

Hi All,

Welcome new members! The Fall 2015 season starts this week and we have so much to share with you. You will get this weekly newsletter with information about the farms, our farmers, and sometimes just stuff that I am rambling on about! But the good stuff is towards the end of this letter, with recipes and vegetable identification. We hope that you will love the familiar and unfamiliar veggies that you'll be getting every week. I really value all the feedback that I get from our members, especially their experiences with new vegetables like roselle and sweet potato greens as well as old favorites, like arugula and eggplant.



I was lucky enough to receive a jar of Roselle jam from a member at the Eastside location – I even made biscuits on Sunday just to have a vehicle for it! And another Eastside member gave me a recipe for Sweet Potato greens with maple syrup, he said it reminded him of Thanksgiving! That recipe is in today's newsletter. So stay tuned for more vegetable adventures, opportunities to meet other members and, as always, a chance to meet your farmer. Thank you all, old and new members for your support for the program and company in this big Plant It Forward Family!

Cathy

Farm News

I mentioned last week that the Farmers are getting ready to plant their fall vegetables. In case I didn't get them all, there is going to be Collards, Kale, Dill, Radishes, Endive, Fennel, Mizuna, Tatsoi, Turnip, Celery, Swiss Chard, Broccoli and Beets.

RECIPES

These are the most bountiful vegetables this week: Arugula, Roselle Pods, Okra, Sweet Potato Greens, Chinese Leeks, Mint, Long Beans, Edamame

Some farmers are starting to harvest Radishes and Sorrel

Sauteed Sweet Potato Greens with Maple Syrup

A recipe from one of our Eastside Members

1 large bunch sweet potato greens (about half a pound)

1/2 small white onion, diced

2 tablespoons extra-virgin olive oil

Salt and pepper

1 1/2 tablespoons maple syrup

Remove sweet potato leaves from stems and set aside. Remove smaller stems from the larger, tougher stems. Discard the larger stems and roughly chop the smaller stems.

Heat olive oil in medium-sized pan over medium high heat. Add onion and sauté until just softened, about 3 minutes.

Add stem pieces and sauté until tender, about 5 minutes.

Add leaves, salt and pepper to taste, and maple syrup. Sauté until leaves are wilted, about 2 minutes. Serve.

<http://www.thebittenword.com/thebittenword/2010/10/saut%C3%A9ed-sweet-potato-greens.html>

Lentil Spinach Coconut Curry

(I admit, I may be getting a little carried away with the Indian spices lately, but this one looks like such a great way to use the Malabar Spinach, I couldn't resist)

1 tbsp olive oil
1 medium onion, diced
2-3 garlic cloves, minced
1 inch piece of ginger, minced
2 tsp curry powder
1 tsp cumin
¼ tsp cayenne pepper (or more or less to taste)
1 cup red lentils
1 tin coconut milk (14 fl oz)
1 cup water or vegetable stock
2 large handfuls of baby spinach
Juice of half a lemon (optional)
¼ cup chopped fresh coriander (optional)
salt to taste

In a large lidded pan or skillet, heat olive oil over a medium heat and add onions. Saute until softened, about 4-5 mins. Add Garlic and ginger, and cook for a minute longer

Add the curry powder, cumin and cayenne pepper to the pan and give everything a good stir so the onions are coated in the spices

Next, add the lentils, coconut milk, water (or stock), and cover. Gently simmer for about 20 minutes stirring frequently (I find that my lentils stick to the bottom of the pan otherwise). If the mixture looks dry at any point, stir in a few more splashes of water

After 20 mins, fold in the spinach and cook for a minute or two more until the spinach wilts. You may need to do this in batches depending on the size of your pan

Finally add lemon juice and coriander if using, and adjust the seasonings to taste

Serve with rice or naan

<http://www.emmaslittlekitchen.com/lentil-spinach-coconut-curry/>

Roselle Pods (Hibiscus Pods)



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

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

Molokhia (Egyptian Spinach)



A new product for some of our members is this green, also called 'bush okra' even though only the greens are eaten. This Middle Eastern super-green, known as Egyptian spinach, has a high vitamin and mineral content. This "food of kings" dates back to the time of the pharaohs, when an Egyptian king drank it in soup to recover from an illness. Today, it's one of the most widely eaten vegetables in Egypt.

Here is an article from Edible Milwaukee that includes some a wonderful story about the history of the plant and how to prepare it

<http://ediblemilwaukee.com/culture/ancient-green-from-an-antique-land/>

Tatume Squash



The fruits of the 'Tatume' squash are round or oblate in shape. Their skins is striped green and they resemble a small watermelon or pumpkin in their immature form. It is best to harvest 'Tatume' when it is about the size of baseball. If left to mature, the skin will become a mottled, deep green and they can grow to almost the size of a soccer ball.

'Tatume' is a staple in Mexican cooking. Its great fried, but better grilled, with some EVOO and salt.

<http://aggie-horticulture.tamu.edu/newsletters/hortupdate/2010/jun/tatume.html>

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.