



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

Hello Farm Share Family,

Hope you are doing well and enjoying your vegetables! Our farmers are committed to providing you fresh, seasonal vegetables year-round. Now is the time we are planning for Fall planting, if you can believe it! We are certainly having fun leafing through seed catalogs such as [Johnny's Selected Seeds](#), [Territorial Seed](#), and [Southern Exposure](#).

Let us know what cool-season vegetables you'd like us to grow, by completing this [SURVEY](#)! We would like to include you in our crop variety selection process and will do our best to incorporate your responses into our Fall planting plan.

Hot weather is still with us and we are thankful that there are many nutritious and delicious vegetables we can grow in the Houston summer. Below, Randi, our Farm Share Manager, provides identification and information about many of the summer greens that we grow here at Plant It Forward. To be honest, nearly every green listed below I was *not* familiar with before becoming involved with Plant It Forward. I now crave dandelion tea with honey, Green Borsht made with lemony sorrel, summer salads with finely chopped roselle leaves, and quick stir fries with water spinach. As per usual, I've included recipes below to help you make the most of your farm share ingredients.

Our Executive Director, Teresa, recently returned from a trip and brought with her an illustrated seasonal-eating poster from Italy, a very prideful, informative, [Slow Food](#)-type appreciation of local flavor. We are looking for an artist that would be interested in illustrating a [Houston](#) version of this poster! Please have anyone interested contact me, daniella@plant-it-forward.org

All the best,

Daniella and all of us at Plant It Forward

Your abundant vegetables this week are Okra, Peppers (Hot and Sweet), Summer Greens, Eggplant, Basil

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.

SWEET POTATO GREENS



Sweet potato greens are known for their soft texture and a green flavor that is less bitter than kale or chard. The leaves of sweet potatoes have 5 times more Vitamin B6, 5 times more Vitamin C, 10 times more Riboflavin than the root. They taste great sautéed with garlic and fish oil, added to smoothies, or braised in coconut milk.

[CLICK HERE FOR RECIPE](#)

DANDELION



Dandelion greens taste best when picked young. The leaves are rich in Potassium, antioxidants, Vitamin A and Vitamin C. The strong flavor of these greens means this plant is a strong liver tonic and diuretic. You can eat this plant raw, steamed, boiled, sautéed, or braised.

[CLICK HERE FOR RECIPE](#)

MALABAR SPINACH



The Chinese name for this green translates to “flowing water vegetable”. When it's raw, Malabar spinach has very fleshy, thick leaves that are juicy and crisp with tastes of citrus and pepper. This climbing plant is native to South Asia and is rich in many nutrients including Beta-Carotene, Lutein, and Zea-Xanthin. A serving of 100 grams of the leaves provides 26% of daily Vitamin A intake, 102% Vitamin C, 15% Iron, 35% Foliates, 11% Potassium, and 32% Manganese. This plant also provides Calcium, Copper, Vitamin B6 and Riboflavin. The slightly slimy texture is good for digestion, lowering cholesterol, preventing osteoporosis and anemia. Malabar spinach is commonly added to soups, stir-frys, and curries.

[CLICK HERE FOR RECIPE](#)

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ROSELLE LEAVES



Roselle leaves are popular for their sour, lemony flavor and positive effect on blood pressure. They can be sautéed or served raw in a salad for a zesty summer flavor. The leaves' emollient properties benefit the skin, aids in digestion, and is said to help fight fevers.

[CLICK HERE FOR RECIPE 1](#)

[CLICK HERE FOR RECIPE 2](#)

AMARANTH GREENS



Amaranth leaves are popular in many Asian and African dishes. Health advocates suggest juicing the leaves to address a wide array of issues, from hair loss to eczema and acne. Amaranth is packed with carbohydrates, proteins, minerals and vitamins, and regular consumption can help in easing digestion, excessive menstruation and weight management. Extract from the leaves can also be used as a mouth wash for gum health. Amaranth can be used similarly as spinach and cooked into dals or added to the top of a sandwich as a garnish.

[CLICK HERE FOR RECIPE](#)

CHICORY



Chicory is a green similar to dandelion with a slightly bitter flavor. For centuries this plant has been harvested throughout the Middle East and it is now gaining popularity within the United States. The leaves support the liver and provide Iron, Calcium, and Vitamin A to the body.

[CLICK HERE FOR RECIPE](#)

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FRENCH SORREL



French sorrel is a wonderful green that is able to grow year-round in the Houston climate. Sorrel is valued for having a distinctive lemony flavor and high oxalic acid content. Among its many health benefits, sorrel has a high level of Vitamin C. This plant is delicious when used in soups, stews, salads, and sauces. However, you should eat small quantities if you have kidney stones or arthritis.

[CLICK HERE FOR RECIPE](#)

WATER SPINACH



Also known as kangkong, water spinach is in the same genus as sweet potato. This plant provides eaters with Vitamins A, B, C, E and s-methyl-methionine. It also helps relieve stomach and intestinal disorders. It is grown throughout tropical Asia and also grows well in the Houston climate.

[CLICK HERE FOR RECIPE 1](#)

[CLICK HERE FOR RECIPE 2](#)

[CLICK HERE FOR RECIPE 3](#)

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