



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

If you are wondering how the farms are going after the Tax Day rains, they are all still pretty wet, but the crops are doing fine. Nothing was flooded, and the plants are looking very perky. We've had enough rain for now, so I'm hoping this weekend's rains comes through quickly.

The spring plants are getting close to being ready to harvest. Most of you should have some cherry tomatoes ([I've got another repeat recipe that was a favorite from last year](#)).

And if you are lucky enough to get the dandelion greens, they are a such a heathy green. Check out this comparison of nutrients between dandelion greens and broccoli.

<http://www.rebeccawood.com/food-as-medicine/dandelion-greens/>



Alimasi at the Westbury Farm 1

| 1 cup raw | Vit. A <i>Daily Value</i> | Vit. K <i>Daily Value</i> | Calcium <i>Daily Value</i> | Iron <i>Daily Value</i> |
|-------------------------|-------------------------------------|-------------------------------------|--------------------------------------|-----------------------------------|
| Dandelion Greens | 2712 IU 54% | 151 mcg 188% | 103 mg 10% | 1.7 mg 9% |
| Broccoli | 581 IU 12% | 89.4 mcg 112% | 41.4 mg 4% | 0.6 mg 4% |

If you didn't get the greens in your share this week, Constant has them at the Eastside Market and Sarment at the Memorial Village Market on Saturday.

Last week I said I would introduce you to all our farmers, so let's start with who they are and where they farm.

| | | |
|------------------|--------------|----------------------|
| Albert Lombo | Fondren Farm | Sugarland Market |
| Adrien Ikaba | Fondren Farm | |
| Christine Kengue | Fondren Farm | Grand Parkway Market |
| Elody Kaymba | Fondren Farm | Eastside |

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| | | |
|-----------------------|-----------------------------------|-------------------------------|
| Constant Ngoula | Fondren Farm | Eastside and City Hall Market |
| Guy Mouelet | St. Paul Presbyterian/Bellaire | |
| Roy Nlemba | University of St. Thomas/Montrose | |
| Sarment Louamba | Westbury Community Garden | Memorial Village Market |
| Habimfura Munyarugero | Westbury Community Garden | |
| Toto Alimasi | Westbury Community Garden | |

I've been researching other CSA/Farm Share program and a good site that talks about CSA/Farm Shares is <http://www.localharvest.org>. Were any of these part of your motivation for signing up for a farm share??

- 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

If you have any questions about the vegetables, recipes to share or questions about anything, write me! Cathy@plant-it-forward.org.

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

BLT Salad

1/3 cup extra-virgin olive oil, plus a drizzle
 6 slices thick cut bacon, chopped
 1 clove garlic, grated or minced and crushed with flat blade of a knife
 1 tablespoon Dijon mustard
 2 tablespoons white balsamic vinegar or white wine vinegar
 Salt and freshly ground black pepper

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3 tablespoons chopped chives
1 large heart romaine lettuce
1 head Triviso lettuce or radicchio
1 pint multi colored, red or yellow cherry tomatoes

Heat a drizzle of olive oil in a skillet over medium-high heat and add bacon, cook until crisp then drain on paper towels.

In a salad bowl, whisk together the garlic, mustard, vinegar and stream in extra-virgin olive oil to incorporate the dressing, season with salt and pepper and stir in chives. Shred lettuces and add to the bowl. Halve the cherry tomatoes and add to the bowl along with bacon. Toss salad to coat evenly with dressing and serve.

Read more at: <http://www.foodnetwork.com/recipes/rachael-ray/blt-salad-recipe.html?oc=linkback>

Swiss Chard with Tomatoes, Feta and Pine Nuts



1 tablespoon extra-virgin olive oil
1 small yellow onion, sliced
2 cloves garlic, finely chopped
1 bunch Swiss chard, stems and leaves chopped separately, divided
coarse sea salt
2 tablespoons low-sodium chicken broth, vegetable broth or water
1 cup halved grape tomatoes or 1 tomato, cored and chopped
2 ounces feta cheese, crumbled
2 tablespoons pine nuts, toasted
ground black pepper

Heat oil in a large, deep skillet over medium heat. Add onion, garlic and chard stems and cook, stirring occasionally, until softened, about 5 minutes. Cover and cook 5 minutes more. Uncover, add chard leaves, salt, pepper and broth and cook, covered, until chard leaves are bright green and tender, about 5 minutes more. Remove from heat and gently stir in tomatoes. Scatter cheese and pine nuts over the top and serve.

<http://www.wholefoodsmarket.com/recipe/swiss-chard-tomatoes-feta-and-pine-nuts>

Google's Braised Chicken and Kale

4 chicken legs, drumsticks and thighs separated
1 tablespoon paprika
Kosher salt, freshly ground pepper
1 teaspoon olive oil
1 medium onion, sliced
6 garlic cloves, sliced
2 cups low-sodium chicken broth
1 cup dry white wine
2 sprigs rosemary
2 sprigs thyme

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1 large bunch kale, center ribs and stems removed, leaves cut into 1" strips
Lemon wedges

Sprinkle chicken with paprika; season with salt and pepper. Heat oil in a large pot over medium heat. Add chicken skin side down and cook, turning occasionally, until brown on all sides, 8-10 minutes; transfer to a plate. Add onion and garlic to pot and cook, stirring often, until softened, 8-10 minutes. Return chicken to pot; add broth, wine, and herbs. Bring to a boil; cover. Reduce heat; simmer until chicken is cooked through, 30-40 minutes.

Add kale to pot. Cover; cook until wilted, about 5 minutes. Discard herbs. Serve chicken and kale with lemon wedges.

<http://www.epicurious.com/recipes/food/views/googles-braised-chicken-and-kale-51148800>

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