

We had a fun and informative tour of Finca Tres Robles Farm in the East Downtown neighborhood last Thursday. It was a gorgeous day! Finca Tres Robles is an urban farm started by two of the Garcia-Pratts brother – Tommy and Danny.
<http://www.smallplaces.org/fincatresrobles/>



Plant It Forward farmers and staff learned about how using mulch in their beds will keep crops moist and keep weeds from being able to root. We also learned about an innovative way to grow tomato plants where they only have to be spaced 1 ft. apart and then trained to grow up a string attached to an above frame. This utilizes unused vertical space and preserves limited horizontal space on the farm.

After the tour, we enjoyed a delicious lunch all together at El Tiempo Cantina.

Farm News

RECIPES

These are the most bountiful vegetables this week: Arugula, Mustard Greens, Radishes, Bok Choy, Kale and Turnips

This week I have 2 member recipes that are casual, improvised ways of cooking for a family (Saluted Turnip) or leftovers (Green Risotto)

Sautéed Turnips

Turnips-pink ones peeled, white one not peeled, 1/2 inch dice
chicken bouillon
water
butter
sugar

Place diced turnips in skillet. Just barely cover with water. Add about a teaspoon of chicken bouillon granules. Simmer until soft and water has evaporated. Add a tablespoon of butter and 2 teaspoons of white sugar. Stir to coat and cook for another minute or two until the turnips are glazed/caramelized. Modify according to taste. Very yummy! This recipe converted my mom who eats everything on the planet except lamb and turnips.

Turnip/Greens Risotto

Blanch at least 2 cups of coarsely chopped greens in some simmering water and use that water for the risotto (follow your favorite risotto recipe). Add the greens with one of the last batches of water/broth to the rice. Add some sautéed bacon or prosciutto. When the risotto is ready, remove the rice from the heat and finish with a tablespoon of butter. I don't use cheese in this version of risotto

Veggie ID

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.

Southern Giant Mustard



Traditional green mustard.
Heavily curled, frilly, bright green leaves are great for salad mix or full-size bunches. Mustardy hot taste mellows when cooked.

Mizuna Lettuce



Mizuna is has long, broad, serrated and deeply cut satin finished leaves with thin trailing stems that meet at its root base. Mizuna's flavors can be characterized as piquant and bright with a subtle earthiness. –
See more at:
http://www.specialtyproduce.com/produce/Mizuna_Lettuce_2027.php#sthash.0R9dTB9n.dpuf

Baby Bok Choy (Choi), Joy Choy, Feng Quin Choi,



All are a type of Chinese Cabbage, and are spelled either Choy or Choi. The farmers are growing several varieties of this vegetable. They all have similar tastes and uses, but may vary according to the amount of white stem or green leaf. These vegetables have a high amount of vitamin A and C

Baby Bok choy has 3"-4" inch long, green leaves with characteristic succulent white stems. The texture is tender and mild and is known as "White cabbage" in Asian countries. The petite Bok choy offers a sweeter flavor than the mature Bok choy with a taste comparable to Swiss chard.

Use in Stir fries or soups.

See more at:

http://www.specialtyproduce.com/produce/Baby_Bok_Choy_4975.php#sthash.t0ICvJf7.dpuf

Tatsoi, Red Tatsoi



Similar to Bok Choy, but with more of a mustardy taste.

See more at:

http://www.specialtyproduce.com/produce/Red_Tatsoi_5712.php#sthash.9dcfWGn7.dpuf