



Dear Farm Share Members,

I hope you all have seen the emails about the registration for the new Farm Share season. We've had a very successful first half of the year with lots of greens and root vegetables. The summer brings tomatoes, squashes, eggplants, cucumbers and some more arugula and other familiar and not so familiar vegetables. And if you've been in the Houston climate for a while, you know we even get tomatoes again in the fall! Reregister and tell your friends and family about our program to help us grow and support our Farmers.

Sometimes there is too much in our share to use up in a week, so I am always looking for ways to preserve the produce for another week or month. With the herbs that have been in the share or your garden lately, try these tips from Epicurious on how to use them up. <http://www.epicurious.com/expert-advice/herb-preservation-advice-tips-article>

*Did you buy a thyme bunch just to use a few sprigs in your Sunday roast chicken? Toss the rest into a jar of oil, and in a few days you'll have a herbaceous oil that's great to use in marinades, on roasted meat, and whisked into salad dressings. For even more flavor, add a few cloves of garlic and some red chili flake. To preserve the flavor longer, gently heat the oil with the herbs, cool, and store refrigerated.*

*Prefer the sweeter side of things? You can also infuse surplus herbs into sugar syrup, immediately upping the ante on your happy hour: with a mint syrup, you're set for mojitos, while a tarragon-flavored syrup gives a licorice-like flavor to the classic grapefruit [Greyhound cocktail](#).*

Happy Memorial Day. Have a safe and enjoyable weekend whether it rains or not!

These are the most bountiful vegetables this week: Carrots, Tomatoes, Beets, Mint, Cucumber, and Swiss Chard

### **Jen's Tomato Arugula Bruschetta**

#### **INGREDIENTS:**

-20 roma (plum) tomatoes  
-1/4 cup olive oil  
-1/2 teaspoon salt  
-1 teaspoon ground black pepper  
-8 cloves garlic, minced

-1 bunch arugula - rinsed, dried and chopped  
-20 sun-dried tomatoes packed in oil, drained and chopped  
-3 tablespoons grated Parmesan cheese



#### **DIRECTIONS:**

1. Bring 4 quarts of water to boil in a large saucepan. Place the roma tomatoes in the boiling water for about 1 minute to loosen the skins. Drain, and rinse with cold water. Peel, core, seed, and coarsely chop.
2. Heat the olive oil in a large skillet over medium heat. Slowly cook and stir the tomatoes with salt and pepper for 15 minutes.
3. Stir in the garlic and cook 5 minutes. Stir the arugula into the mixture, then remove skillet from heat. Transfer mixture to a large bowl.
4. Gently fold the sun-dried tomatoes and Parmesan cheese into the mixture. Cover and chill in the refrigerator approximately 4 hours before serving.

### **Roasted Beets and Sauteed Beet Greens**

#### **INGREDIENTS:**

1 bunch beets with greens  
1/4 cup olive oil, divided  
2 cloves garlic, minced

2 tablespoons chopped onion (optional)  
salt and pepper to taste  
1 tablespoon red wine vinegar (optional)



#### **DIRECTIONS:**

1. Preheat the oven to 350 degrees (175 degrees C). Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted.
2. Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet.
3. When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper.

# Veggie ID

## 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>

## 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.