



Dear Farm Share Members,

Please join Plant it Forward at our Westbury Farm Location this Sunday for Farm Tours and possible strawberry picking! Because of a grant and research project from Texas A&M, we have strawberries growing and they should be ripe and ready for picking this Sunday! This is Plant It Forward's first experience growing strawberries, so we are learning and invite you, our wonderful Farm Share Members, to come check out the plants and pick strawberries if they are in fact ready.

Looking forward to seeing all of you!

Plant It Forward

**Please join Plant It Forward for a Farm Tour and STRAWBERRY Picking
This Sunday, March 29th from 1:00-2:30pm.**

What: Farm Tour and Strawberry Picking

Who: Farm Share Members

When: Sunday, March 29th from 1:00pm-2:30pm

Where: Plant It Forward @ Westbury Community Garden, 12581 Dunlap St., Houston, TX 77035

[Please RSVP by Friday, March 27th at 11:59pm by answering the evite or calling 713-599-8445.](#)



RECIPES

These are the most bountiful vegetables this week: Kale, Radishes, Salad Mix, Carrots, Collard Greens, and Parsley.

The recipes below were submitted by Whalin Harter-Leahy, thanks Whalin!!

Persian herb frittata {kookoo sabzi}

1 bundle green onions (about 9 to 12 green onions), washed, trimmed of root ends, thinly sliced

1 large bunch parsley, cleaned, woody or large stems removed, chopped

½ a bunch of fresh dill, cleaned, woody or large stems removed, chopped

½ a bunch of cilantro, cleaned, woody or large stems removed, chopped

4 tablespoons butter or ghee
vegetable or canola oil

10 large eggs

1 teaspoon ground turmeric

1 teaspoon kosher salt

½ teaspoon freshly ground black pepper

To Serve:

Plain Greek or 'regular' yogurt

Preheat the oven to 350°F.

Melt the butter or ghee in a 10-inch diameter, heavy-bottomed frying pan or skillet over medium heat. Add the green onions, parsley, dill, and cilantro and cook just for 1 minute, or until the herbs are fragrant and beginning to wilt a bit. Scrape the herbs onto a clean plate in a thin layer to cool somewhat.

Use a pastry brush to spread a thin layer of vegetable or canola oil across the bottom and around the sides of the frying pan. If your frying pan is not oven-safe, prepare an 8-inch by 8-inch square baking dish or 8- or 9-inch round cake pan by brushing generously with the oil. Set aside.

Crack the eggs into a mixing bowl, add the turmeric (passing through a sieve first if it is clumpy), kosher salt, and black pepper. Whisk until the eggs are quite loose and even in colour. Whisk in the cooled herb mixture and immediately transfer back into the frying pan or a prepared baking dish. Bake for 18 to 25 minutes, or until the eggs are completely set in the middle. Pull the pan from the oven and run a flexible, heat-proof knife or spatula around the edges of the pan. Lay a plate or cutting board over the pan and carefully invert to allow the Persian Herb Frittata or Kookoo Sabzi to release from the pan. Lay another plate or serving dish on top of that and invert again so the side that was facing up in the pan is facing up on your serving dish. Cut into wedges and serve hot, warm, or room temperature with dollops of plain Greek or regular yogurt.

<http://www.foodiewithfamily.com/persian-herb-frittata-kookoo-sabzi/>

From Whalin: We've been making this dish & variations of it again and again with our CSA greens!

Indian-Style Fragrant Buttered Greens with Potatoes

Serves 4

1 pound cooked potatoes (preferably steamed)
1 bunch fresh greens such as kale, mustard, collard, beet or turnip greens even spinach works!
4 tablespoons ghee (I did a mixture of butter and olive oil)
1 onion, sliced
2 fresh tomatoes diced or 1 -15 once can of diced tomatoes
1 teaspoon cumin seeds
1 teaspoon turmeric
1 teaspoon coriander powder
1 tablespoon grated fresh ginger root
3 garlic cloves, minced
Salt to taste

Scrub potatoes and steam them in their skins until almost, but not quite, done (about 30 minutes). Leave to cool, skin them and then cut into small cubes. Meanwhile remove the coarse stalks from the greens then rinse and chop coarsely. Mince the garlic and ginger, measure the spices out into a little bowl and slice onion. Heat oil in sauce pan brown the cumin seeds until they turn fragrant add onions sauté for 5 minutes add tomatoes until they "melt", then add garlic and ginger. Add the spices, and a little water if necessary. Cook for a few minutes, then add greens & a 1/2 cup of water bring to boil reduce heat, add the potatoes and mix well then cover and simmer gently until ready, stirring once or twice to prevent sticking about 10 minutes. It's done whenever the greens are cooked to your liking and soft. This is fantastic served with basmati rice and whole milk yogurt
<http://food52.com/recipes/621-indian-style-fragrant-buttered-greens-with-potatoes>

From Whalin: We've been making this every week with our CSA chard/spinach/kale and loving it!

Swiss chard, spinach, or sweet potato greens stir fry. Aloo palak.

Vegan, gluten free recipe

Allergy information: Free of dairy, egg, corn, soy, yeast, nut, grain

Serves 2-4

Ingredients:

2 teaspoons oil
1/2 teaspoon cumin seeds
1 Tablespoon finely chopped ginger
2-3 Tablespoons finely chopped garlic
1 green chili chopped (Serrano or bird's eye)
1/4 cup chopped onion
2 medium potatoes chopped
1-2 tomatoes chopped
2 cups chopped greens- Spinach or rainbow chard
3/4 teaspoon salt or taste

Method:

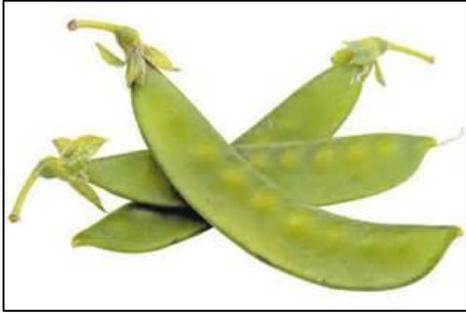
In a pan, add oil and heat on medium.
Add cumin seeds, ginger, garlic and chili and cook until golden.
Add onions and cook until translucent. 5 minutes.
Add potatoes, mix well and saute for a minute
Add tomatoes, mix well.
Add greens, mix and cook covered on low heat.
Add salt after 10-15 minutes and stir well. You can also add tomatoes at this point instead of earlier, for chunky tomatoes version.
Cover and cook until potatoes are tender. another 10-15 minutes.
Taste and adjust salt and spice.
Top with paprika or chili powder. Serve hot.

Variations:

Add 1/4 teaspoon of fenugreek seeds along with cumin seeds.
Add a 1/2 tsp garam masala for added flavor. (Mom keeps the spices at the minimum to let the veggies shine. :))
Omit tomatoes for a dryer version.
Add a 1/4 cup or more soaked red lentils along with potatoes.
<http://www.veganricha.com/2013/08/potato-spinach-or-rainbow-chard-stir.html>

Veggie ID

Snow peas



<http://www.thekitchn.com/whats-the-difference-between-snow-peas-sugar-snap-peas-and-english-peas-ingredient-intelligence-205118>

Sugar Snap Peas



<http://www.thekitchn.com/whats-the-difference-between-snow-peas-sugar-snap-peas-and-english-peas-ingredient-intelligence-205118>

Tatsoi



Tatsoi is also known as a spinach mustard or rosette bok choy. It is a great addition to american and asian dishes such as stir fry's or salads.

<http://food52.com/blog/6220-tatsoi-is-the-new-spinach-haven-t-you-heard>

Turnips



Turnips are delicious! Add the root and the greens to soups. Roast the roots. Saute the greens.

<http://plant-it-forward.org/tag/turnips/>

Parsley



You can do a lot with parsley. Add it to salads, soups, pesto, etc. Check out this site:
<http://www.simplyrecipes.com/recipes/ingredient/parsley/>

Dill



Dill (not to be confused with fennel)



Dill when it flowers. Beautiful and tasty!

Roasted Sweet Potatoes with dill recipe:
http://www.theyummylife.com/Roasted_Sweet_Potatoes

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

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>

Collard Greens



Tosceno Kale



Parsley



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
¼ cup pine nuts
¼ cup of rosemary
2 cloves garlic
1/3 cup Parmesan or Romano cheese
¼ 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.