



*** Our enhanced logo is now a link to our Newsletter Archives ***

Farm Stand News

Lots of news on the Farm Stand front! The grand opening of the Westbury Farm Stand was last Saturday. Sarment, Habi and Alimassi will be supplying the stand with their harvest every Friday, Saturday and Sunday



from 10am – 4pm (11am on Sunday). Please come by and let your neighbors know!

Our next 5-week season approaches!

If you're looking to eat really FRESH and really LOCAL, look no further than Plant It Forward! This 5-week season will be a neat fusion of late spring and early summer vegetables. Which means: plenty of greens, root vegetables, and the first of summer tomatoes and peppers.

Plant It Forward prides itself in delivering the freshest produce in Houston. If you are ever not satisfied with the quality of your produce, Plant It Forward will replace it with the same or a comparable vegetable for free.



Visit our website to learn more about our Farm Share program and to sign up! --> www.plant-it-forward.org

Visit our Farm Stand in Montrose or Westbury to receive a special coupon on the upcoming Farm Share season!

Call for donations

This summer is the kick-off of our Farm Stands at each location. You can see from the picture above that each farm will have these beautiful stands in the coming months. But each stand has to be outfitted with baskets for the produce and picture frames to tell the farmer's story. If you have baskets and/or black picture frames that you'd like to donate, [Daniella](#) would love to hear from you. Thanks!

Wash your veggies!

We take food safety very seriously. All of the farms have hand washing stations and we have implemented Good Agricultural Practices in the farms and warehouse, but you can never take precautions too lightly. So, Tip of the Day: Whether you buy vegetables and fruits that are conventionally grown (using pesticides), organically grown (without chemicals or pesticides like from Plant It Forward), or whether you grow your own, you should always inspect and clean everything thoroughly before eating or cooking.

Your abundant vegetables this week are Radishes,
Chard, Carrots, Fennel, Collards

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RECIPES

Stop thinking of radishes as a salad item, but look at them as another root vegetables in this recipe from Epicurious

[Roasted Radishes with Brown Butter, Lemon, and Radish Tops](#)

Ingredients

- 2 bunches medium radishes (such as red, pink, and purple; about 20)
- 1 1/2 tablespoons olive oil
- Coarse kosher salt
- 2 tablespoons (1/4 stick) unsalted butter
- 1 teaspoon fresh lemon juice

Preparation

1. Preheat oven to 450°F. Brush large heavy-duty rimmed baking sheet with olive oil. Cut off all but 1/2 inch of green radish tops; reserve trimmed tops and rinse them well, checking for grit. Coarsely chop radish tops and set aside. Cut radishes lengthwise in half and place in medium bowl. Add 1 1/2 tablespoons olive oil and toss thoroughly to coat. Place radishes, cut side down, on prepared baking sheet; sprinkle lightly with coarse salt. Roast until radishes are crisp-tender, stirring occasionally, about 18 minutes. Season to taste with more coarse kosher salt, if desired.
2. Melt butter in heavy small skillet over medium-high heat. Add pinch of coarse kosher salt to skillet and cook until butter browns, swirling skillet frequently to keep butter solids from burning, about 3 minutes. Remove skillet from heat and stir in fresh lemon juice.
3. Transfer roasted radishes to warmed shallow serving bowl and drizzle brown butter over. Sprinkle with chopped radish tops and serve.

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Another lovely recipe from a Farm Share Member who cooks with what she got!

Chicken and Chard Phở



Phở (Westerners, say “fa” –like “far” but drop the “r”) is a lovely Vietnamese noodle soup that is very simple to make at home. It is a great way to use the greens in your Plant It Forward farm share this week. I chose the Swiss chard, but also added in a little of my kale as well, plus extra vegetables like tomatoes and carrots.

- 1 – 2 cups chicken pieces and scraps from a rotisserie baked chicken (we slice the breast for salads or other recipes, then use the scraps in soup)
- 2 packages dry ramen noodles, any flavor – use only 1 of the flavor packets
- 1 can cream of celery soup
- 6 cups water
- 6-8 cups prepared chicken broth
- 4-6 cups thinly sliced fresh greens or 2 cups cooked greens, drained and chopped
- 1 cup sliced grape tomatoes (optional)
- 2-4 carrots, sliced thinly (optional)
- 2 jalapeño peppers, sliced into thin circles
- 4 scallions (optional)
- 1 hard boiled egg, sliced for garnish (optional)

Bring the water to boil in a large soup pot, add the baked chicken skin, scraps, scallions and carrots for 7 minutes.

When the chicken scraps have turned the boiling water into a rich broth, remove the skin, but leave the chicken pieces and vegetables. Reduce heat to medium high (7 on a scale of 0-9) Add the ramen noodles and boil until tender. If you are using fresh greens, add with the dry ramen noodles. If you are using cooked greens, add them after the noodles are tender.

Add one of the jalapeño peppers, the tomatoes, and the cream of celery soup. Add the extra chicken broth and cook on medium high for 7 more minutes.

To serve, fill a bowl with soup and garnish with 2 slices of hardboiled egg and the 2-3 slices from the second jalapeño pepper. Place 1 lime wedge on the edge of the bowl to squeeze into the soup just before eating for a delicious tang.

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