

This week I want to give a special hello to the new pickup locations in Tomball and Memorial Villages Farmer's Market. Tomball is a great new area for us and thanks to Randi for finding an outlet up there. The Memorial Villages Farmers Market has been running since last Fall and



Sarment has had a tent there for all the wet and dry Saturday's we've had since then. If you have anyone who has been interested in a share, but it wasn't convenient for them, let them know about our new locations.

Cathy and everyone at Plant It Forward

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## *Some new veggies for the season*



[Chrysanthemum Leaves](#), also called Tung Ho, has long green leaves attached to a slightly fibrous pale green to white stem. The leaves of the small variety are petite and delicate with serrated edges. Their herbaceous flavor is similar to that of mustard greens and has a bitter bite that becomes more pronounced the longer the leaves are allowed to stay on the plant.

Chrysanthemum leaves are extremely popular in Asian cuisine. They are an important ingredient in Chinese hot pot, Taiwanese oyster omelets and chop suey. They can be stir-fried, parboiled, steamed and sautéed. Use raw or slightly wilted in salad preparations in lieu of dandelion greens, endive and kale. For best flavor do not overcook, the delicate leaves need only 30 to 60 seconds of heat and will become bitter and mushy if overdone. Their flavor pairs well with tahini, mirin, soy sauce, dashi, lemon, garlic, nuts and rice vinegar as well as other leafy greens.



Broccoli Leaves are also something some of you may be seeing in your share. In this article in Slate last year, they are compared to chard, kale and collards in taste and texture. I like all these greens, so I have found that these have more flavor than the broccoli from the grocery store. If you come up with a recipe you like, send it my way and I'll add it to the next newsletter. P.s. this picture is from Christine's farm.

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## **“What are all these different greens??!”**

Here is a brief guide to the different greens that have been in the shares lately. My go-to site for produce descriptions is a California Produce Wholesaler called [Specialty Produce](#). I don't know who keeps up this encyclopedia of information, but I love browsing there. I've listed 11 greens that you might be seeing in your share or at the market. I left out all the lettuces and mesclun mix, so if you don't see your greens on this list, that might be what it is.

If you still can't identify it, send me a picture and your pick up location and I'll check with the farmer.

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Mizuna is has long, broad, serrated and deeply cut satin finished leaves with thin trailing stems that meet at its root base. Mizuna's flavors can be characterized as piquant and bright with a subtle earthiness.



Mustard greens have broad, wavy frilled leaves with longitudinal veins. Upright leaves are supported by thin pale green stems. Mustard greens have a distinct, succulent, crunchy and yet tender texture. Their flavor is robust with bold peppery nuances.



Arugula consists of vibrant green leaves attached to a pale creamy green hued stem. The leaves are lobed and can be harvested when young and mild in flavor or when fully mature at 3 or 4 inches in length. Arugula offers an herbaceous, peppery flavor with nuances of nuts and mustard. Leaves allowed to mature too long on the arugula plant will become bitter in taste. The pungent flavor of arugula is due to its high content of sulfur containing compounds known as glucosinolates.



Sylvetta arugula is also commonly known as "Wild" arugula or rocket. This wild type of arugula grows about half the size of non-wild arugula and has deeply lobed leaves. Classified as a perennial, Sylvetta arugula is cold hardy and has a tender texture. Sylvetta arugula offers a more pungent peppery flavor than other arugula varieties.



Greens Swiss chard has broad wavy and crinkled green leaves with snow white stalks and veins flowing throughout the foliage. Those veins act as nutritional dispersers to the rest of the plant, as the food production occurs in the leaves. The leaves are succulent and tender, their flavor far more mellow than other varieties, which is why Green Swiss chard has been nicknamed "Butter chard". The white stalks are equally more edible and favorable to the palate, lacking the bitterness common with colored varieties



Rainbow Swiss chard is distinguished by its bouquet of wrinkled, slightly savoyed rich green and bronze leaves and bright colored stems. The leaves grow upright and tall from a dense rosette of ribbed stems in a myriad of colors including gold, pink, orange, purple, red, and white with bright and pastel variations. Rainbow Swiss chard is not unique from other chards in its subtle earthy flavors along with slight notes of tang, due to its betalain pigment content. The leaves are succulent and tender when young, the stems, fibrous and sometimes bitter and inedible



Collard greens are a headless forming cabbage, similar to kale. Their leaves are broad, paddle-shaped and grey green to deep green in color with contrasting succulent white ribs and veins. Their flavor is assertive, almost alkaline and true to its family, cruciferous in nature. Collard greens should be chewy in texture, a sign of good water content and freshness. Late winter and early spring provide the sweetest and most tender Collard greens.

Flavorful Tuscan Kale, also called cavolo nero (meaning black cabbage in Italian), produces rich, grayish-green to deep green leaves that are characteristically crinkly. Tuscan kale is chewier than Swiss chard, sweeter in taste than collard greens and milder in flavor than peppery mustard greens.



Lecano kale, also known as Toscano kale has deep dark green leaves that are super-savoyed, long and narrow with a striking blue-grey color. It is one of the most robust and vigorous growers in the kale family. - See more at:  
[http://www.specialtyproduce.com/produce/Lecano\\_Kale\\_5130.php#sthash.8Hs0yiZn.dpuf](http://www.specialtyproduce.com/produce/Lecano_Kale_5130.php#sthash.8Hs0yiZn.dpuf)



Red Russian kale grows in a large loose rosette shape that ranges from .3-.5 meters tall. This variety is easily recognized by its richly colored burgundy stems and purple tinted leaves. They are flat and toothed like an oak leaf with an overall dark green color and deep red veins. Red Russian kale offers a mild nutty flavor that is slightly sweet and earthy with a hearty texture. When choosing Red Russian kale look for fresh, bright, firm leaves.



French sorrel is the benchmark sorrel variety and an indispensable green in French cooking. Its long broad kelly green leaves are earthy and succulent with lemon undertones and a sharp mineral finish which may be due to its high oxalic acid content.

Abundant Vegetables this week: Kale, Carrots, Beets,  
Sugar Snap Peas, Broccoli Greens

## RECIPES

*Here is an off the shelf recipe from Randi. Use your judgement for quantities.*

### **Farm Share Veggies on Pasta**

Use the vegetables from the farm share (Broccoli, arugula and shelled peas). Cook in garlic and butter. Add in lemon zest and sun dried tomatoes.

Cook some linguine and add parmesan cheese, olive oil and truffle oil.

Combine the veggies and pasta. Top with salt and pepper and fresh oregano.