

News from the Farm

News from Farmer Constant

I am growing a vegetable called Tatsoi. Tatsoi is in the Bok Choy family. In the states it is called mustard spinach. The baby leaves can be used for salads and the large leaves can be cooked like bok choy. Sometimes this is put into the farm share as a choice between tatsoi and spinach. People like it a lot and in two months it will become a regular vegetable in the farm share.



Constant's farm is at the corner of Fondren and Willowbend. If you pick-up from the eastside farmer's market, Constant is your farmer.

News from Farmer Albert

I am planting tatsoi/mustard spinach. I also have three kinds of mesclun mix, which will become my specialty. Right now I am planting for spring and mid-summer.



Albert's farm is at the corner of Fondren and Willowbend. If you pick-up from the warehouse, the Fondren farm on Wednesday, or in Sugarland, Albert is your farmer.

These are the most bountiful vegetables this week: salad and mesclun mix, beets, carrots, spinach, Swiss chard, kale, cilantro, and parsley.

Tabbouleh

Ingredients

1 cup bulghur wheat
1 1/2 cups boiling water
1/4 cup freshly squeezed lemon juice (2 lemons)
1/4 cup good olive oil
3 1/2 teaspoons kosher salt
1 cup minced scallions, white and green parts (1 bunch)
1 cup chopped fresh mint leaves (1 bunch)
1 cup chopped flat-leaf parsley (1 bunch)
1 hothouse cucumber, unpeeled, seeded, and medium-diced
2 cups cherry tomatoes, cut in half
1 teaspoon freshly ground black pepper

Directions

Place the bulghur in a large bowl, pour in the boiling water, and add the lemon juice, olive oil, and 1 1/2 teaspoons salt. Stir, then allow to stand at room temperature for about 1 hour.

Add the scallions, mint, parsley, cucumber, tomatoes, 2 teaspoons salt, and the pepper; mix well. Season, to taste, and serve or cover and refrigerate. The flavor will improve if the tabbouleh sits for a few hours.

<http://www.foodnetwork.com/recipes/in-a-garten/tabbouleh-recipe.html>

Cilantro Chicken

4 boneless skinless chicken breast halves (2 lb. total)
1/4 cup lime juice
1/2 cup fresh cilantro, chopped
6 garlic cloves, chopped
1 tablespoon honey
1 tablespoon olive oil
1/2 teaspoon salt
1/4 teaspoon pepper

Pound the chicken breasts to an even thickness (about 1/2 in.) and place in a shallow baking pan.

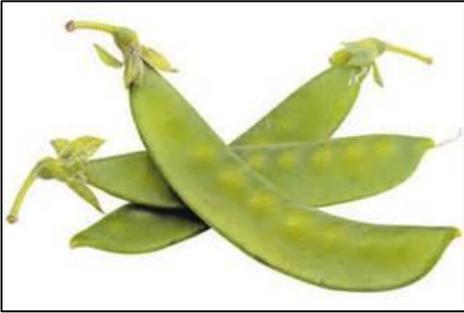
In a small bowl, mix lime juice, cilantro, garlic, honey, olive oil, salt, and pepper. Pour over chicken and turn pieces to coat evenly. Cover and chill at least 30 minutes or overnight.

Lay chicken on a grill over medium heat (you can hold your hand over the surface only 4 to 5 seconds) and cook, turning once, until no longer pink in the center, 4 to 6 minutes per side.

<HTTP://WWW.FOOD.COM/RECIPE/CILANTRO-CHICKEN-181195>

Check out recipes for mint in our recipe database: <http://plant-it-forward.org/tag/mint/>

Snow peas



<http://www.thekitchn.com/whats-the-difference-between-snow-peas-sugar-snap-peas-and-english-peas-ingredient-intelligence-205118>

Sugar Snap Peas



<http://www.thekitchn.com/whats-the-difference-between-snow-peas-sugar-snap-peas-and-english-peas-ingredient-intelligence-205118>

Tatsoi



Tatsoi is also known as a spinach mustard or rosette bok choy. It is a great addition to american and asian dishes such as stir fry's or salads.

<http://food52.com/blog/6220-tatsoi-is-the-new-spinach-haven-t-you-heard>

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

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
1/4 cup pine nuts
1/4 cup of rosemary
2 cloves garlic
1/3 cup Parmesan or Romano cheese
1/4 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

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.

2 cups Swiss chard, chopped and steamed

½ cup cherry tomatoes for garnish, sliced

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>