

Farmer News

I hope that all of our members, their family and friends have had minimal impact from the rains this week. It's truly amazing what Mother Nature can do to us. Our Farmers and their fields and cars are mostly fine, but it has caused a few delays this week, and our apologies if this was an inconvenience for anyone. Please let me know if there was anything that kept you from getting your share on Tuesday or Wednesday so that we can try to make it whole.

On a happier note, something that I haven't had time to share with you was news about a Boy Scout Eagle project that benefited the Farmers. Matthew Thomas, a member of Troop 125, contacted us to see if there was anything he could do that benefited the Farm and met the requirements of an Eagle Project. We put several ideas together, and he stepped up with the best one – a Harvest Bench for each of the Fondren Farmers. Thanks to his hard work and leadership, the Farmers have sturdy, movable, structures that they can use to organize their harvest every week. Matthew was a great Scout to work with and exemplifies the mission of citizenship, honor, and dedication.



Keep tuned for more news about the summer vegetables, and don't forget to register for the next season. If you know of anywhere that we can post information about the Farm Share program, please let me know at kassy@plant-it-forward.org! Thanks and stay safe this week.

RECIPES

These are the most bountiful vegetables this week: Tomatoes, Carrots, Beets, Green Beans, Kale, and Mint

Texas Toast Tomato Sandwiches

Ingredients

- 1 (9.5-oz.) package five-cheese Texas toast
- 2 pounds assorted heirloom tomatoes
- 1/4 cup bottled blue cheese vinaigrette
- 6 tablespoons torn fresh basil
- Salt and pepper
- Garnishes: crumbled blue cheese, fresh basil leaves



Preparation

1. Prepare Texas toast according to package directions.
2. Meanwhile, halve larger tomatoes and cut into 1/4-inch-thick slices; halve or quarter smaller tomatoes. Gently toss tomatoes with vinaigrette, basil, and salt and pepper to taste. Serve immediately over hot Texas toast. Garnish, if desired.

Note: We tested with Pepperidge Farm Five Cheese Texas Toast.

<http://www.myrecipes.com/recipe/texas-toast-tomato-sandwiches>

Green Bean-Goat Cheese Gratin

Ingredients

- 2 white bread slices
- 1 tablespoon olive oil
- 3/4 cup (3 oz.) freshly shredded Parmesan cheese, divided
- 1/3 cup finely chopped pecans
- 1 pound fresh haricots verts (tiny green beans), trimmed
- 2 ounces goat cheese, crumbled
- 1/2 cup whipping cream
- 1/4 teaspoon kosher salt
- 1/4 teaspoon pepper

Preparation

1. Preheat oven to 400°. Tear bread into large pieces; pulse in a food processor 2 or 3 times or until coarse crumbs form. Drizzle oil over crumbs; add 1/4 cup Parmesan cheese. Pulse 5 or 6 times or until coated with oil. Stir in pecans.
2. Cut green beans crosswise into thirds. Cook in boiling water to cover 3 to 4 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain and pat dry with paper towels.
3. Toss together beans, next 4 ingredients, and remaining 1/2 cup Parmesan cheese. Firmly pack mixture into 4 (6-oz.) shallow ramekins. Cover each with aluminum foil, and place on a baking sheet.
4. Bake at 400° for 20 minutes. Uncover and sprinkle with crumb mixture. Bake 8 more minutes or until golden. Let stand 5 minutes. Brought to the table by cookbook author Tasia



Malakasis, owner of Belle Chèvre creamery in Elkmont, Alabama.

<http://www.myrecipes.com/recipe/bean-goat-cheese-gratin>

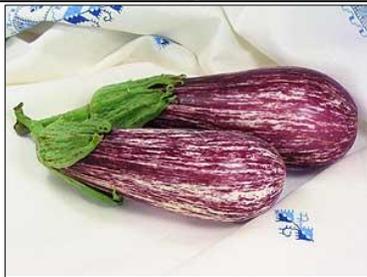
Veggie ID

Chinese Purple Long Beans



http://www.specialtyproduce.com/produce/China_Long_Purple_Beans_3653.php

Japanese Eggplant



<http://www.drgourmet.com/ingredients/eggplant.shtml>

Armenian Cucumbers



There is no need to peel the Armenian cucumber. Its thin skin makes it an ideal fresh slicing cucumber. Armenian cucumbers favor being served raw in green leaf, chopped salads and pasta salads. Their delicate flavor allows them to become a perfect textural component in sandwiches and sushi. They can be sliced lengthwise, widthwise, diced and julienned. The Armenian cucumber can be grilled, puréed or pickled. Complimentary ingredients include red and white fish,

	<p>shellfish, chiles, tomatoes, mint, oregano, yogurt, garlic, cumin, chicken, pork and fresh cheeses such as feta and chevre. Armenian cucumbers should be refrigerated until ready to use. Once cut wrap in plastic to extend its shelf life - See more at:</p>
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http://www.specialtyproduce.com/produce/Armenian_Cucumber_838.php#sthash.2aWDo1by.dpuf