



## 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
- Pepper
- Cilantro
- Dill
- Kale
- Garlic
- Green Beans



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## Changes for Towne's Harvest

As some of you may know, we are saying goodbye to our production manager, David-Alexandre Lobry. David was here for this season as his wife was completing her post-doc at Montana State. He will be leaving for France in October. The university is in the process of hiring a new production manager hopefully to start this fall. MSU has received some exciting and highly qualified candidates. We are excited for the new member

of our team to start. **Garfield Road Closure:** Please be aware there will be construction on Garfield and there are signs on 19<sup>th</sup> stating Garfield is closed to through traffic. There is still access to the farm from 19<sup>th</sup>! Be aware the construction situation is changing every day, but access to the farm should not be impacted.

See you at the farm!

Allison & the THG crew



**+Roasted Garlic Humus**

From: <http://begoodorganics.com/blogs/subscriber-only-recipes/veggie-platters-with-roast-garlic-hummus>

2 x 400g cans chickpeas  
 4 tbsp hulled tahini  
 2 tbsp extra virgin olive oil  
 1 lemon (juice and flesh)  
 2 bulbs garlic  
 2 tsp cumin  
 1 tsp sea salt  
 1 tsp pepper (optional)  
 Vegetables  
 Roasted: Pumpkin, beetroot, broccoli, eggplant, brussel sprouts  
 Raw: Carrots, tomatoes, parsley, olives  
 recommended that you give these a good washing prior to eating.  
 Preheat the oven to 180 degrees Celsius (360 degrees Fahrenheit) and chop your vegetables into bite size pieces around 1 cm thick.

Place all roasted veges and the whole garlic cloves in an oven tray, drizzle with olive oil and sea salt, and shake or mix to cover well. Roast for 20 minutes in the oven until soft.

Meanwhile strain one can of chickpeas, and add to a high speed blender with the other can (including the chickpea liquid) and all other hummus ingredients. Blend until super smooth, scraping down the sides in the middle if needed. Once the veges are finished, squeeze out the garlic cloves into the blender and blend again.

Serve the hummus in bowls, drizzled with more olive oil and sprinkled with paprika.

**+ Zucchini Fries with Garlic Dip**



From <http://www.viktoriasable.com/oven-fried-zucchini-crisps-with-garlic-yogurt-dip/Ingredients>

8 zucchini  
 8 Tbs flour  
 3-4 eggs  
 2 cups bread crumbs  
 4 tsp garlic powder  
 2 cups yogurt  
 4 garlic cloves  
 8 Tbs olive oil  
 chopped dill (optional)  
 salt

**Instructions**

1. Preheat oven to 400 °F
2. Cut zucchini in half cross-wise, then cut each half lengthwise into ¼" thick slices. Season with salt.
3. Line 3 or 4 baking sheets with parchment paper, and brush 1 Tbs of olive oil on each, spreading it well to the edges.
4. Put flour, mixed with garlic powder, and a few pinches of salt into a shallow dish.
5. Put breadcrumbs into another shallow dish.
6. Beat eggs with a bit of salt and place in a wide bowl.
7. Dip each zucchini strip into the flour, and dust off the excess, then dip in the eggs, and finally lightly press in the breadcrumbs.
8. Arrange zucchini strips over the oiled paper, in a single layer. Sprinkle with more salt, and drizzle with the remaining oil (about 1 Tbs per tray or more).
9. Bake at 400 °F for about 25-30 minutes, flipping them once half way through.
10. Meanwhile make the sauce.
11. In a mortar and pestle, smash the garlic cloves with a few pinches of salt until you get a smooth paste.
12. Add the chopped dill, and garlic paste to the yogurt, and adjust salt if needed.
13. Serve the zucchini while hot, with the cold dip.

**More Recipe**

**Ideas**

+ Check out [Foodgawker.com](http://Foodgawker.com) For some amazing recipes



## 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](mailto:townes.harvest@gmail.com) and I will feature them in the newsletter

#### 4<sup>th</sup> of July beet slaw

#### THG Ingredients

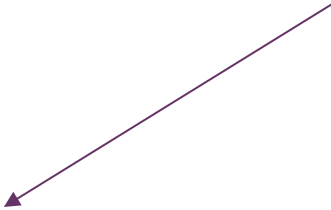
- + Cabbage
- + beets
- + carrots
- + Radishes

#### 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!

**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.

