

Happy September Everyone,

We have the new Edible Houston magazine in your shares this week or next. This is a new literary addition to the Houston food landscape that focuses on growers, cooks and other food producers in the area. Their featured product is Roselle pods, so you all should be getting some in your shares the next few weeks and I hope that you enjoy the tasty, vitamin-packed flower in all sorts of ways.

I've gotten some feedback lately about the lack of variety in the shares and I wanted to let everyone know that we feel that lack as strongly as you do. We had a tough summer this year, I'm afraid. We lost most of the pepper plants in the Memorial Day rains and the cantaloupe and watermelons didn't survive the pests that got into the Fondren farm this summer. We are taking steps to make the next crop more resilient to pests by managing our crop rotation cycles and I hope that you can appreciate the risks and the rewards of a small, local farm and the immediate impact of the environment on your day to day.

The recipe this week is from Farmer Guy. He is the farmer for the Westchase Market and Local Foods pick up locations. His farm at St. Paul Presbyterian is our newest location and he has been very excited about getting his new farm started. Guy was in our first training class, but took a break to work at some area restaurants, including some popular Height's restaurants. I hope you all have had a chance to meet your Farmer at some point this summer. We really do love our members and hope that you feel the community of support that we all have for each other.

The 10-week shares end in 2 weeks, so I hope that you are considering renewing for the 15-week season. And now that school is in session, we have new members joining all the time. What you do you tell your friends and neighbors about your diet? Has anyone commented that you look healthier? Tell them what you are eating!



Farm News

Enough rain!

These are the most bountiful vegetables this week: Malabar Spinach, Basil, Eggplant, Long beans, roselle, sweet potatoes, butternut squash,

Arugula Salad With Potatoes and Green Beans

Source: <http://www.foodandwine.com/recipes/arugula-salad-with-potatoes-and-green-beans>

2 pounds small potatoes
2 teaspoons minced garlic
6 tablespoons plus 1 teaspoon extra-virgin olive oil
Salt and freshly ground pepper
1/2 pound green beans, halved crosswise
3 tablespoons red wine vinegar
1 tablespoon grainy mustard
1/2 small red onion, finely diced
Boiling water
1 1/2 tablespoons capers, rinsed
1/2 pound young arugula, trimmed

1. Preheat the oven to 400°. In a shallow baking dish, toss the potatoes with the garlic and 1 teaspoon of the olive oil. Season with salt and pepper, cover and roast for 35 to 40 minutes, or until tender. Let cool slightly.
2. Meanwhile, bring a large saucepan of water to a boil. Add the green beans and boil until just tender, 2 to 3 minutes. Drain and rinse under cold water, then drain again.
3. In a large bowl, whisk the remaining 6 tablespoons of olive oil with 2 1/2 tablespoons of the vinegar and mustard. Season with salt and pepper.
4. In a glass measuring cup, cover the red onion with boiling water and let stand for 30 seconds. Drain and stir in the remaining 1/2 tablespoon of vinegar.
5. Halve or quarter the potatoes. Add them to the vinaigrette with the onion, capers and any garlic from the baking dish and toss gently. Add the arugula and green beans, toss again and serve.

Make Ahead

The potato salad can be made up to 4 hours ahead. Add the arugula and green beans before serving.

Notes

One Serving 197 calories, 15.2 gm total fat, 2.1 gm saturated fat, 14 gm carb.

Traditional West African Meal with Snapper, Plantains and Roselle

Farmer Guy Moulet is a trained chef and has worked in restaurants in Gabon and France. He has prepared this meal for video crews that filmed our farms and my book group when we read Poisonwood Bible. This is a simple preparation, but it's delicious and traditional eaten with your hands.



Roselle

3 bunches roselle
3 cloves garlic
1 shallot- golf ball size
1 tsp salt
½ cup oil
Saute for a few minutes until roselle is wilted

Snapper Filet

Marinate snapper for 5 hours in salt, pepper, white vinegar, olive oil, thyme, lemon
Cook for 15 min on 350

Plantains

Use plantains when they are ripe (peel is black)
Slice and boil for 10 minutes

Tatume Squash	
	<p>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.</p> <p>'Tatume' is a staple in Mexican cooking. Its great fried, but better grilled, with some EVOO and salt.</p> <p>http://aggie-horticulture.tamu.edu/newsletters/hortupdate/2010/jun/tatume.html</p>
BokChoy (Joy Choy)	
	<p>Several members have asked about this vegetable and were not surprised ot learn that it was bok choy. There are 33 varieties of bok choy (choi) and this one is called Joy Choi. It can be steamed, stir-fried, and braised. Use in soups, for ohitashi, and pickles.</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>