

Lots of people to thank this week. Steve came to the Westbury farm and got the tiller going and taught Alimasi how to use it safely – thanks Steve and look forward to using it on more farms.



Jessie from the Houston Volunteer Lawyers conducted a seminar in taxes for independent contractors and farmers that was very informative for everyone!



We had a second visit from the

kids from the Alief Middle School National Honor Society who spent their Columbus Day holiday at the Westbury farm and did a great job weeding, watering and spreading mulch! Lots of fun selfies were taken.



And finally we had the privilege of hosting a group from Post Oak High School as a part of their ServicePooza! Constant really appreciated the help on his beds.



Stay tuned for details about an upcoming community volunteer opportunity on Saturday October 24th at the University of St. Thomas and St. Paul farm.

Roy Nlemba



To get this the background on Roy, I interviewed his daughter Jasmine who is only daughter, along with 2 sons. Jasmine is in 4th grade and loves to make really colorful posters for the warehouse. But this is about her Daddy, Roy. Roy was born in [Kinshasa](#), on the Congo River in the Democratic Republic of Congo. He grew up with 6 siblings and was raised on a farm that his mother ran. They grew fruits, like pineapples, avocados, mangos, bananas, cassava, guava, and

[safou](#). But most of her business was from the chickens she raised. Over 400 chickens at a time. Roy took a while to get to the US, spending several years in Russia, which is one of the many languages he speaks. He's been in the US for 10 years, Jasmine was born in Portland, MN. But Roy's favorite city is Seattle, WA, which he visited while working before becoming a farmer.



Farming is obviously in his blood and he's very happy on the Farm at St. Thomas. He doesn't do any markets, but has an active farm stand on Saturdays at the farm. Oh, and Jasmine's favorite dish is taking all the greens and sautéing them with onions and cucumbers and rice and serving it inside cassava leaves. And her Dad's favorite dish is nut salad. I'm still waiting for the recipe for that!



**** Member tip ****

The trade basket is a great way to get the vegetables you want, but it's important to leave something behind in the basket. *Take one, Leave one* is the motto!

!!Media Alert!!

Last spring a student at UH make a series of videos about the farmers and the farms. Take a look at this beautiful one and enjoy 😊

<https://www.youtube.com/watch?v=m0VSQNdrQfU>

RECIPES

These are the most bountiful vegetables this week: Arugula, Radishes, Okra, Roselle Pods,

Agua de Jamaica (Hibiscus Tea) Recipe

2 quarts water
3/4 to 1 cup sugar (depending on how sweet you would like it to be)
1 cup dried hibiscus flowers
1/2 cinnamon stick (optional)
A few thin slices ginger (optional)
Allspice berries (optional)
Lime juice (optional)
Orange or lime slices for garnish



1 Put 4 cups of the water and the sugar in a medium saucepan. Add cinnamon, ginger slices, and/or a few allspice berries if you would like. Heat until boiling and the sugar has dissolved. Remove from heat. Stir in the dried hibiscus flowers.

2 Cover and let sit for 20 minutes. Strain into a pitcher and discard the used hibiscus flowers, ginger, cinnamon, and/or allspice berries.

(At this point you can store ahead the concentrate, chilled, until ready to make the drink.)

3 Add remaining 4 cups of water (or if you want to chill the drink quickly, ice and water) to the concentrate, and chill. Alternatively you can add ice and chilled soda water for a bubbly version. Add a little lime juice for a more punch-like flavor.

Serve over ice with a slice of orange or lime.

Read more:

http://www.simplyrecipes.com/recipes/agua_de_jamaica_hibiscus_tea/#ixzz3oVXL6SpZ

Chile-Garlic Edamame

Cook 1 pound frozen edamame in the pods in salted boiling water until tender, 5 minutes; drain. Heat 1 tablespoon olive oil, 1/4 teaspoon red pepper flakes and 2 sliced garlic cloves in a skillet over medium heat, 1 to 2 minutes. Stir in the edamame, some lime juice and salt.



<http://www.foodnetwork.com/recipes/food-network-kitchens/chile-garlic-edamame-recipe.html>

Veggie ID

Baby Bok Choy (Choi)



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.

See more at:

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

Roselle Pods (Hibiscus Pods)



This is a good site to learn about the health benefits, uses for and history of the Roselle pods.

<http://veganology.com/2012/08/02/roselle-health-benefits-recipes/>

BokChoy (Joy Choy)



Several members have asked about this vegetable and were not surprised to learn that it was bok choy. There are 33 varieties of bok choy (choi) and this one is called Joy Choy. It can be steamed, stir-fried, and braised. Use in soups, for ohitashi, and pickles.

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.