



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

Cucumbers

Tomatoes

Basil

Onion

Pepper

Cilantro

Parsley

Chard

Potatoes

Garlic



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Montana Dietetic Interns (MDI)

After we bid farewell to our THG Practicum students, we will receive our first round of Montana Dietetic Interns. The MDI internship has accepted 22 interns with dietetic backgrounds to shadow professionals in hospital, food service, collegiate, private practice, and many other settings to experience as many opportunities demonstrating nutrition advice to individuals and institutions as they can. At the end

of the 10 month internship these 20 individuals will take an exam to become a Registered Dietitian. I encourage you all to ask these knowledgeable interns some of your food related questions during CSA pick up starting August 22nd.

See you at the farm!

Allison & the THG crew





+ Fresh Tomato Salsa

From: <http://www.agoudalife.com/fresh-tomato-salsa/>

- Ingredients:
 tomatoes
 jalapeno
 onion
 vegetable oil
 white vinegar
 fresh lime juice
 oregano
 coarse sea salt
 cilantro

How to:
 Gently blend the chopped, diced, minced, squeezed and sprinkled ingredients in a bowl until everything is combined. Cover and refrigerate at least an hour (2-4 hours is recommended).

+ Tomato and Nectarine Salad

Ingredients

- 1 large or 2 small heirloom tomatoes
- 2 ripe nectarines
- 16 grape or cherry tomatoes
- 8 ounces burrata cheese
- 16 basil leaves
- Extra virgin olive oil
- Balsamic vinegar or balsamic glaze
- Flaky sea salt

Don't forget to check out www.FoodGawker.com For recipe ideas

Instructions

Cut the heirloom tomatoes and nectarines into wedges and halve the cherry tomatoes. Distribute among four plates or arrange on a single platter for sharing. Tear the burrata into pieces and scatter over the salads, or place the whole ball in the middle of the platter and dig into it with a serving spoon if you like. Garnish with basil leaves, a drizzle of olive oil and balsamic and some flaky sea salt. Serve immediately.

More Recipe Ideas

- + Mixed veggies tossed in oil in aluminum foil pack on grill
- + Garlic Mashed potatoes

- +stir fry onions, chard, garlic and zucchinis
- + stuffed and baked zucchini
- +caprese salad



Member Recipes

THIS WEEK'S SUBMISSION



This week's submission comes from an employee household. The idea behind recipe submission is so members are encouraged to cook creatively and feel free to stray from recipes provided. Sometimes the best dishes I have cooked are spontaneous! Please submit recipes of produce used from the farm to townes.harvest@gmail.com and I will feature them in the newsletter

4th of July beet slaw

THG Ingredients

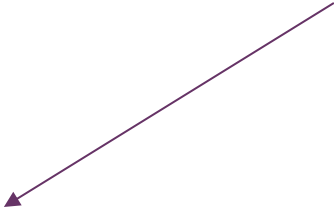
- + Cabbage
- + beets
- + carrots
- + Radishes

Non TH ingredients/ Dressing:

- + White rice vinegar
- + S & P
- + Cumin
- + Olive oil
- + Honey

Directions

Shred or put all veggies in food processor mix in separate bowl mix together dressing. Toss with veggies. EAT!



Try out one of these submissions and enter your own!

sd fsdfsHometown: 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.

