

**Wow, do we have a surprise for you this week!** One of our favorite friends of the Farm, Angela's Oven has made a loaf of sourdough bread for you that will be in your Share this week. Kassy is picking up the bread each morning, so it's super fresh and delicious. I hope you enjoy the bounty from all of the wonderful artisans around Houston, and if you come to the Eastside Farmer's Market, be sure to thank Angela when you see her. <http://www.angelasoven.com/Site/Welcome.html>



*If you are signed up for 10-weeks this is your last week of vegetables. Please renew for the 15-week season that begins next week- Sep 14th-Sep 20th. This season runs through the week of December 21st-27th.*

**Important  
Season  
Information**

<http://plantitforward.csasignup.com/members/types>

For those of you signed up for 25-weeks or 50-weeks. There was originally a 2-week break scheduled in September. There is no longer a break scheduled. Please continue picking up. Also, because there is no break, your memberships will now end the week of December 21st-27th.

All - please be on the lookout for a survey and an early-bird sign-up for the season beginning in late December.

And remember from a few weeks ago, I was ruminating about children and vegetables? Well we have a new member of our Farm family! This little boy was born 6 weeks ago, and his mom and dad were very excited to show him off at Market last Saturday. Then we found this huge cucumber and couldn't resist making a comparison shot! I'm guessing, but I know mom was pretty happy about the cuke in her juicer, but probably happier about the baby!



## Farm News

We had a wonderful visit from the Houston Museum of Natural Science docents in late August. Over 40 visitors toured the farm, met the farmers, learned about the variety of produce we harvest and were amazed at the scope of the operation we had, right here in Houston! Thank you to Shirley Smalley for organizing the visit and I heard they had a great day learning more about Houston's history and diversity!



## RECIPES

These are the most bountiful vegetables this week: Malabar spinach, eggplant, long beans, roselle, sweet potatoes, butternut squash, and arugula

### **Amaranth Chips**

*A recipe from one of our Pearland members*

Toss the greens in light olive oil and spread on a cookie sheet. Apply salt and Old Bay seasoning. Bake at 275 for 20 minutes, or until crispy.

*He had previously cooked them "collard greens" style, but our kids won't eat it. They will each the chips version. (Our kids are 8, 7, 4, and 1).*

## Easy Indian Style Okra

3 tablespoons butter  
1 medium onion, chopped  
1 pound sliced fresh okra  
1/2 teaspoon ground cumin  
1/2 teaspoon ground ginger  
1/2 teaspoon ground coriander  
1/4 teaspoon ground black pepper  
salt to taste

Melt butter in a large skillet over medium heat. Add the onion, and cook until tender. Stir in the okra, and season with cumin, ginger, coriander, pepper and salt. Cook and stir for a few minutes, then reduce the heat to medium-low, and cover the pan. Cook for 20 minutes, stirring occasionally until okra is tender.

<http://allrecipes.com/recipe/74153/easy-indian-style-okra/>

\*\* For a vegetarian dinner, I serve this with some basmati rice, dal and some roselle pickle (gongura pachadi).

## 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 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.

## 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.