



Dear Farm Share Members,

Hi – this is Cathy, filling in for Kassy this week.

I have been thinking about all the vegetables we are getting in our shares these past few weeks. Like you, I have been using the recipes for okra and eggplant and roselle and sweet potato greens from the newsletter or substituting them in my standard recipes. But I've also been talking to the farmers about what they think about the produce that they are harvesting these days and learned that Guy and others have roselle with every meal! That made me think about 'home-cooking' and what these items mean to people that eat them as their daily diet. If I had grown up in the Phillipines, would sweet potato greens remind me of [Kamote top salad](#) that my mother used to fix? If I was from India, would I crave [Andhra-style gongura](#) made with roselle leaves for dinner? I'm not from either of those places, but knowing that these vegetables have a place in someone's home cooking makes me feel like I am travelling to a new place when I cook them. Which, by the way, is why I moved to Houston to begin with – to live in an international city, to travel the world, then sleep in my own bed!

It is hot outside and I am grateful that we have these bountiful items that will grow so well in our tropical, urban environment. Like you, I am hoping for some cooler temperatures, some rain and some actual sweet potatoes. But until then, I'm improvising new recipes and asking my friends if they want to try some interesting new greens and making up recipes that will be considered 'home-cooking' for my family someday.

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If you are a 10-week member, we hope you renew so you can get fall veggies! In order to continue your subscription through the year, [sign-up for the 15-week season that begins in September](#). Also, we now prorate shares for people who sign-up late in the season, so if you know anyone who would like to join they do not have to wait until September. They can sign-up anytime!!

Farm News

It isn't breaking news that it's hot outside, but our farmers are doing well so far this summer. Some planting has already started and the farmers are going to some continuing education on crop rotation practices. This fall will be the 7th planting at the Fondren Farm and we want to keep the earth vibrant and healthy!

These are the most bountiful vegetables this week: Basil, Okra, Spinach, Arugula, Summer squash, butternut squash and Roselle.

Roselle and other summer greens recipe (originally for dandelion greens, but adapted for what we have)

1 bunch dandelion greens (red), chopped (Or any summer greens like roselle or sorrel)
1/2 pint blueberries
1 lg orange --seeded and sliced, reserve 1/4 of the slices to squeeze on top
2tbs walnuts, chopped
1/4 c golden raisins
1tbs cinnamon
Optional: 1 1/2 cups navy beans, drained and rinsed
Take reserved orange slices and squeeze on top. Combine well and refrigerate x 1 hour
Makes ~6 cups

Source: Kristen J. , Eastside Market customer

Sweet and savory sweet potato leaves

8 cups de-stemmed, torn and rinsed sweet potato leaves
1 tablespoons olive oil
1/2 small yellow onion, diced
1/2 tablespoon Dijon mustard
2 teaspoons sugar
1/2 tablespoon cider vinegar
3/4 cup vegetable or chicken stock
2 tablespoons dried cranberries
2 tablespoons crushed pecans
1/2 teaspoon minced garlic

Heat olive oil in a large pot over medium heat. Stir in the onion and garlic; cook and stir until the onion softens and turns translucent, about 5 min. Stir in the mustard, sugar, vinegar, and chicken stock and bring to a boil over high heat. Stir in the sweet potato leaves, cover and cook 5 min until wilted. Stir in the cranberries and continue boiling, uncovered, until the liquid has reduced by about half, and the cranberries have softened, about 15 min. Season to taste with pepper. Sprinkle with pecans before serving.

Source: <http://coonrockfarm.com/recipes/sweet-and-savory-sweet-potato-leaves/>

Roselle (*Hibiscus sabdariffa*) Leaves



Roselle is native from India to Malaysia, where it is commonly cultivated, and must have been carried at an early date to Africa. It has been widely distributed in the Tropics and Subtropics of both hemispheres, and in many areas of the West Indies and Central America has become naturalized.

The young leaves and tender stems of roselle are eaten raw in salads or cooked as greens alone or in combination with other vegetables or with meat or fish. They are also added to curries as seasoning. The leaves of green roselle are marketed in large quantities in Dakar, West Africa. The juice of the boiled and strained leaves and stems is utilized for the same purposes as the juice extracted from the calyces.

<http://www.hort.purdue.edu/newcrop/morton/roselle.html>

BokChoy (Joy Choy)



Several members have asked about this vegetable and were not surprised to learn that it was bok choy. There are 33 varieties of bok choy (choi) and this one is called Joy Choy. It can be steamed, stir-fried, and braised. Use in soups, for ohitashi, and pickles.

Sweet Potato Greens



Wilmer Barrera and David Picha from Louisiana State University Agricultural Center published a research study in *HortScience* that shows that mature and young leaves of sweetpotato can provide significant amounts of vitamin B₆ and other essential vitamins.

<http://www.epicurios.com/archive/blogs/editor/2012/08/cooking-with-sweet-potato-greens.html>