



Towne's Harvest Garden

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



This Week's Bounty

Tomatoes

Basil

Garlic

Peppers

Leeks

Green, Yellow, or Purple Beans

Cucumbers

Baby Chard

Zucchini

Cilantro

Dill

Potatoes



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Ode to the Tomato

We can get them year round from all over the world, but in our Northern Great Plains climate, they are elusive and tricky to grow in situ. Many growers in the Gallatin Valley have come as close as farmers can to perfection in regards to tomato production. While, here at Towne's Harvest we are not perfect, we do strive for productive, delicious tomatoes. As I have learned over the season, tomato growing, consuming, and preserving begins with variety selection. Tomato, tomatoe? Not according to Johnny's Selected Seeds where THG purchases their tomato seed from. If you choose a pint this week each pint will have different varieties described on page 2. IF you choose a large tomato, it is the variety also pictured and described on page 2. All descriptions are adapted from Johnny's Selected Seeds catalog.

Pink Bumblebee- Pink, round cherry tomatoes with yellow and orange stripes. Excellent sweet flavor. THG chose these not only for their flavor but their indeterminate nature and robust production



Sakura

Sakura- Early tomato with sweet flavor and firmer than other varieties. THG chose this variety for its classic cherry look and early production.

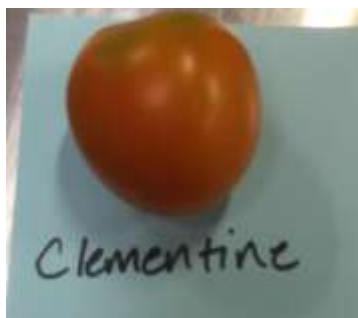
Sunrise Bumblebee- Cherry type tomato excellent sweet and tangy flavor.



Green Zebra- Delicious, tangy salad tomato meant for quartering into a salad.

Mountain Magic- Bright, red 2" tomato excellent for salads. TGH chose due to its vigorous production and disease resistance.

Clementine- Mountain Magic tangerine colored sister. Tart and sweet tomatoes perfect for topping salads.



Pruden's Purple- Brandywine type, large tomato excellent for slicing.

Recipe Ideas

- + Salsa
- + Green Herb sauce

- +stir fry scallions, chard, and/or zucchini with soy sauce serve over rice or more veggies
- +garlic mash potatoes
- +green herb sauce



This week's submission: Roasted Potato and leek Hash

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Roasted Red Potatoes:
 1½ pounds small red potatoes, cut into wedges
 ½ teaspoon dried thyme
 ¼ teaspoon salt
 ½ teaspoon black pepper
 ½ teaspoon garlic salt
 2 tablespoons extra-virgin olive oil

Hash:
 2 tablespoons butter
 3 leeks, cleaned and sliced (white and light green parts only)
 2 cups chopped raw wild salmon
 ½ cup heavy cream
 ½ teaspoon salt
 Coarsely ground black pepper
 ¼ cup chopped fresh chives

1. Preheat oven to 450F.
 2. To prepare potatoes, combine all ingredients in a large bowl. Gently toss. Place on baking sheet in a single layer. Bake 45 to 50 minutes, stirring twice, until golden brown and tender. Cool slightly and dice.
 3. To prepare hash, melt butter in a large sauté pan. Add leeks; cook over medium-high heat until soft, about 5 minutes.
 4. Add salmon; sauté until opaque, about 3 minutes. Add potatoes; sauté about 2 minutes.
 5. Add cream, salt and pepper; cook 2 minutes. Garnish with chives. Serves 4.

Per serving (without eggs): 460 calories, 26g fat, 75mg chol., 20g prot., 40g carbs., 5g fiber, 680mg sodium

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