



Help us Grow our Recipe Box

Congratulations! You have made the choice to eat more local produce. But now what to do with all those fresh veggies that arrive on your kitchen counter every week. We have a recipe database at www.plant-it-forward.org/recipes that may help. We add to this database weekly and would love your help. If you have a vegetable recipe to share, please send it to me at kassy@plant-it-forward.org and I will add it to our on-line Recipe Box. Remember if you are unfamiliar with a vegetable in your weekly bag, just send a picture to me at kassy@plant-it-forward.org and I will solve the mystery.

We are extending some of the pick-up times beginning this week and for the rest of the season, please see updated schedule below (extended hours **highlighted**):

- A. Greenway/Upper Kirby:** Urban Harvest Eastside Farmer's Market at 3000 Richmond Ave., Houston, 77098, *Saturdays 8:00am-12:00pm.*
- B. Greater Fondren Southwest:** Plant It Forward Farm at the corner of Fondren and Willowbend Blvd. in southwest Houston, **Wednesdays 3:30pm-6:30pm**, *Saturdays 9:00am-12:00pm*
- C. Sunset Heights:** Dr. Allison Blazek's Office, 2310 Rutland, Houston, TX 77008, **Wednesdays, 3:30pm-7:30pm.**
- D. Montrose:** Plant It Forward Farm on the University of St. Thomas Campus at the corner of Sul Ross and Yupon, just south of West Alabama Ave., **Tuesdays and Wednesdays 3:30pm-6:30pm** and *Saturdays 9:00am-12:00pm.*
- E. Westbury:** Westbury Community Garden, 12581 Dunlap St, Houston, TX 77035, *Saturdays, 9:00am-12:00pm, Sundays 11am-1pm.*
- F. Southwest Houston:** Plant It Forward Warehouse, 4030 Willowbend Blvd., Houston, 77025, **Tuesdays 3:30pm-7:30pm.**
- G. Pearland,** Pearland Elite Training, Tuesdays, 2:00pm-7:30pm
- H. Meyerland,** Evelyn Rubenstein Jewish Community Center Main Lobby, Wednesdays, 3:00pm-5:45pm (additional one-time per season fee of \$32 for members/\$46 for public paid directly to JCC applies for this location)
- H. Meyerland,** ERJCC Bertha Alyce School, Wednesdays, 3:45pm-5:45pm
- I. South Main,** St. Catherine's Montessori, Tuesdays, 1:00pm-3:30pm
- K. West University,** Local Foods Rice Village, 2424 Dunstan Road, Houston TX 77005, Tuesdays from 3:30 p.m. to 6:30 p.m.
- L. Sugarland,** Farmers Market At Imperial, 198 Kempner St, Sugar Land, Saturdays, 9AM-1PM

Tips for a Successful Farm Share Program

1. Keep your veggies in your reusable Plant It Forward bag and put the whole bag in the fridge. You will not believe how long your greens stay crisp when you do this!
2. Separate the root vegetables (beets, carrots, radishes) from their greens before storing.
3. Keep carrots in a sealed container in water to keep them crisp for a long time.
4. Eat all the tops of the root vegetables (except parsnips). Carrots tops are great in soups, fennel tops are great for pesto, beet tops and radish tops can be sautéed or roasted with fish.
5. Use our recipe database to find recipes: <http://plant-it-forward.org/recipes/>
6. If you have trouble identifying a vegetable, take a picture and send it to kassy@plant-it-forward.org for ID.
7. Visit the farms and meet your farmer and see what your veggies look like when they are growing.
8. The easiest, quickest, and very delicious way to cook your vegetables is to roast them with olive oil, salt, fresh herbs and nuts.
9. Please send us your favorite recipes to share.

RECIPES

These are the most bountiful vegetables this week: beets, parsley, Swiss chard, mint and salad mix. Below are recipes from two fellow Farm Share Members. Thank you for your contributions!

French sorrel and green onion soup

Sauté chopped-up green onion tops in 3 T butter until limp.

Chop up whole bunch of sorrel, even stems, and add, sautéing until wilted.

Add 3 T flour, mixing well, and cook 3 minutes on med. low

Microwave 1 qt. chicken stock until nearly boiling

Whisk 2 egg yolks into 1/2 cup cream, sour cream or plain yogurt in good-sized bowl (see next step)

Add 1/4 cup hot stock to egg cream while whisking; repeat this step 4 times more (this keeps eggs from scrambling when you put soup together)

Add rest of stock to sautéed vegetables, mix well, then whisk in egg cream. Warm up to a simmer and serve.

The sorrel breaks down so it shouldn't need pureeing to be pretty smooth unless someone objects to bits of green onion.

Really delicious!

-Submitted by Electra Elliot, "Thanks to a recipe for sorrel and green onion soup, I've decided I like sorrel!"

RECIPE FOR: Dill Potato Salad

FROM: Pat Vogelsang

Ingredients and Directions:

1/4 cup vegetable oil	2/3 cup or more mayonnaise (omit for vegan)
2 cloves garlic, lightly crushed	3 - 4 green onions, chopped
4 lbs. red potatoes	(white & light green parts)

1/2 cup tarragon vinegar	2 tsp salt
2 tsp sugar	4 Tbl chopped fresh dill (Need a lot of fresh dill)

Crush garlic and combine with oil in a small bowl and set aside. Boil potatoes, with skins on, in salted water until tender. Drain, cool slightly and then remove skins from potatoes, and cut into 1/2 inch cubes. Transfer potatoes to a large bowl. Remove garlic from oil and discard. To make the marinade whisk vinegar, sugar, salt, and dill into oil. Pour marinade over warm potatoes and toss to coat. Cover and chill for several hours in the refrigerator. (Can be refrigerated for several days.) Add the mayonnaise and green onions to the potatoes when ready to serve. Add more salt if needed. NOTE: Make a "vegan" version with leaving off the mayo -good also.

SERVES 8 - 10 (Easy to half the recipe for a smaller amount)

Veggie ID

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.

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>