



Tips for a Successful Farm Share Program

1. Keep your veggies in your reusable Plant It Forward bag and put the whole bag in the fridge. You will not believe how long your greens stay crisp when you do this!
2. Separate the root vegetables (beets, carrots, radishes) from their greens before storing.
3. Keep carrots in a sealed container in water to keep them crisp for a long time.
4. Eat all the tops of the root vegetables (except parsnips). Carrots tops are great in soups, fennel tops are great for pesto, beet tops and radish tops can be sautéed or roasted with fish.
5. Use our recipe database to find recipes: <http://plant-it-forward.org/recipes/>
6. If you have trouble identifying a vegetable, take a picture and send it to kassy@plant-it-forward.org for ID.
7. Visit the farms and meet your farmer and see what your veggies look like when they are growing.
8. The easiest, quickest, and very delicious way to cook your vegetables is to roast them with olive oil, salt, fresh herbs and nuts.
9. Please send us your favorite recipes to share.

Vegetables and Recipes

Plant It Forward's website contains a recipe database for the vegetables in your Farm Share. You can find the recipe database here: <http://plant-it-forward.org/recipes/>. You can also find it on our website at the bottom of the Farm Share page.

On the Recipes page select the vegetable you would like to cook:

RECIPES

Plant It Forward Farms is proud to present our Recipes page full of delicious and easy-to-make recipes using our organically grown produce! Click on the tags below to view your favorite recipe. If you would like to submit your recipe, please email Kaassy@Plant-It-Forward.org.



apple Arugula asparagus basil beet greens **Beets** bell pepper bok choy broccoli Brussels sprouts bush beans butternut squash Cabbage carrot-tops Carrots celery chives cilantro Collard Greens cucumber Dill edamame eggplant Fennel Figs flying saucer squash French sorrel garlic ginger ginger root Green Onions haricots verts jalapeño Kale Leeks lemon lentils lona beans Malabar Spinach Mesclun Mint Mizuna mushrooms mustard greens Okra

A page with recipes for that vegetable will then come up!

ROASTED BEETS WITH FETA

Ingredients

- 4 medium beets
- 1 Tbsp. olive oil
- 1 tsp. salt
- Pepper to taste
- 4 scallions, chopped
- 2 tsp. lemon juice
- Crumbled feta cheese

Instructions

1. Peel 4 medium beets and cut into 1/2-inch pieces. Toss with 1 tablespoon olive oil, 1 teaspoon salt, and pepper to taste on a baking sheet. Roast at 450 degrees F, stirring once or twice, until tender, 35 minutes. Transfer to a bowl; toss with 4 chopped scallions and 2 teaspoons lemon juice. Top with crumbled feta.
2. <http://www.foodnetwork.com/recipes/food-network-kitchens/roasted-beets-with-feta-recipe.html?oc=linkback>

BEETS WITH GINGER AND CASHEWS AND MINT

Ingredients

- 1 1/2 pounds beets, trimmed and halved horizontally
- 1 1/4 cups water
- Salt and pepper
- 3 tablespoons white vinegar
- 1 tablespoon packed light brown sugar
- 4 scallions, white parts sliced thin, green parts sliced thin on bias

RECIPES

These are the most bountiful vegetables this week: carrots, parsley, Swiss chard, and beets

Roasted Carrot and Beet Salad with Feta, Pulled Parsley, and Cumin Vinaigrette

Salad

1 teaspoon salt
1 pound baby carrots, peeled, 1/2-inch of green top left
1 pound baby beets, cleaned but not peeled
1/4 pound feta
1 tablespoon extra-virgin olive oil
1/4 cup [Cumin Vinaigrette](#)
1 cup pulled fresh flat-leaf parsley leaves

Dressing

1 teaspoon Dijon mustard
1/2 cup extra-virgin olive oil
1 teaspoon freshly squeezed lemon juice
2 teaspoons sherry vinegar
1 teaspoon cumin seeds, toasted in a dry pan and then pulverized
1 tablespoon finely chopped fresh mint
Salt and freshly ground black pepper to taste

Place the Dijon mustard in a bowl and whisk in the olive oil, then the lemon juice and the sherry vinegar. Add the cumin and the mint. Season with salt and pepper to taste. The vinaigrette will last for 10 days in the fridge.

Preheat the oven to 450°F.

Bring a large pot of water to a vigorous boil, add 1/2 teaspoon of the salt, then add the carrots. Blanch for 1 minute and remove to a bowl of ice water to stop the cooking. Once cool, remove and set aside.

Place the beets in a large pot of cold water. Bring to a boil, add the remaining 1/2 teaspoon of salt, and simmer until the beets are tender. Strain the beets and peel them using paper towels to rub off the skin. This is easier when they are still warm.

Crumble the feta and set aside.

Toss the carrots with 1/2 tablespoon of the olive oil and place them on half of a rimmed baking sheet. Toss the beets with the remaining olive oil and place on the other half of the baking sheet. Roast for 15 minutes.

Remove the beets and carrots from the oven and place in separate bowls. Add 1 tablespoon of the vinaigrette and 1/2 cup of the parsley to the beets and toss. Add 1 tablespoon of the vinaigrette, the remaining parsley, and the feta to the carrots and toss. Divide the carrots evenly among 6 plates. Then divide the beets evenly among the plates and gently mix with the carrots. Drizzle with a touch more of the vinaigrette.

<http://www.myrecipes.com/recipe/roasted-carrot-beet-salad-feta>

Carrot recipes: <http://plant-it-forward.org/tag/carrots/>

Two recipes for beet, carrot, and parsley juice, "Rich Red Cleanse" <http://www.primejuicers.com/rich-red-cleanse-juice-recipe/> or <http://www.all-about-juicing.com/carrot-parsley-beet-energy-juice.html>

Veggie ID

French Sorrel



Use in salads or soups. Use French sorrel to make pesto. If you have some extra time, try the creamy French sorrel soup recipe below.

French sorrel, squash, and mint salad

Combine arugula, French sorrel, mint, diced summer squash, and feta cheese. Dress with oil and vinegar.

French Sorrel Soup

3 tablespoons unsalted butter
½ cup chopped green onions, ramps or other wild onion
4-6 cups (packed) of chopped sorrel
Salt
3 Tbsp. flour
1 quart chicken stock or vegetable stock
2 egg yolks
½ cup cream (you have to use cream; anything lighter will make the soup watery)

Melt 3 tablespoons butter in a soup pot over medium heat. Add the green onions or ramps and turn the heat to medium-low. Cover the pot and cook gently for 10 minutes. While the onions are cooking, pour the stock into another pot and bring to a simmer. Turn the heat up, add the sorrel leaves and a healthy pinch of salt and stir well. When the sorrel is mostly wilted, turn the heat back to medium-low, cover and cook 10 minutes. Stir occasionally. Mix in the flour and cook over medium heat for 3 minutes. Whisk in the hot stock, stirring constantly. Bring this to a simmer. To finish the soup, whisk together the egg yolks and cream. Temper the mixture by ladling a little soup into the egg yolk and cream mixture, whisking continuously. Repeat this three times. (You are doing this to prevent the eggs from scrambling). Now start whisking the soup. Pour the hot egg-cream-soup mixture into the pot with the soup, whisking all the way. Let this cook — below a simmer — for 5 minutes. Do not let it boil or the soup will break. Serve at once.

French sorrel and rosemary pesto

2 cups of sorrel (about ½ bunch)- stems removed
1/4 cup pine nuts
1/4 cup of rosemary
2 cloves garlic
1/3 cup Parmesan or Romano cheese
1/4 cup of olive oil

Combine all ingredients in a food processor until smooth and well blended. Use pesto on pasta or eat with Italian bread and wine.

Swiss Chard



This is the most beautiful and one of the most nutritious greens! Swiss chard can be enjoyed as an ornamental plant or eaten!



Swiss Chard with Red Lentils and Carrots

4 to 6 servings

1 Tbsp. olive oil
1 medium yellow onion, diced
2 cloves garlic, minced
1 cup vegetable stock
1 cup carrots, sliced, reserve a few slices for garnish
1 cup red lentils, cooked
1 cup brown lentils, cooked
2 cups brown rice, cooked
Sea salt to taste
Freshly ground black pepper to taste
¼ tsp. cayenne
2 cups Swiss chard, chopped and steamed
½ cup cherry tomatoes for garnish, sliced

Cook brown rice according to package directions. You will need 2/3 cups dry rice to yield 2 cups cooked. Cook lentils according to package directions. You will need ½ cup of each type of lentil to yield 1 cup cooked. Steam the Swiss chard on medium heat for about 10 minutes. Heat the oil in a large saucepan over medium heat and sauté the onion and garlic until the onion is translucent. Add the vegetable stock, carrots, lentils, rice, salt, pepper, and cayenne, and simmer, covered for 10-15 minutes. Place the lentil rice mixture into a mold (small bowl will work), invert onto plate forming a mound, and cover with Swiss chard. Garnish with carrots and tomatoes.

Bok Choy (Chinese cabbage)



Plant It Forward Farmers grow a couple different varieties. Some purple, some green.

This is a great recipe that calls for regular cabbage, but using bok choy is delicious:

<http://www.marthastewart.com/1033633/roasted-salmon-kale-and-cabbage>