

Farm News

I'm happy to report that the Farm Shares are filling up with renewals and new members. But there is still room to sign up and let your friends and family know how good it is to eat so many vegetables. So this week, I have random CSA thoughts

A good site that talks about CSA/Farm Shares is <http://www.localharvest.org>. Their motto is "Real Food, Real Farmers, Real Community". And that is what I have loved about Plant It Forward, is the chance to eat real food from real farmers. Farm Shares really have changed the way I eat.

Advantages for consumers:

- Eat ultra-fresh food, with all the flavor and vitamin benefits
- Get exposed to new vegetables and new ways of cooking
- Usually get to visit the farm at least once a season
 - Find that kids typically favor food from "their" farm even veggies they've never been known to eat
 - Develop a relationship with the farmer who grows their food and learn more about how food is grown



Did you know that we had a Farm Share member who has 3 memberships! One for her family, one for her mother and one for a co-worker.

I love reading the notes from the members who are signing up and how they heard about us. There are comments like, "Been a member since the beginning", "drove by and met a farmer", "A friend told me", "googled CSA", and "Southwest News".

If you have something about your Farm Share experience that you want to share with the other members, please let me know. Many of the recipes I have are from other members, and so are the ideas on what to do with the quantity and variety of products. Or if you have had a good experience with a farmer, I'd love to share it with everyone.

P.S. – tell your friends in Sugarland that Farmer Albert and his wife Gertrude would love to have them stop by. He had lots of tomatoes, eggplant and beans on Saturday and a friendly smile! <http://www.imperialsugarland.com/farmersmarket>

Thanks again for your support!



Follow this link to register for the next season's Farm Share

<http://plant-it-forward.org/our-produce/farm-share/>

RECIPES

These are the most bountiful vegetables this week: Tomatoes, Cucumbers, Green Beans, Long Beans, Basil, and Mint.

Celery, snow pea and cucumber noodle salad with sesame dressing

Ingredients

- 300g dried udon noodles
- 2 stalks celery
- 250g snow peas
- 1 medium cucumber
- 1 spring onion
- 1 tbsp peanut oil
- 1 tbsp sesame oil
- 1 tbsp sesame seeds
- 2 tbsp soy sauce
- 1 tsp brown sugar
- 1 tsp fresh lemon juice
- salt and freshly ground black pepper, to taste



Preparation

1. Bring a saucepan of water to boil over high heat. Add noodles and stir to prevent sticking. Boil for 8 minutes or until tender, then drain and rinse with cold water.
2. Place noodles and cucumber, snow peas and celery in a salad bowl and toss together.
3. Combine oil, soy sauce, brown sugar, lemon juice, a pinch of salt and some freshly ground black pepper in a small bowl, then drizzle over noodle and vegetable mix and toss well. Divide between four bowls and top with spring onion.

Notes: I used thinly sliced red onions and some peppers with the cukes. I substituted lime juice for the lemon juice.

<http://tasteoftranquility.com/tot/celery-snow-pea-cucumber-noodle-salad-sesame-dressing>

Pasta With Burst Cherry Tomatoes

Ingredients

- 1 pound fusilli pasta
- 1 tablespoon extra-virgin olive oil, more for drizzling
- 6 ounces pancetta, preferably thick cut, diced
- 6 garlic cloves, smashed and peeled
- Pinch of red pepper flakes
- Fine sea salt and black pepper, as needed
- 1 quart cherry or grape tomatoes, halved
- 3 tablespoons butter
- Fresh ricotta cheese, for serving (optional)
- 3 cups whole mint leaves, torn
- 4 scallions, preferably red scallions for color, thinly sliced
- Flaky sea salt, to finish

Notes: I used Blue Heron goat cheese instead of ricotta and basil instead of mint

<http://cooking.nytimes.com/recipes/1016634-pasta-with-burst-cherry-tomatoes>

p.s. the recipe has a video with it

Preparation

1. Bring a large pot of heavily salted water to a boil. Add pasta and cook until 1 minute shy of al dente. Drain pasta, reserving 1/2 cup pasta cooking water.
2. Meanwhile, heat a large skillet over medium-high heat for 15 seconds, then add the oil and heat until it thins out and easily coats the pan when swirled. Add pancetta and cook until it starts to render its fat, about 2 minutes. Add garlic, red pepper flakes and a large pinch of salt and pepper and cook until fragrant, about 2 minutes. Add tomatoes and cook until they burst, turn golden at the edges and shrivel up slightly, about 5 to 8 minutes.
3. Add pasta to pan and toss with tomato-pancetta mixture; if the mixture looks dry add a little pasta cooking water a few tablespoons at a time. Cook over high heat until the pasta finishes cooking in the sauce. Add the butter and toss until it melts and coats everything.
4. Divide pasta among warmed pasta bowls. Garnish with dollops of ricotta if desired, and top with a generous mound of fresh mint and scallions. Drizzle with olive oil and sprinkle with sea salt and more pepper before serving. Note: If you would like to leave out the pancetta (making the dish vegetarian), toss 1/3 cup grated pecorino in the pasta along with the butter.

Veggie ID

Zephyr Squash



The Zephyr squash was developed from a Yellow crookneck squash variety and another hybrid squash that is a cross between an Acorn squash and a Delicata squash. Dubbed garden overachievers, summer squash varieties are considered easy to grow, thriving in full sun, warm weather and rich moist organic soil. Summer squash varieties (free of pests, specifically vine borers) will bear at least two to three abundant harvests of fruit per season –

See more at:

http://www.specialtyproduce.com/produce/Baby_Zephyr_Squash_4364.php#sthash.zuUKfqov.dpuf

Basil



Basil is a delicate herb that can be used whole, chopped, crushed into a paste or dried; though it loses much of its aromatic properties when dried. It is most commonly used raw in fresh applications or when finishing cooked preparations as heat alters the flavor and color of the herb. Add strands of Basil to chopped, stacked and bread salads. Serve chopped atop pizza, pasta, chicken and fish. Combine with pistachios, pinenuts and/or walnuts to make a creamy pesto sauce. The aromatic flavor of Basil pairs well with tomatoes, garlic, onion, corn, pear, mint, strawberry and cow's milk cheeses. Basil will keep, dry and refrigerated, for up to a week but is best when used immediately.

See more at:

http://www.specialtyproduce.com/produce/Basil_302.php#sthash.HNLYuRrt.dpuf