



Dear Farm Share Members,

Our bags arrived and new members will receive them this week. You can store your leafy greens in your insulated bag and put the bag right into the refrigerator. This helps the greens stay fresh and crisp longer.

I received a joyful note from one of your fellow Farm Share Members this morning and it made my day:

*"Kassy,*

*Tonight my wife and I made "Ginataang Calabash" (via <http://www.pinoychow.com/ginataang-kalabasa-with-sitaw-string-beans-and-squash-in-coconut-milk/>) using the long beans and calabasa squash that we got from the farm.*

*It was \*amazing\*!*

*I used three pork chops, two squash, and one bundle of long beans as the main ingredients. Now we're hoping that we are going to get more calabasa and more long beans in the near future!!!*

*Many thanks!*

*Rjsjr"*

As a reminder, Plant It Forward moved offices, so if you still have checks to mail, please send them to our new address:

Plant It Forward  
4030 Willowbend Blvd.  
Houston, TX 77025

#### Tips for a successful Farm Share Program

1. Store your veggies in your Plant It Forward bag and put the bag right into the refrigerator.
2. Use our recipe database to find recipes: <http://plant-it-forward.org/recipes/>
3. If you have trouble identifying a vegetable, take a picture and send it to [kassy@plant-it-forward.org](mailto:kassy@plant-it-forward.org) for ID.
4. Visit the farms and meet your farmer and see what your veggies look like when they are growing.
5. The easiest, quickest, and very delicious way to cook your vegetables is to roast them with olive oil, salt, fresh herbs and nuts.

Our fall seed order has arrived! We will spend our weekly farmer meeting distributing seeds to the farmers. Our seed order includes goodies such as: arugula, beets, bok choy, tatsoi, broccoli, Brussels sprouts, cabbage, rainbow carrots, cauliflower, Swiss chard, spinach, dill, kale, kohlrabi, lettuce, snow peas, radishes, and turnips.

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](#).

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## RECIPES

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These are the most bountiful vegetables this week: eggplant, cucumber, okra, basil, mint, roselle leaves, squash, and long beans.

Recipes for eggplant: <http://plant-it-forward.org/tag/eggplant/>

Cucumber mint water: <http://www.foodrenegade.com/cucumber-mint-water/>

Comforting Oven-Fried Okra, Squash, and Onion:

<http://www.justapinch.com/recipes/side/vegetable/comforting-oven-fried-okra-squash-and-onion.html>

Long beans and squash: <http://www.pinoychow.com/ginataang-kalabasa-with-sitaw-string-beans-and-squash-in-coconut-milk/>

Trenette (short pasta) with Eggplant and Basil Pesto: <http://www.foodnetwork.com/recipes/giada-de-laurentiis/trenette-with-eggplant-and-basil-pesto-recipe.html>

## 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>

## Roselle Pods (calyces)



You can use roselle pods to make a tea or juice. You can also use the petals in place of pomegranate in baking recipes.

<http://goodyfoodies.blogspot.com/2013/06/recipe-roselle-juice-drink-tea.html>

## Malabar Spinach



Malabar spinach (*Basella alba* or *ruba*, a redder variety) is actually not spinach at all. It's not even related! Well, OK, it's distantly related, but it doesn't taste much like spinach at all. When it's raw Malabar spinach has very fleshy, thick leaves that are juicy and crisp with tastes of citrus and pepper. When cooked, though, Malabar spinach does look and taste a lot more like regular spinach. It doesn't wilt as fast, though, and it holds up better in soups and stir-fries.

<http://www.thekitchn.com/what-is-malabar-spinach-91477>

## Sweet Potato Greens



Sweet potato greens also called sweet potato leaves or sweet potato spinach- these are the greens of the sweet potato plant and are completely edible. (Regular potato leaves are not edible.) To prepare, blanch first (drop in boiling water for 1-2 minutes), then add to stir-fry or curries. Another great way to enjoy these tasty greens is to blanch, then sauté in sesame oil and top with soy sauce and toasted sesame seeds.

Here are a few recipes more for sweet potato greens: <http://plant-it-forward.org/tag/sweet-potato-leaves/>

### Chinese leeks (Garlic chives)



Chinese leeks (garlic chives) are great in stir-fry, sauteed dishes or in soups.

### Edamame (soy beans)



Where else can you get fresh edamame besides Plant It Forward? I'm not sure. Multiple chefs have told us that this is very hard to find, so enjoy it!

Steam the edamame in their pods for 5-7 minutes, drain, and then sprinkle with salt. Edamame beans should pop right out of their pods and into your mouth! Good warm or cold.

<http://www.kevinandamanda.com/recipes/appetizer/10-minute-restaurant-style-steamed-edamame.html>

### French filet beans (haricot vert)



These delicious green beans are delicious roasted at 400 degrees for about 10 minutes. Before roasting top with olive oil, salt, pepper and other seasonings such as: parmesan cheese, walnuts, pecans, rosemary, etc. No need to trim before cooking, you can cut off the ends while you are eating or just eat the ends.

<http://www.foodnetwork.com/recipes/haricots-verts-recipe.html>  
<http://www.foodnetwork.com/recipes/tyler-florence/parmesan-roasted-green-beans-recipe.html>

### Long Beans



Long beans come in both green and purple. You can saute them whole, or chop them up and add to your favorite vegetable dishes.

<http://plant-it-forward.org/tag/longbeans/>

## Swiss Chard



This is the most beautiful and one of the most nutritious greens! Swiss chard can be enjoyed as an ornamental plant or eaten!



## Swiss Chard with Red Lentils and Carrots

4 to 6 servings

1 Tbsp. olive oil

1 medium yellow onion, diced

2 cloves garlic, minced

1 cup vegetable stock

1 cup carrots, sliced, reserve a few slices for garnish

1 cup red lentils, cooked

1 cup brown lentils, cooked

2 cups brown rice, cooked

Sea salt to taste

Freshly ground black pepper to taste

¼ tsp. cayenne

2 cups Swiss chard, chopped and steamed

½ cup cherry tomatoes for garnish, sliced

Cook brown rice according to package directions. You will need 2/3 cups dry rice to yield 2 cups cooked. Cook lentils according to package directions. You will need ½ cup of each type of lentil to yield 1 cup cooked. Steam the Swiss chard on medium heat for about 10 minutes.

Heat the oil in a large saucepan over medium heat and sauté the onion and garlic until the onion is translucent. Add the vegetable stock, carrots, lentils, rice, salt, pepper, and cayenne, and simmer, covered for 10-15 minutes.

Place the lentil rice mixture into a mold (small bowl will work), invert onto plate forming a mound, and cover with Swiss chard. Garnish with carrots and tomatoes.

## French Sorrel



Use in salads or soups. Use French sorrel to make pesto. If you have some extra time, try the creamy French sorrel soup recipe below.

### French sorrel, squash, and mint salad

Combine arugula, French sorrel, mint, diced summer squash, and feta cheese. Dress with oil and vinegar.

### French Sorrel Soup

3 tablespoons unsalted butter  
½ cup chopped green onions, ramps or other wild onion  
4-6 cups (packed) of chopped sorrel  
Salt  
3 Tbsp. flour  
1 quart chicken stock or vegetable stock  
2 egg yolks  
½ cup cream (you have to use cream; anything lighter will make the soup watery)

Melt 3 tablespoons butter in a soup pot over medium heat. Add the green onions or ramps and turn the heat to medium-low. Cover the pot and cook gently for 10 minutes. While the onions are cooking, pour the stock into another pot and bring to a simmer. Turn the heat up, add the sorrel leaves and a healthy pinch of salt and stir well. When the sorrel is mostly wilted, turn the heat back to medium-low, cover and cook 10 minutes. Stir occasionally. Mix in the flour and cook over medium heat for 3 minutes. Whisk in the hot stock, stirring constantly. Bring this to a simmer. To finish the soup, whisk together the egg yolks and cream. Temper the mixture by ladling a little soup into the egg yolk and cream mixture, whisking continuously. Repeat this three times. (You are doing this to prevent the eggs from scrambling). Now start whisking the soup. Pour the hot egg-cream-soup mixture into the pot with the soup, whisking all the way. Let this cook — below a simmer — for 5 minutes. Do not let it boil or the soup will break. Serve at once.

### French sorrel and rosemary pesto

2 cups of sorrel (about ½ bunch)- stems removed  
¼ cup pine nuts  
¼ cup of rosemary  
2 cloves garlic  
⅓ cup Parmesan or Romano cheese  
¼ cup of olive oil

Combine all ingredients in a food processor until smooth and well blended. Use pesto on pasta or eat with Italian bread and wine.