

So much news this week. First our [Make A Difference](#) Day at the University of St. Thomas farm last Saturday was a big success. Despite the rainy bits, we had almost 40

volunteers clearing beds for Farmer Roy. The Ladies from Shell, with their colleagues and family came out. Then we had the wonderful crew of 8 from [AmeriCorp NCCC](#) (National Civilian Community Corps) provide their muscle and great sense of humor. There were students from Rice University, neighborhood residents and some other fans of the program working. Thank you all for a wonderful, wet day!!!



So now the farm is ready for 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.*** **Tell your friends and family about this and I hope to see you there.**

A lovely part of our story was in the Houston Chronicle on Sunday. In case you've missed it, they have been doing a series called [The Million](#). This year-long series spotlights the diversity and challenges the refugee population in Houston face. Families from countries like Angola, Congo, Cuba, Ethiopia, Mexico, Myanmar, Nigeria, Nepal and Thailand are changing Houston in many ways, but there is always a piece of home that they bring with them. That was the focus of Sunday's part of the series and the Chronicle highlighted [Farmer Adrien](#) and his story. Scroll about ½ way down to read Adrien's story.



One more announcement, from our friends and colleagues at Urban Harvest.

Eight chefs. Eight local farmers. One incredible dinner on November 8 that supports Urban Harvest's Youth Education Program. Plant It Forward will be providing the produce for some one-of-a-kind fare for Sunday Supper at Sparrow. This multi-course dinner will feature a bounty of ingredients sourced from select responsible local farms and prepared by some of Houston's top chefs. Urban Harvest's Youth Education Program, the beneficiary of the event, explores healthy nutrition, food systems, native habitats and ecosystems through garden activities implemented in Houston-area schools and community centers. Tickets from \$175. Your taste buds will thank you (and so will Urban Harvest)! <http://bit.ly/harvestsupper>

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.

Grilled Halibut with Tatsoi and Spicy Thai Chiles



- 5 tablespoons sugar
- 5 tablespoons fish sauce*
- 1/4 cup water
- 3 tablespoons fresh lime juice
- 2 tablespoons minced peeled fresh ginger
- 2 garlic cloves, minced
- 2 Thai bird chiles with seeds or 1/2 large jalapeño chile with seeds, minced
- 1 small carrot, peeled, cut into matchstick-size strips
- 4 6- to 7-ounce halibut fillets
- 3 tablespoons vegetable oil, divided
- 1 shallot, thinly sliced
- 3/4 pound tatsoi or baby spinach (about 12 cups packed)

Mix first 7 ingredients in medium glass bowl. Season sauce to taste with salt and pepper. (Sauce can be prepared 2 days ahead. Cover and refrigerate.)

Prepare barbecue (medium-high heat). Place carrot in medium bowl. Cover with ice water. Let stand 15 minutes, then drain well. Brush fish on all sides with 2 tablespoons oil. Sprinkle with salt and pepper. Grill until just opaque in center, about 4 minutes per side.

Meanwhile, heat 1 tablespoon oil in large nonstick skillet over medium heat. Add shallot; stir 1 minute. Add tatsoi; sprinkle with salt. Toss until tatsoi is wilted but still bright green, about 2 minutes; divide among 4 plates.

Place fish atop tatsoi. Sprinkle each fillet with carrot; drizzle each with 2 tablespoons sauce. Serve, passing remaining sauce separately.

<http://www.epicurious.com/recipes/food/views/grilled-halibut-with-tatsoi-and-spicy-thai-chiles-232263>

Asian marinated turnip greens

Another great recipe from a member at the Heights pick up.

- 1 bunch turnip greens (about 6 cups chopped)
- 1/4 c. soy sauce or tamari
- 2 Tbs. olive oil
- 1 Tbs. lemon juice
- 1/4 c. sliced sun-dried tomatoes (oil packed)
- 1.4 c. sliced kalamata olives (optional)
- 2 cloves garlic minced
- ¼ onion minced
- 1 tsp. sea salt
- 1 tsp. red pepper flakes
- black peppercorn (optional)

Mix all the marinade ingredients and a large bowl. Add the chopped greens to the marinade and “massage” until they are well coated and wilt. Allow to marinate for at least 30+ minutes.

Source: Natural Living



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

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), Joy Choy, Feng Quin Choi,	
	<p>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</p> <p>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.</p> <p>Use in Stir fries or soups.</p> <p>See more at: http://www.specialtyproduce.com/produce/Baby_Bok_Choy_4975.php#sthash.t0ICvJf7.dpuf</p>

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