



Towne's Harvest Garden

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



This Week's Bounty

Zucchini

Peppers

Basil

Garlic

Onions

Dill

Cilantro

Leeks

Cukes

Kohlrabi

Purple Head Lettuce

Mixed Lettuce

Spinach

Potatoes



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We can't believe it is August!

This week as we are welcoming in the true swing of summer harvest, we say good-bye to our practicum students. This is the last week of the 12 week summer semester. We will miss this class and all the help and knowledge they brought to us. On the other hand, later this month, we will also welcome Montana Dietetic Internships (MDI) interns. They will be starting their 12 month sustainable food systems

emphasis rotation at Towne's Harvest Garden starting mid-August. We welcome their expertise in nutrition and culinary skills. On the production side of things, we have been busy keeping up with the irrigation during the heat and picking your tomatoes, zucchinis, and cucumbers in peak ripeness.

See you at the farm!

Allison & the THG crew





Easy Refrigerator PICKLES

<http://www.gimmesomeoven.com/easy-refrigerator-pickles-recipe/>

- 1 1/2 cups water
- 3 tablespoons white vinegar or apple cider vinegar
- 1 1/2 tablespoons kosher or pickling salt* NOT IODIZED
- 2 teaspoons black peppercorns
- 5 cloves garlic, peeled
- 6 large sprigs fresh dill
- 1 bay leaf
- (optional) 1/2 teaspoon crushed red pepper flakes, or more/less to taste
- 1 large English hothouse seedless cucumber, sliced into rounds or spears

DIRECTIONS:

1. Add the water, vinegar, salt, peppercorns, garlic, dill and bay leaf to a large (1-quart) jar -- or divide the mixture evenly between two small (1-pint) jars -- and stir to combine.
2. Add the sliced cucumbers to the jar(s). Then place the lids on the jar(s), and shake to combine.
3. Refrigerate ideally for at least 2 days before eating, although you can totally dive in before that time. The pickles will keep in a sealed container in the refrigerator for up to 1 week.

Not Your Mother's Mashed Potatoes

<http://www.cheffimestwo.com/not-mothers-mashed-potatoes/>

- 3 pounds potatoes
- 3 cloves garlic
- 1 tsp garlic powder
- 3 tbsps butter
- 1/2 cup sour cream
- 1/4 cup cream cheese
- 1 cup cheese of choice grated
- Salt and pepper taste

INSTRUCTIONS

1. Preheat oven to 425 degrees F.
2. In a large pot, boil potatoes in water over high heat for 30 minutes or until soft.
3. Drain potatoes and return to pot. Mash the potatoes with a potato masher.
4. Mix in garlic cloves, garlic powder, butter, sour cream, cream cheese, jack cheese, cheddar cheese, and salt and pepper.
5. Pour mashed potatoes into a baking dish and bake for 20 minutes or until golden brown.

Garlic Varieties



+ This season we planted several varieties of garlic including Music, German Red and Spanish Roja. All of these produce 8-12 large, easy to peel cloves and are well known for their slightly spicy and aromatic flavors. The flavors from these varieties are ideal for recipes that call for little to no cooking, allowing their distinct flavors to shine while not being overpoweringly "garlicky". Try these in a salsa or potato salad recipe for a unique garlic experience!

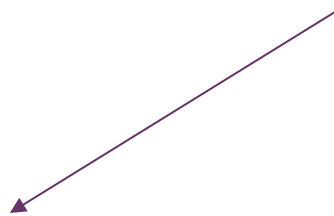
Member Recipes

THIS WEEK'S SUBMISSION



This week's featured member recipe comes from the Klassen household. They found this recipe in a wonderful cookbook all about Roots, <http://dianemorgancooks.com/?cookbooks=roots> .

Please submit recipes of produce used from the farm to townes.harvest@gmail.com and I will feature them in the newsletter



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.

