



Rain & Heat – Not a good combo

The heavy rains of the last few weeks haven't been beneficial for the farms I'm afraid. The rain has been difficult for the crops, especially have the hot, dry summer. Some of the impact has been to wash the seedlings away, in other cases, it enabled some disease and pests that impact the quality of the produce. We are working with our Farm experts to see what can be rehabilitated so that we can meet our commitments to you. Stay tuned for an update in the next few days.

Volunteer Day

To get the Fondren farm in great condition, we are having a work day this Saturday, November 14th from 9am – 12pm. If you'd like to get your hands dirty (and wet!) come on out with your boots and gloves and we'll get you to dig in. email cathy@plant-it-forward.org if you have any questions.

Farm Tour

Our upcoming annual Fall Farm Tour on November 15th will be at the Fondren Farm. If you are a 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
Thanksgiving	Nov 24th	Nov 25th	Nov 28th

	All deliveries as scheduled	All Farm Shares delivered by noon	All deliveries as scheduled
Christmas	Dec 22nd All deliveries as scheduled	Dec 23nd All Farm Shares delivered by noon	Dec 26th All deliveries as scheduled
New Years	Dec 29th All deliveries as scheduled	Dec 30th All Farm Shares delivered by noon	Jan 2nd All deliveries as scheduled

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.

RECIPES

These are the most bountiful vegetables this week: Arugula, Eggplant, Kale, Mustard Greens, Okra and Radishes.

Cooking Greens for Greens Haters

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 can be chopped and cooked together in 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