



Hi All,

this is Cathy, filling in for Kassy again this week.

As you can imagine, I love checking out other CSAs, farm programs, recipe sites and miscellaneous stuff on the internet. I wanted to share some of the sites that have become our go to sites for inspiration, support, and problem-solving so you could see what we do all day! I hope that you find some inspiration in here too!

[BIG kid small CITY](#)- so many of our members have small children and they are always looking for interesting things to do around town. Visiting an Urban Farm like ours, is definitely on their list!

[Emma's Little Kitchen](#) – Kassy loves the spirit of this home cook with her emphasis on seasonal vegetarian cooking, even if her Michigan seasons don't really match up to ours.

[Roads and Kingdoms](#) – Travel and food – my 2 most favorite things. And the photos are extraordinary

[Refugee Agriculture Partnership Program](#) – we are not the only group that has identified the benefits of the refugee community working in agriculture. This program talks about programs all over the US.

[New Entry Sustainable Farming Project](#) – a great resource for us on how to structure our training programs.

[Texas Foodways](#) – just love talking about Texas food!

[Amateur Gourmet](#) – I like that he tends to cook from whatever is in his fridge and make something delicious

[Times of India](#) - Not one of my usual sites, but since I lived in India for a while, I still check out the India Times and other news sites there. But this article was sent by Kathy B. (Eastside Market) about Roselle and I had to laugh at how much roselle is a part of the Indian culture. It's like talking about okra to a New Yorker ☺

[Roselle, the wonder plant](#)

Vikram Doctor, ET Bureau Nov 20, 2009, 06.44am IST

A few days back, while researching this column I wanted to pick up some roselle leaves for our photographer to shoot. I stopped off at Grant Road station because right nearby is Bhaji Gully, one of the best vegetable markets in the city. The produce here is always good quality and varied. It's one place that sells 'English' veggies like broccoli as well as the more odd-ball desi ones like purple yam (ratalu), bamboo shoots or moras-bhaji, a strange salty-tasting succulent that grows in the mangroves.

So I was reasonably sure I'd find some roselle, or ambadi as its known locally. But as I went around, no one seemed to have it, not even the old ladies who usually sell such foraged greens. They knew what it was, but shrugged and said they didn't keep it often. I should have realised – Bhaji Gully caters mainly to the Gujaratis and Parsis in the neighbourhood, and neither group bothers much with roselle. To find it I would have to go to Dadar, where some in the mostly Maharashtrian neighbourhood do consume it, or to South Indian dominated Matunga, where it can be bought as pulicha-keezhai in Tamil or gongura in Telugu.

Luckily a colleague found some for me in Dombivili market, but this did highlight the curiously fragmented appeal of roselle in India. It is greatly favoured in one place, Andhra Pradesh, where gongura chutney or pachadi is a hallmark of the cuisine and a friend tells me that 'Guntur Gonguras' is the semi-affectionate term given to country cousins. It is eaten in Maharashtra though largely, I think, by older people who know its health value and like to spike dhal with its appealing sour taste. Given that the roselle plant grows widely and easily across India I'm sure others eat it too, yet it rarely features in recipe books and can be hard to find in markets.

This is a pity since roselle is something of a wonder plant. Some varieties can be grown for the fibres in the stem which can be used to make a jute like cloth. Its fruit, or more accurately its calyx (like the green star part on top of tomatoes) is large and swollen and has a pleasant sour taste, refreshing in syrups and jams.

Again, these aren't easy to find, but occasionally you'll find some made by an old auntie, or by women's co-operatives , and sold in health food shops. Naturellement, the excellent food brand from Auroville that is now sold in Fabindia stores, makes roselle syrup. I have just realised, while researching this column, that these dried calyces are what are sold as karkaday in Egypt and used to make a very nice, refreshing tea, that is supposed to be loaded with Vitamin C. Years ago in Cairo I found this the perfect foil for the city's dry heat and would make large quantities to keep in the fridge

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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 by using the earth itself. Stay tuned for some workdays coming in the fall as we get the beds ready for the next season!

These are the most bountiful vegetables this week: Basil, Eggplant, Okra, Spinach, Sweet Potato Leaves, and Arugula.

Roselle Souffle

Instead of a recipe, I wanted to share an inspiration about Roselle that Kathy (Eastside Market) sent to me

I plucked the leaves, blanched them in very little hot water and made them into a purée . I then used this as a basis for a soufflé , taking Jane Grigson's recipe for spinach and Parmesan cheese soufflé in her incomparable Vegetable Book. The result was amazing, a perfectly set cloud of eggs, cheese and roselle puree, with a wonderful herby sour taste that complemented the strong taste of the cheese. It was the best possible indication of what we can do with roselle!

Roselle Enchiladas

Another long-time member, Karen V. (Pearland) mentioned that she adapts her Vegetarian Enchilada recipes to include Malabar Spinach or Roselle. Along with the zucchini, corn and cheese, her 2 daughters agreed that it was very edible!

Frugal Pesto

5-6 cloves garlic, peeled

¼ c. sunflower seeds*

½ c. grated Parmesan cheese

1 tsp. salt (or to taste)

2-1/2 c. lightly packed basil leaves, washed and dried

1 Tb. lemon juice (for freezing to keep pesto a brighter green after opening)

¾ - 1c. olive oil (plus more if freezing)

**to make it more frugal, use sunflower oil. And I've been adding a teaspoon of sugar, to offset the sharpness of the basil*

Directions

Pulse garlic in a food processor until minced. Add seeds, cheese, and salt. Pulse a few times to chop, and then add the basil and continue to process until most is chopped (it's okay if not all is chopped - it will mince as the oil is added). Add lemon juice now, if using.

With the machine running, add the oil in a fine stream. Process until pesto is smooth. Adjust salt to taste, if needed (less will be needed if using salted sunflower seeds).

To store in the freezer, pour about ½ cup into freezer-safe containers, add a shallow layer of olive oil to cover the tops, attach lids, label with date and freeze. The frozen pesto keeps for about a year - if it lasts that long.

Notes

*I use roasted sunflower seeds for the extra flavor, but raw seeds will work too.

Source: <http://anoregoncottage.com/pantry-basics-frugal-pesto/>

I've been making sandwiches with pesto, ham and arugula – it's been a wonderful lunch for the past 2 weeks

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.

Sylvetta Arugula



Also known as wild rocket. Compared to salad arugula, Sylvetta is slower growing, about half the height, and has yellow flowers. The leaves are also more deeply lobed with a more pungent flavor. Heavily sought after by chefs. Harvest the edible flowers as they appear. Sprinkle them over salads or add to vegetable stir-fries. Flavor is spicy and nutty. Popular choice for brightening up salad mix.