



Dear Farm Share Members,

Please enjoy the news below from the talented farmers who grow your vegetables.

#### UST Farm

Roy's farm stand is every Saturday from 10am-2pm at the University of St. Thomas farm in Montrose.

#### Westbury Farmers

Habi's customers are happy with his produce. Everything at his farm is doing well, and the vegetables are growing well.

Sarment has started planting tomatoes, peppers, squash, cucumbers, arugula, long beans, eggplant, basil, okra, butternut squash, Malabar spinach, and other organic vegetables.

Alimasi is happy to have a good piece of land at the Westbury Community Garden and after 2-3 months he will have very nice produce such as Swiss chard, radishes and tomatoes.

#### Fondren Farmers

Constant has begun planting tomatoes, green beans, and squash. These will be ready in the summertime.

Adrien is happy to begin the spring planting season- edamame, cucumbers, squash, beans, and his favorite, roselle are all coming soon!

Christine has cabbage, lettuce and radishes which are growing very well. She is also planting tomatoes, squash, beans and more for the summertime.

Elody is excited about the summer produce and that there will be lots of tomatoes.

Albert is excited about the specialty mesclun mixes he is growing, thankful for his customers, and always striving to keep a nice variety in the Farm Share. The Spicy Mesclun is a mixture of 20% of each arugula, endive, red loose leaf, lettuce, and mustard greens. The Rocky Top Salad Blend is more brilliant and flavorful than other mixes and has a nice, zesty taste. Albert is also planting tomatoes, cucumber, and squash.

#### Upcoming Events

Saturday, April 18<sup>th</sup> -Harris County Agrilife Agency is sponsoring an informational session about strawberries at Plant It Forward at the Westbury Community Garden on April 18<sup>th</sup>, from 9am to 11am. **There will be no strawberry picking**, but the Ag agents will talk about how to grow strawberries in Houston, planting techniques, productive varieties, pest control, and cold protection. It will be a good time to ask Skip Richter all about strawberries. He once had a strawberry farm and is full of information.

Sunday, April 26<sup>th</sup> -Save the Date! Community event- Plant It Forward will be giving Farm Tours of the Fondren Farm from 1pm-2:30pm.

# RECIPES

These are the most bountiful vegetables this week: Salad Mix, Arugula, Carrots, Beets, Fennel, and Swiss Chard.

## Glazed Salmon with Spiced Carrots

4 tablespoons extra-virgin olive oil, plus more for the pan  
1 pound carrots, thinly sliced  
2 tablespoons honey or agave nectar  
1 tablespoon dijon mustard  
2 tablespoons fresh lime juice, plus lime wedges for serving  
4 6-ounce center-cut salmon fillets (about 1 1/2 inches thick)  
Kosher salt and freshly ground pepper  
1/2 teaspoon ground coriander  
1/4 teaspoon ground cumin  
Pinch of ground cinnamon  
1/3 cup roughly chopped fresh mint  
1/4 cup sliced almonds



Preheat the broiler. Lightly oil the broiler pan. Toss the carrots with 1 tablespoon olive oil in a bowl, then spread out on one side of the pan. Broil until the carrots begin to soften, 2 to 3 minutes.

Meanwhile, whisk 2 tablespoons olive oil, the honey, mustard and 1 tablespoon lime juice in a small bowl. Brush the tops and sides of the salmon with the glaze. Put the salmon, skin-side down, on the other side of the broiler pan next to the carrots and season with salt and pepper. Broil until the salmon is golden brown and just cooked through and the carrots are crisp-tender, 5 to 7 minutes.

Whisk the remaining 1 tablespoon each olive oil and lime juice, the coriander, cumin, cinnamon, mint and almonds in a bowl. Add the carrots and toss to combine; season with salt and pepper. Serve the salmon with the carrots and lime wedges.

Per serving: Calories 525; Fat 30 g (Saturated 4 g); Cholesterol 108 mg; Sodium 260 mg; Carbohydrate 21 g; Fiber 5 g; Protein 41 g

Photograph by Antonis Achilleos

Read more at:

<http://www.foodnetwork.com/recipes/food-network-kitchens/glazed-salmon-with-spiced-carrots-recipe.html?oc=linkback>

## Chicken with Garlic, Basil, and Parsley

1 tablespoon dried parsley, divided  
1 tablespoon dried basil, divided  
4 skinless, boneless chicken breast halves  
4 cloves garlic, thinly sliced  
1/2 teaspoon salt  
1/2 teaspoon crushed red pepper flakes  
2 tomatoes, sliced



1. Preheat oven to 350 degrees F (175 degrees C). Coat a 9x13 inch baking dish with cooking spray.
2. Sprinkle 1 teaspoon parsley and 1 teaspoon basil evenly over the bottom of the baking dish. Arrange chicken breast halves in the dish, and sprinkle evenly with garlic slices. In a small bowl, mix the remaining 2 teaspoons parsley, remaining 2 teaspoons basil, salt, and red pepper; sprinkle over the chicken. Top with tomato slices.
3. Bake covered in the preheated oven 25 minutes. Remove cover, and continue baking 15 minutes, or until chicken juices run clear.

<http://allrecipes.com/Recipe/Chicken-with-Garlic-Basil-and-Parsley/Detail.aspx?evt19=1&referringHubId=1071>

## Mashed Potato and Kale Cakes

-2 pounds russet potatoes (about 6), peeled and cut into 1/2-inch pieces  
-Coarse salt and ground pepper  
-1 leek (white and light-green parts only), halved lengthwise, rinsed well, and thinly sliced  
-1 bunch kale (3/4 pound), tough stems and ribs removed, leaves coarsely chopped  
-1/2 pound bacon, diced medium  
-2 tablespoons unsalted butter

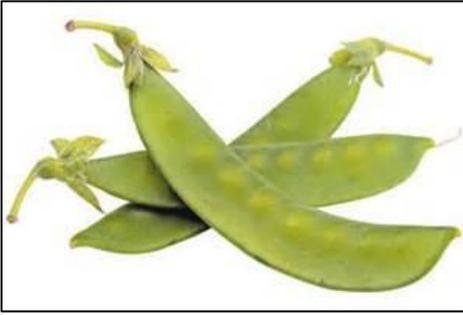


1. In a large pot, bring potatoes to a boil in salted water over high, then reduce to a rapid simmer. Add leek and kale and cook until potatoes are tender when pierced with a knife, about 10 minutes. Drain; transfer to a large bowl.
2. In a large cast-iron or nonstick skillet, cook bacon over medium-high until crisp, 8 to 10 minutes. With a slotted spoon, transfer to bowl with vegetables. Season with salt and pepper. With a fork, mash potato mixture until a few lumps remain. With your hands, form into 12 patties.
3. Pour off fat from skillet and wipe clean; add butter and melt over medium. In batches, cook cakes until golden on both sides, about 6 minutes, flipping once.

<http://www.marthastewart.com/862206/mashed-potato-and-kale-cakes#Healthy%20Kale%20Recipes/286367/kale-recipes/@center/1009854/winter-produce|862206>

# 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](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



Toscana 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.