



Dear Farm Share Members,

Upcoming Events

Please bring your family, friends and neighbors to Fondren farm next Sunday:

Sunday, April 26th –Community event- Plant It Forward will be giving Farm Tours of the Fondren Farm and have kid-friendly activities from 1pm-2:30pm. Please R.S.V.P. here:

<https://www.facebook.com/events/1561881737419371/> or by calling 713-599-8445.

Also, this Saturday:

Saturday, April 18th -Harris County Agrilife Agency is sponsoring an informational session about strawberries at Plant It Forward at the Westbury Community Garden on April 18th, 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. There may be strawberries available for purchase at the farm stand.

Farmer News

Roy is thankful for his customers and happy that they are purchasing his produce.

Habi enjoyed seeing so many people at the strawberry picking event and how happy everyone was.

Albert is happy with his customers and is planting summer vegetables such as long beans and squash.

Adrien is very happy during the spring season and is planting vegetables such as long beans, bush beans, roselle, and okra.

Christine is happy because she has already planted many seeds.

Constants good news is that he has finished planting his summer vegetables and in a few weeks he will plant sweet corn.

Sarment's customers will soon receive tomatoes, cucumbers, long beans, green beans, and squash.

Alimasi says that being a farmer is not easy but right now he is planting different kinds of vegetables that will be ready in the summertime. Right now he is harvesting turnips, fennel, and baby arugula.

Guy's farm at St. Paul Presbyterian is starting to come up. Everything is looking good and people who visit are glad that there is a new farm in the neighborhood. Guy is also appreciative of the help he has received from Frank, the new Plant It Forward Farm Manager.

RECIPES

These are the most bountiful vegetables this week: turnips, beets, Swiss chard, mint, and carrots.

Creamy sorrel soup

2 tablespoons unsalted butter
1 cup yellow onion, small dice
¼ cup carrots, peeled and diced small
¼ cup celery, washed, trimmed and small dice
2 cups starchy potatoes, small dice
1/3 cup basmati rice
4 cups vegetable broth
1 cup cream
2 ½ cups sorrel, washed, spun dry and chopped
2 teaspoons fresh thyme, minced
Kosher salt and fresh ground pepper

Place a 3 quart enameled Dutch oven over medium heat. Add the butter and as it melts add the onions, carrots and celery. Season them with a two finger pinch of salt and a few grinds of fresh pepper. Let the vegetables sweat until tender then add the potatoes, rice and vegetable stock. Bring the soup to a boil then reduce the heat to a simmer. Cook until the rice and potatoes are tender. Anywhere between 20 and 30 minutes. Once they are tender add the cream, sorrel and fresh thyme. Heat the soup through and until the sorrel is wilted. Taste and adjust the seasoning.

Farm Share smoothie

1 cup milk alternative (hemp, almond, flax, oat, etc.)
1 cup chopped raw red beets
1 cup strawberries
1 cup chopped kale
1 banana
1 carrot
1-2 Tbsp. almond butter or other nut butter

Put all ingredients in blender and blend until smooth. Enjoy!

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



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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



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
⅓ 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.