

## Coffee on the Farm



Our first coffee on the farm was a lovely morning meeting old friends and making some new ones. About 30 people stopped by for a cup of coffee and a visit, not counting the UST students that just stopped to get a coffee from the PUCS coffee truck – thanks to everyone who came by. For those who missed it, we'll do another one in December and January.



## Rain

The other big event was the weather. In case you missed it –it rained a \*lot\* last Saturday! All the farmers made it to their markets, but we will be coming up with a bad weather plan so that we don't put anyone at risk in the future. I don't have a report from the farms yet to see if the rain caused any damage to the crops, but I'll let you know.

## Farmer Constant

And for those of you who are long time members, you might have met Constant in the past. He had gone home to the Congo this summer to see family and take care of some business. His trip was successful, but a little longer than planned. He had great support in keeping the farm running, but he is back and happy to see everyone at the Eastside Farmers Market. Stop by and say hello if you are around there.



## Farm Tour

Our upcoming annual Fall Farm Tour on November 15th will be at the Fondren Farm. If you are long time member, come and see how much that farm has changed. If you are a new member, this is a perfect chance to see the farms, meet the farmers and meet your fellow farm share members. I have gotten to know many of you and I love the stories of why you buy a share and what you do with them, so come out and share that love! Please RSVP via Facebook or via email to Kassy.

## Holiday schedule

Below is the schedule for the Thanksgiving, Christmas, and New Year's holidays. All Tuesday and Saturday deliveries will remain the same. Wednesday deliveries during these weeks will be delivered by noon.

Please understand that we are a very small staff and cannot accommodate any other changes than those below. We have set-up donations with Food Not Bombs for leftover produce at some locations or the farmers take extra produce to people at their churches. Please know that your vegetables will not go to waste if they are not picked up! Thank you for your understanding and have a beautiful holiday season!

	Tuesday Pickup	Wednesday Pickup	Saturday Pickup
<b>Thanksgiving</b>	Nov 24th All deliveries as scheduled	Nov 25th All Farm Shares delivered by noon	Nov 28th All deliveries as scheduled
<b>Christmas</b>	Dec 22nd All deliveries as scheduled	Dec 23rd All Farm Shares delivered by noon	Dec 26th All deliveries as scheduled
<b>New Years</b>	Dec 29th All deliveries as scheduled	Dec 30th All Farm Shares delivered by noon	Jan 2nd All deliveries as scheduled

## Urban Harvest Event

Speaking of the Eastside Market, did you know how much work Urban Harvest does to educate children on growing things? They have community gardens in parks, at schools, and in communities that give everyone a chance to learn about where their food comes from. If you can support their Youth Education Program by attending a wonderful dinner this Sunday, see the notice below about how to buy tickets.

While most know Urban Harvest thanks to the Farmers Market@Eastside, you might not know that the nonprofit has a comprehensive youth education program. Support this great cause by joining us at Sunday Supper at Sparrow, a farm to fork fundraiser featuring a delicious dinner prepared by the city's top chefs and local farmers including Plant It Forward. <http://bit.ly/harvestsupper>

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## Farm News

I hope that you are enjoying the new vegetables that are coming in the Fall crops. I've had some questions about the various Chinese cabbages. See the Veggie ID section below for brief description of the different 'chois' and some links with preparation tips.

Stay tuned next week for another Farmer Profile!!

# RECIPES

These are the most bountiful vegetables this week: Arugula, Radishes, Kale, Turnip Greens, Bok Choi, Mustard Greens, Pak choi.

If you've never eaten turnips, but are getting them in your share, this is the perfect time to try them. One of our members passed on this link and recipe

## Raw Turnip, Carrot and Apple Salad With Mixed Herbs

4 tablespoons fresh lemon juice or apple cider vinegar, or mixture

6 tablespoons extra-virgin olive oil

2 cloves garlic, peeled and minced

1 tablespoon sugar

1½ teaspoons fine sea salt

1 teaspoon freshly ground black pepper

4 medium purple-top turnips, peeled and coarsely grated

3 large carrots, peeled and coarsely grated

2 large Granny Smith apples, peeled, cored and coarsely grated

1 large red onion, peeled and thinly sliced into half-moons

½ cup coarsely chopped fresh parsley

½ cup finely minced fresh dill

1. In a large jar, shake together lemon juice, olive oil, garlic, sugar, salt and pepper until emulsified.

2. In a large bowl, toss turnips, carrots, apples and onions with dressing. Add parsley and dill and toss once more. Adjust salt, pepper and lemon juice as needed.

3. Cover and chill 1 hour before serving.

<http://www.wsj.com/articles/turnip-time-recipes-for-a-root-you-should-be-eating-more-of-1445971614>

## Eggplant Salad

*Another great recipe from a member at the Eastside pick up. Per Margo: Here is one eggplant recipe I've used that is better for cooler days b/c it takes a long time to roast the eggplant whole.*

6 medium egg plants

2T. sugar (The sugar can be changed to another sweetener or reduced if you like it tangy.)

2 cloves garlic, minced

dried oregano

3 T. olive oil

basil

1/4 c. Balsamic vinegar

salt & pepper to taste

Bake eggplants on a baking sheet in a 350\* oven after piercing several times with a fork.

Bake for up to 1 1/2 hours or until completely softened. Small ones need to come out much earlier.

Cool completely. Remove skin and chop fine. (I just scrape it out of the skin and mash it.) Transfer to large mixing bowl and set aside.

In a skillet, cook garlic in 1 T. of oil over medium heat until lightly browned.

Transfer to a small bowl and stir in the remaining 2 T oil, vinegar, sweetener, oregano and basil until well blended and sugar is dissolved.

Pour over eggplant and toss to coat.

Season w/ salt and pepper. and toss again.

Cover & refrigerate for at least one hour before serving.

## Pan-fried Arugula

This is from the blog that a Fondren member keeps. I'll be posting more of her recipes, but feel free to browse them yourself!  
<http://wiesscooks.blogs.rice.edu/>



1 bunch peppery arugula (about 5-6 cups), rinse and pat dry  
5 slices bacon, cut into 1/2-inch wide strips prior to frying

In a large skillet, fry the bacon pieces until crispy. Remove the fried bacon to paper towels to drain. Pour off the excess grease into a safe container. We usually have a compost bucket by the sink and I poured the grease over coffee grounds.

Return the skillet to the stovetop and add the fresh arugula to the pan. Pan fry in the bacon drippings using a pancake turner or tongs. It only takes 2-3 minutes to pan fry the arugula.

Slide the pan-fried greens onto a plate and scatter 2 Tablespoons of fried bacon bits over the top. Serve immediately.

Arugula wilts down with heat; the 5-6 cups of fresh greens reduces to 2 cups of cooked greens

<b>Sylvetta Arugula</b>	
	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.
<b>Southern Giant Mustard</b>	
	Traditional green mustard.  Heavily curled, frilly, bright green leaves are great for salad mix or full-size bunches. Mustardy hot taste mellows when cooked.
<b>Mizuna Lettuce</b>	
	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: <a href="http://www.specialtyproduce.com/produce/Mizuna_Lettuce_2027.php#sthash.0R9dTb9n.dpuf">http://www.specialtyproduce.com/produce/Mizuna_Lettuce_2027.php#sthash.0R9dTb9n.dpuf</a>
<b>Baby Bok Choy (Choi), Joy Choy, Feng Quin Choi,</b>	
	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: <a href="http://www.specialtyproduce.com/produce/Baby_Bok_Choy_4975.php#sthash.t0ICvJf7.dpuf">http://www.specialtyproduce.com/produce/Baby_Bok_Choy_4975.php#sthash.t0ICvJf7.dpuf</a>

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