



We are going to sponsor a [Make A Difference](#) Day at the University of St. Thomas farm this **Saturday, October 24 from 9am to 1pm**. This a chance to get down and dirty with your vegetables and help us get ready for the next big event –

Coffee on the Farm! Coffee on the Farm will be **Thursday, October 29th from 8:30 to 12:30**. This will be a quieter, more social event on the UST farm. The [PUCS coffee truck](#) will be there with coffee and pastries to purchase. We'll have tables to visit or work, or just be still in the quiet of the growing vegetable. The mission of the Coffee on the Farm day is to create a sense of community with all in the neighborhood. The message is: ***Visit a space that sprouts vegetables, grows community and inspiration, nurtures relaxation and peace.***

I hope you'll put both of these events on the calendar and tell your friends and family about it too. But if you can't make it, there will be a Farm Tour at Westbury on November 15th and more workdays too!

** Lots of new vegetables coming in this week. See the Veggie ID section for some tips. And both recipes this week were provided by Farm Share members – thanks you guys! It's great to see what our friends are doing with their vegetables.

Farm News

Sarment Louamba

This week's farmer profile is Sarment Louamba from the Westbury Farm. He has lived in Houston for three years. He is from Congo Brazzaville (Republic of Congo). While living in Congo, he worked as a truck driver, transporting chemicals in large trucks. Sarment moved to Gabon because of the war and then spent over 10 years as a farmer in Gabon. While he was farming there, he grew roselle, peppers, lettuce, okra, cucumbers, and eggplant. His favorite vegetables to grow are cucumbers because they grow well.

Sarment is married and has five children, two boys and three girls, with ages ranging from five to 20 years old. They all live in Houston with him and his wife. Like most of our farmers, his wife and family help out with the farm. And if you come to the new [Memorial Villages Farmer's Market](#), you will meet his daughter Birginel. Sarment prefers farming to driving trucks because, "You can't be angry when you are farming. Even if you have no money, you can still eat if you have a farm."

I don't have any pictures of Sarment this week, but I'll get them for next week. He has the best hat collection of anyone!

RECIPES

These are the most bountiful vegetables this week: Arugula, Radishes, Bok Choi, Mustard Greens, Pak choi and roselle pods.

Sauteed Radishes

This recipe is hot off the press from a member who picks up at the Warehouse on Tuesday! Thanks for the tip

Thinly slice the radishes and saute them in olive oil with a little garlic and butter. When they are softened, add a ½ tsp of molasses – this takes the bite off of the radishes. Serve as a side dish or with other vegetables.

Indian Spiced Eggplant

This recipe was provided by a member at the Heights pick up. Eggplant is about done for the season, but I hope we get more for this recipe.

- 1 lb eggplant, in 2-inch pieces
- 3 tomatoes, peeled
- 1 inch fresh ginger, grated
- 6 garlic cloves, chopped
- 1 cup oil (I used avocado oil)
- 1 teaspoon fennel seed
- ½ teaspoon nigella seed
- 1 tablespoon ground coriander
- ¼ teaspoon curcuma
- ½ teaspoon cayenne
- 1 teaspoon salt

Place the eggplant pieces in a large colander and sprinkle liberally with salt. Set aside to drain for 30 minutes, then rinse the eggplant well and pat dry well with paper towel.

Dice the tomatoes and mix finely with the garlic and ginger in a blender.

Heat the oil on medium-high heat and brown part of the eggplant on all sides, in one layer. When done and soft, remove the eggplant from the oil with a spatula and let drip in a sieve while you are frying the other part. Remove and place in the sieve when done.

Now add the fennel and nigella seed to the oil. Cover pan and let seeds jump for a couple of seconds. Add the tomato mix, coriander, curcuma, cayenne and salt and cook for 5 minutes until the mixture is thick and soft. Add the eggplant and cook further for 10 minutes.

Can be enjoyed warm or cold. Keep refrigerated, discard visible oil before serving.

Source: A little taste of India cookbook

Roselle Pods (Hibiscus Pods)	
	<p>This is a good site to learn about the health benefits, uses for and history of the Roselle pods.</p> <p>http://veganlogy.com/2012/08/02/roselle-health-benefits-recipes/</p>
Sylvetta Arugula	
	<p>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.</p>
Southern Giant Mustard	
	<p>Traditional green mustard.</p> <p>Heavily curled, frilly, bright green leaves are great for salad mix or full-size bunches. Mustardy hot taste mellows when cooked.</p>
Mizuna Lettuce	
	<p>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. –</p> <p>See more at: http://www.specialtyproduce.com/produce/Mizuna_Lettuce_2027.php#sthash.0R9dTB9n.dpuf</p>

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_Choi_4975.php#sthash.t0ICvJf7.dpuf

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.

Red Tatsoi



Red tatsoi is a small low-growing plant that forms a rosette of petite leaves with short pale lime green stems. Its spoon-shaped, deep burgundy-blushed leaves are glossy with a buttery, tender and succulent texture. Fresh Red tatsoi displays sweet and tangy flavors with a mineral finish. Once cooked, it develops a warm earthiness similar to spinach. –

See more at:

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