



Hi All!

Welcome back to many of you. As I mentioned a few weeks ago, the heat and rain had really taken a toll on the farms and it impacted the growth of most of the newly planted fall crops. But the extra weeks have given the farmers time to replant, prepare new beds and treat the crops that were suffering from all the rains. We are looking forward to a plentiful harvest of greens and root vegetables the next few weeks. Keep sending me your recipes, they are the best way to let all of our members enjoy the community that consist of all of you!

Thanksgiving

I know Thanksgiving was last week, but I am still thinking about how grateful I am for all the ways that the community supports our farmers. Whether you volunteered, came to market or pick up your shares weekly – bringing YOU and the farmers together is what makes my job so rewarding. We collect a bi-weekly report from the farmers so that they can report on their planned

harvest, report any problems and give us news to share with you all. The most consistent message that I get from the farmers is “I am thankful for my customers!!!” And I didn’t add the !!!! 😊. So this is the thanksgiving message from the farmers to you, not just on one Thursday in November, but week after week – they are thankful for the chance to farm, build a business, meet with their customers and establish a life in Houston. So I hope you all had a wonderful Thanksgiving weekend and find ways to stay thankful all year-round.



p.s. – my son came home from college for thanksgiving, he’s a freshman and had a good rest. But now the first communication I’ve had since he returned was “Send me vegetables somehow, please”. So I’m working on that this week 😊

We had a group of students from Rice University do a composting project on the Westbury Farm – they built a beautiful compost pile that Alimasi, Habi and Sarment will maintain and benefit from. Thanks to everyone who participated in that.

RECIPES

These are the most bountiful vegetables this week: Arugula, Mustard Greens, Radishes, Bok Choy, Green Beans and Chinese Leeks

Cooking Greens for Greens Haters

(this is a repeat from a few weeks ago – I found it very helpful and wanted to remind everyone how to experiment with cooking their veggies!)

By [Barbara Pleasant](#)

<http://www.ednamaguire.org/garden/recipes.html>

From arugula to turnips, fall is the season for beautiful and nutritious cooked greens. Is there someone at your house who hates greens? The 10 ways to cook greens outlined here may convert them! Even if they are not swayed by Sicilian-style polenta with kale or Swiss chard strata, we greens lovers can always use fresh ideas to make fall a little more flavorful.

Alton Brown's 2005 Good Eats episode called Field of Greens includes a killer recipe for Mustard Green Gratin, various versions of which get gobbled up fast at my house. Indeed, mixtures of cooked greens, eggs, milk, cheese and a little flour (which "set" when baked in a 325 degree oven) can be poured into a pie crust to make quiche, or you can stay crustless with a Spanish-style frittata.

A casserole bound together with egg and stale bread, called a strata, is easy and delicious when made with greens. Layer stale bread with chopped wilted greens, caramelized onions and fontina (or another nice melting cheese) in a buttered casserole dish. Pour in a mixture of 3 eggs and 1 cup milk, with a little cheese and bread crumbs on top. Bake until bubbly and set, and you have a great one-dish meal.

Making the most of the soft texture of cooked greens, Italians often enjoy them over polenta. My version of polenta - a half and half mixture of grits and coarsely ground whole cornmeal, cooked in lightly salted water until it stiffens - makes a fabulous bed for a mound of greens, roasted sweet peppers and grated hard cheese.

Medium-sized leaves picked from chard, kale and some types of mustard can be used as wrappers for not-really-cabbage rolls. Make a mixture of rice and meat, or rice and beans, or bulgur and mushrooms (you get the idea), roll it up in trimmed greens leaves, and place the rolls seam side down in a greased baking dish. Cover tightly, bake for about 45 minutes, and serve with a spicy-sweet condiment or mustard.

Speaking of condiments, fruits like apple, pear, raisins or currants make great flavor companions for cooked greens, or you might serve homemade chutneys with your greens. When making warm dressings for wilted salads, use balsamic vinegar to add a touch of sweetness.

When you're short on time, try one-pot pasta or rice. Have a bowl of clean, chopped greens ready to stir into hot pasta or rice just as it gets done. Put on the lid, let it steam a few minutes, and add additional ingredients (like chopped olives or roasted walnuts), maybe some salad dressing, or simply top with feta cheese and maybe some crisp crumbled bacon.

My last tip (please add more in the Comments section below!) is to gob on the garlic. Three big cloves is not too many - you may want 4 or 5 when seasoning a large pot of greens or a casserole. Don't want garlic? Try a half teaspoon of fennel, dill or anise seeds instead. In addition to adding flavor, they tame the aroma of simmering greens, which is greatly appreciated by people who hate them.

Above: Why not mix and match your greens? Chard, turnips, arugula, mizuna and other greens endless combinations.

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