Greetings local agriculture supporters! My name is Seth, and this is my opportunity to share a little about my background. My first experience on an organic farm was in Switzerland, in the summer of 1997, where I volunteered on a farm (for room and board) where the farmer, Pascal, kept a herd of goats and made goat cheese. Most of the work involved making hay on steep slopes. My next farm experience was two years later, on a small organic farm in Italy: a bed-and-breakfast in an old stone house in the countryside, a few acres, cows, chickens, and goats. The owner, Iris, was a wonderful host, preparing all home-cooked meals with fresh farm ingredients, and taking me into town for ice cream.

In graduate school at the University of Montana, I discovered the PEAS Farm (a college farm that grows food for an 80-member CSA and food bank, hosts school visits, offers various community events, and recently started a mobile veggie market that brings food to senior citizens homes, and others who otherwise wouldn’t have access). Inspired, I applied and received a grant to make a 27-minute documentary film about the program. Other farm adventures followed: an internship at an organic farm in Italy (where they made olive oil and wine and grew vegetables), a Certificate in Ecological Horticulture at the University of California (Santa Cruz), and a job installing an agricultural estate in Hawaii.

I’m very excited to be the coordinator of Towne’s Harvest Garden, and look forward to seeing the project grow into a center for organic gardening/farming education and a place where the Bozeman community comes together over great food.
ENJOYING THE HARVEST

**All Towne’s Harvest produce should be washed before eating.**

- Kohl Rabi is in the same plant species as wild cabbage (Brassica oleracea) and may be eaten raw as well as cooked.
- The leaves of the fennel plant are delicately flavored. The rood may be sautéed, stewed, braised, grilled, or eaten raw.
- Although considered a weed in the United States, purslane can be eaten raw or sautéed, added to soup or other hot dishes.
- Eggplant’s tender texture allows it to soak up many flavors and fats. Salting and rinsing the raw eggplant will take away much of its bitterness.
- Peas can be eaten raw by themselves, on a salad or also make a nice addition to soups or stir-fry.

FEATURED RECIPE

‘Swamp Soup’

Sautee onions and garlic in olive oil and a little bit of butter (1 tbsp). Pour in 1 large can of chicken broth and torn spinach. Simmer lightly. Serve with croutons and parmesan cheese.

This recipe was submitted to us by Becky MacDonald. She writes: “This soup’s real name is fresh spinach soup but when my son took one look at it many years ago, he promptly named it swamp soup. We’ve all loved it ever sense.”

If you have a favorite recipe you would like to share, please send it our way! Thanks Becky.

Mark your calendars!

**August 14:** Field Day at Towne’s Harvest with speakers and tours., 6-8pm.

**September 6:** Towne’s Harvest second annual Harvest Festival, 2-7pm. Details