



A new farm is on its way! Our newest location is at St. Paul's Presbyterian Church at the corner of I-59 and Bellaire Blvd.

Guy, the farmer at this site, is originally from the Congo. As a refugee he escaped to Gabon where he found work as a busboy in a nice hotel and a place for his family to live in a hotel closet. He befriended the head chef who took him under his wing and trained him in classic French cuisine. When the chef resigned he told his boss that Guy is now in charge. He received better living conditions, started a garden and began his own version of a farm-to-table restaurant! He has quite a story!

Guy is a graduate of our first training class. For the past year he has been working at Coltivare, an Italian restaurant in the Heights. He is now starting a new chapter in his life on his own Plant It Forward farm.

This past weekend we had two groups of volunteers come out to help build his farm. On Friday we had a corporate group of 20 from Bridgeway Software and on Saturday we had students from St. Agnes and Strake Jesuit helping along with other volunteers.

There is plenty more work to do. If you are ever interested in getting a group together either for a corporate volunteer event, a church volunteer day, or with a few friends we would be happy to put you to work! Please contact [cathy@plant-it-forward.org](mailto:cathy@plant-it-forward.org) to schedule your volunteer day. Guy's farm is off to a great start!





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## RECIPES

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These are the most bountiful vegetables this week: Salad Mix, Carrots, Swiss Chard, Beets, Spinach, and Kale.

### Roasted Potatoes, Carrots, Parsnips, and Brussels Sprouts

1/3 cup extra-virgin olive oil  
3 medium carrots (about 3/4 pound), cut into 1 1/2-inch thick circles  
1 1/2 cups Brussels sprouts (about 1/2 pound), halved  
4 cups red bliss potatoes (about 1 pound), cut into 1 1/2-inch thick slices  
3 medium parsnips (about 1 pound), cut into 1 1/2-inch thick slices  
1 cup sweet potatoes (about 1 pound), cut into 1 1/2-inch thick slices  
1 tablespoon dried oregano  
1 tablespoon dried rosemary  
1 teaspoon dried thyme  
1 teaspoon dried basil

Preheat oven to 400 degrees F.

Grease an 11 by 17-inch baking sheet pan with extra-virgin olive oil. Place vegetables in baking sheet and add the dried herbs, salt and pepper. Toss well, evenly coating all the vegetables with the seasonings and oil. Add more oil if the vegetables seem dry

Spread the vegetables evenly on a large baking sheet. Place on middle rack in oven and bake for 35 to 40 minutes.

Recipe courtesy Giada De Laurentiis

Read more at: <http://www.foodnetwork.com/recipes/giada-de-laurentiis/roasted-potatoes-carrots-parsnips-and-brussels-sprouts-recipe2.html?oc=linkback>

## Creamy Swiss Chard Pasta

1 lb swiss chard  
1 tablespoon olive oil  
2 garlic cloves, smashed  
1/4 cup onion, chopped  
2 large tomatoes, chopped  
1/2 cup fat free sour cream or 1/2 cup plain yogurt  
1/2 cup 2% low-fat milk  
1/4 cup parmesan cheese  
8 ounces fettuccine pasta, cooked according to package  
salt and pepper

Wash Swiss chard, cut into small pieces.  
Heat oil in large 2 quart saucepan over medium high heat, 1 to 2 minutes.  
Add Swiss chard, garlic and onion; cooking 1 to 2 minutes, stirring occasionally.  
Add tomatoes, sour cream, milk, parmesan cheese, cooked fettuccine, salt and pepper to taste; stir well  
Serve warm.

<http://www.food.com/recipe/creamy-swiss-chard-pasta-57123>

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## Veggie ID

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### 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](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.

## 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>