



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

I'm writing this from the Westbury Farm Stand on a beautiful, dry Friday morning. We had the PUCS Coffee truck out and the neighborhood is starting to come by for their veggies. This Farm Stand is open from 10-4 on Friday, Saturday and Sundays and there is a different farmer each day. Last Sunday, I was hanging out with Sarment and listened to some customers meet each other, while their kids chased bugs. Even with all the puddles today, the birds are happy, butterflies are swooping by. The air smells clear. I know the past week was really stressful, I got water in my car and in my house, but out here, it's easy to forget about it for a while.

Now that I have some down time from my IT gig, I wanted to restart my farmer profiles. When I'm talking to the farmers, it's interesting to hear how they think about their life's trajectory and definition of family. This is one of those times when the language barrier is a challenge, but I hope that you enjoy these snapshots of an interesting personalities.

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 are implementing 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.

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.

Your abundant vegetables this week are Cherry Tomatoes, Onions, Lettuce Mix, Beets, Sweet Peppers and Swiss Chard. Some may have Dandelion Greens, or as we say 'Dande-Leon'.

RECIPES

This recipe was soooo good from last year, I have to share it again.

French Sorrel and Mint Granita

<https://sites.google.com/site/sandiegofoodstuffrecipes/french-sorrel-and-mint-granita>

Makes 1 quart

2 cups cold water
1 cup granulated sugar
Juice of 1 lemon (about 2 tablespoons)
2 sprigs or more of fresh mint
2 cups fresh French sorrel leaves

1. Combine the water, sugar, and half the lemon juice in a non-reactive saucepan. Bring to the boil, stirring occasionally to dissolve the sugar. Remove from the heat and transfer to a glass container. Add the mint and let cool to remove temperature.
2. Wash the sorrel leaves, remove the tough spine, and coarsely chop the leaves. You'll want two well-packed cups.
3. When the sugar syrup has cooled, remove the mint and discard. Add the syrup, the rest of the lemon juice, and the sorrel leaves to the bowl of a blender. Puree until smooth.
4. Pour the mixture into a large shallow pan or casserole dish. Freeze until icy--about 3 hours. Then using a fork, scrape through the mixture to break it up. Refreeze another 2 hours and repeat. Do this once more and it should be ready to serve. You can store it in a container for up to a month.

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Roasted Carrot and Beet Salad with Oranges and Arugula

Active: 30 MIN

Total Time: 1 HR 45 MIN

Servings: 6

<http://www.foodandwine.com/recipes/roasted-carrot-and-beet-salad-with-oranges-and-arugula>

3/4 cup walnut halves (3 ounces)
8 carrots (1 pound), peeled and sliced on the diagonal 1/2 inch thick
3 beets (1 pound), scrubbed but not peeled
Salt and freshly ground pepper
freshly ground pepper
1/3 cup plus 1 tablespoon extra-virgin olive oil
1 rosemary sprig
2 thyme sprigs
2 garlic cloves
2 tablespoons fresh lemon juice
1 tablespoon balsamic vinegar
1 teaspoon finely grated orange zest
3 blood oranges or navel oranges
6 loosely packed cups baby arugula (5 ounces)
1 tablespoon snipped chives
2 teaspoons lemon thyme leaves

1. Preheat the oven to 400°. Spread the walnuts in a pie pan and toast until fragrant, about 8 minutes. Place the carrots and beets in separate pie pans. Season the carrots with salt and pepper and drizzle with 1 teaspoon of the olive oil. Season the beets with salt and pepper, drizzle with 2 teaspoons of the olive oil and add the rosemary, thyme and garlic cloves. Cover both pans tightly with foil and roast the vegetables until tender, about 30 minutes for the carrots and 1 1/2 hours for the beets. Let cool. Discard the herbs and garlic.
2. Meanwhile, in a small bowl, whisk the lemon juice and balsamic vinegar with the remaining 1/3 cup of olive oil. Stir in the orange zest; season with salt and pepper.
3. Using a sharp knife, peel the oranges, making sure to remove all of the bitter white pith. Slice the oranges crosswise.
4. Peel the beets and thinly slice them crosswise. Arrange the beet slices around the edge of a large platter. Scatter the oranges and carrots over the beets. Drizzle 1/3 cup of the vinaigrette over the beets, carrots and oranges.
5. In a large bowl, toss the arugula with the remaining vinaigrette and season with salt and pepper. Mound the arugula in the center of the platter. Scatter the toasted walnuts, chives and lemon thyme around the platter and serve right away.

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[Dandelion Greens / Radikia](#)

Read all about Greek Vegan cooking and how to use these wonderful vegetables – I don't usually boil my greens, but the Dande-leon's do need it. I've made this twice, but added garlic and sautéed before serving and my family loved them!!! Seriously!

For 2 very good sized servings – infinitely scalable, just cook in batches:

- 3 bunches of dandelion greens
- 6-8 cups water
- 2 heaping teaspoons of salt
- best quality Greek olive oil
- lemons

In a large pot, bring salted water to a boil. While waiting for water to boil, chop and clean dandelion greens. Cut stalks off approximately an inch or so above the root end and chop greens into manageable sized pieces. Submerge chopped greens in bowl of cold water and swish to get rid of any dirt or sand. Drain off and add to pot of boiling water.

Bring water back up to a rolling boil and cook for 10 minutes until dandelion greens are soft and tender. Transfer cooked greens from your pot, reserving the boiling liquid for dandelion tea.

Dress with good quality Greek olive oil and fresh squeezed lemon juice. Serve with a piece of crusty bread and enjoy!

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