingredients

- 1 large zucchini's
- 2 tsp olive oil
- 8-10 medium basil leaves
- 1/2 an avocado
- 1 clove garlic, minced
- 1 TBSP Parmesan cheese
- 5 shrimp (if frozen, defrosted) (optional)

Directions

1. Spiralize the zucchini
 2. In a large skillet add 1/2 tsp of olive oil and the spiralized zoodles. Cook for 3-5 minutes
 3. In a small food processor or blender, add the basil, avocado, garlic, and 1 tsp of olive oil. Pulse until well combined.
 4. Add the cooked zoodles to a bowl. Pour the avocado sauce over the zoodles.
 5. In the same pan, add the last 1/2 tsp of olive oil. Add the shrimp (I defrosted frozen wild shrimp). Cook the shrimp for 5-8 minutes.
 6. Add the shrimp to the bowl of zoodles, sprinkle the Parmesan on top.
 7. Enjoy
- 1.

PRODUCE STORAGE CHEAT SHEET

Whole Fruits & Veggies

	Pantry/ Room Temp	Refrigerator	Freezer
APPLES	1-2 weeks	1 month	
APRICOTS	1 week	3 days	
ARTICHOKES	5-7 days		
ASPARAGUS	2-3 days	3 weeks	
AVOCADOS	1 week	3 days	
BANANAS	1 week	5 days (soft spot)	1 year (frozen)
BEETS	2 weeks		
PEPPERS, BELL OR HOT	1-2 weeks		
BERRIES	1 week	3-5 days	1 year
BROCCOLI	4-7 days		
BROCCOLI SPROUTS	3-7 days		
CABBAGE	1-2 weeks		
CARROTS	2 weeks		
CALIFLOWER	1 week		
CELERY	1-2 weeks		
CHEERIES	1 week	3-5 days	3 months
CORN	2-3 days (in husk)	3 months (out of husk)	
CUCUMBERS	1 week		
EGGPLANT	1 week		
GRAPEFRUIT	1-2 weeks		
GRAPES	1 week	3 days	
GREEN BEANS	3-5 days	3 months	
GREEN PEAS	3-5 days	3 months	
LEMONS	1-2 weeks		
LETTUCE	4-7 days		
LIMA BEANS	3-5 days	3 months	
LIMES	1-2 weeks		
MANGO	2-3 days		
MELONS	3-5 days		
MUSHROOMS	3-7 days		
NECTARINES	1 week	1 day	
ONIONS	1-2 weeks	2-3 weeks	
ORANGES	1-2 weeks		
PEACHES	1 week	4 days	1 year
PEARS	1 week	3 days	1 year
PINEAPPLE	1 week	3-7 days	
PLUMS	1 week	4 days	
RADISHES	2 weeks		
RHIZARH	3-5 days		
SNAP BEANS	1 week		
SPINACH	2-7 days	3 months	
SQUASH, SUMMER	1 week	3-5 days	
SWEET POTATOES	1-2 months		
TOMATOES	1 week	1-2 weeks	
TURMIPS	2 weeks		
WATERMELON	1 week	3-7 days	
WHITE POTATOES	1-2 months		

www.101cookbooks.com

sdfsdfsdfHometown: 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.



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+AVOCADO BASIL ZOODLES

Don't forget to check out our website for more ideas

