



Dear Farm Share Members,

Green Smoothies for a Month made in just one hour?! Please check out this article on how you can use your greens (Swiss chard, lettuce, collards, kale, etc.) to make delicious and nutritious smoothies prepared ahead of time.

Some helpful tips from this article:

- Use quart sized freezer bags
- Add 2 cups greens, then 2-2 ½ cups fresh or frozen fruit in each bag (mix and match for different flavors)
- Prevent frost by squeezing out as much air as possible, freeze.
- When you want to make your smoothie, add 1 cup liquid of your choice, 1 bag of your frozen fruit and veggie combination, and any other additions like nuts or seeds

Here is the link to the complete article: <http://hellonatural.co/frozen-green-smoothie/>

News from Plant It Forward Farmers

Alimasi – I am proud to say that next month my tomatoes will be ready.

Constant – May 10th I will have green beans available for my customers

Guy – St. Paul's farm will be a new farm after Fondren and Westbury locations. I really enjoy the people who have come and visited my farm. I have planted all types of wonderful vegetables.

Adrien – This season I will plant malengue squash, which is grown by the Nzebi people of Congo (Brazzaville) and Gabon. The Nzebi people are one of hundreds of ethnic groups in Africa that are generally labelled as Bantu people. Malengue squash is very good eaten with eggplant and roselle.

Elody – I will put some green pepper in the trade basket.

Roy – I want to say thank you to all my customers.

Sarment – Last week I planted long beans, green beans, squash, cucumber, and tomatoes. Yesterday I planted Melon's.

Albert – My farm is doing much better. When it's raining water can possibly damage the plants, but some plants came out very good. Right now my tomatoes are growing very well. In about two weeks I can start growing green tomatoes, since some of my customers have requested them. I am also very happy that some of the squash are growing with flowers.

Habi – The customers are very happy with my CSA

Christine – I'm very happy my cucumbers are growing quite quickly.

RECIPES

These are the most bountiful vegetables this week: arugula, carrots, beets, kale, mint and French sorrel.

French Sorrel and Mint Granita

Makes 1 quart

2 cups cold water
1 cup granulated sugar
Juice of 1 lemon (about 2 tablespoons)
2 sprigs or more of fresh mint
2 cups fresh French sorrel leaves



<https://sites.google.com/site/sandiegofoodstuff/recipes/french-sorrel-and-mint-granita>

<http://www.kpbs.org/news/2014/jul/16/5-cool-summer-suppers-beat-heat-san-diego/>

1. Combine the water, sugar, and half the lemon juice in a non-reactive saucepan. Bring to the boil, stirring occasionally to dissolve the sugar. Remove from the heat and transfer to a glass container. Add the mint and let cool to remove temperature.
2. Wash the sorrel leaves, remove the tough spine, and coarsely chop the leaves. You'll want two well-packed cups.
3. When the sugar syrup has cooled, remove the mint and discard. Add the syrup, the rest of the lemon juice, and the sorrel leaves to the bowl of a blender. Puree until smooth.
4. Pour the mixture into a large shallow pan or casserole dish. Freeze until icy--about 3 hours. Then using a fork, scrape through the mixture to break it up. Refreeze another 2 hours and repeat. Do this once more and it should be ready to serve. You can store it in a container for up to a month.

Roasted Carrot and Beet Salad with Oranges and Arugula

<http://www.foodandwine.com/recipes/roasted-carrot-and-beet-salad-with-oranges-and-arugula>

Arugula, Roasted Carrot and Ricotta Salata Salad

http://www.cookthink.com/recipe/13484/Arugula_Roasted_Carrot_And_Ricotta_Salata_Salad

Links to cooking blogs:

<http://www.loveandlemons.com/>

<http://www.emmaslittlekitchen.com/>

<http://www.princesstofu.com/>

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



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.