



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Towne's Weekly

July 14-18, 2008



Veggie List

Arugula

Salad Greens

Green Onions

Swiss Chard

Pac Choi

Head Lettuce

Cilantro

Dill



NOTES FROM THE FIELD

This past week we had many visits from various groups and friends of the farm. We had a group of around 40 4H students volunteer with us for a while. They were in Bozeman at the annual 4H Congress and were a huge help!



We were also visited by a group of kindergarten age children from the Montana Outdoor Science School.

The program they were with was called soil to seed. They were learning about the process of growing plants from seed

and we were thrilled to have them visit.

Many volunteers have been visiting us lately, both members and non-members. We have been able to accomplish much more with all the help than if it were just the 4 of us and want



KNOW YOUR FARMERS: CAROL FROSETH

It is my pleasure to be working in the Towne's Harvest Garden as an intern this summer. I'm currently an undergraduate at MSU studying Agroecology. I am from the Bitterroot Valley, here in Montana. I grew up in the garden; with my grandparents being semi-retired farmers and living close by, they passed their love of farming to me. I feel that great food begins in the soil; meaning, that I love compost. I also love the whole process, from sowing the seeds and weeding, to the harvest and especially cooking! When I'm not in the garden I enjoy many things, being with my family, visiting local hot springs, enjoying the outdoors, supporting "the arts," and reading.



I am also currently involved with a collaborative research project in the plant science department to investigate a potential mulching method. I hope to continue my education in graduate school and beyond; where I will enjoy being involved with local, sustainable, healthy and tasty food. Best wishes for you all to have a great summer that is full of fun, and awesome veggies!

ENJOYING THE HARVEST



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

- Loosely pack unwashed salad greens in a plastic bag and store in crisper compartment of the refrigerator for up to a week.
- Arugula, when added to a fresh mix of salad greens, adds a great new taste with a little kick
- Pac choi has a relatively short shelf life. It should be stored in a perforated plastic bag, or directly on the shelf of the refrigerator.
- Cilantro is the name given to the leaves of the coriander plant. It can be used in any number of Oriental and Mexican dishes
- Green onions can be eaten raw, work well as a garnish, and can be sliced into a stir-fry.
- Dill is used as an herb either fresh or dried.

UPCOMING EVENTS & ANNOUNCEMENTS

Mark your calendars!

July 17: Towne's Harvest Members potluck. 6pm at the garden.

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 coming soon!

***Towne's Harvest produce bags and t-shirts are now available at distribution. The member price is \$10 each. T-shirts and bags are made from organic cotton have been silk-screened by a local business.



POT LUCK ON THURSDAY

As a reminder to everyone, we will be gathering at the farm on Thursday the 17th at 6pm for a members potluck. We encourage everyone to bring family and friends along with your favorite dish. We look forward to seeing everyone there!



SAUTEED SWISS CHARD WITH PARMESAN CHEESE

- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 1/2 small red onion, diced
- 1 bunch Swiss chard, stems and center ribs cut out and chopped together, leaves coarsely chopped separately
- 1/2 cup dry white wine
- 1 tablespoon fresh lemon juice, or to taste
- 2 tablespoons freshly grated Parmesan cheese salt to taste (optional)

Heat butter and oil to medium heat in large skillet. Stir in the garlic and onion until fragrant (approximately 30seconds). Add stems along with the white wine. Let simmer until stems become tender. Add the leaf of the chard and cook until they become wilted. Stir in lemon juice and parmesan cheese, flavor with salt and pepper to taste and serve.

Towne's Harvest Garden & Community Supported Agriculture Program

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