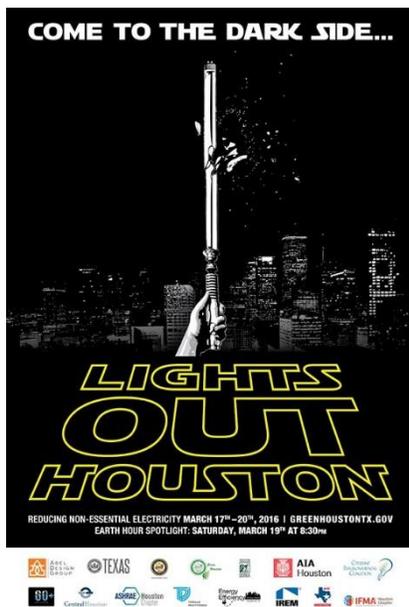




Today I have news about some interesting activities for you. The first, and most important, is a community-event at the St. Paul Farm on **Sunday, March 20<sup>th</sup>**. This is the 1<sup>st</sup> anniversary of Guy's farm, so I hope you can come out and see how things are growing.



Next up on the calendar is a wonderful symposium at the Rothko Chapel. As a part of this event on [Confronting Inequality: Alternative Economies, Resilient Communities](#), there will be Farm Tours at the University of St. Thomas Farm from 2-4pm on **Saturday, April 2<sup>nd</sup>**. We are honored to be a part of the environmental and economic sustainable thinking in Houston and in the country. This is something I think about all the time, how to stay true to our mission of economic sustainability for the farmers, with the challenges of urban agriculture. I recently read a piece in an ongoing blog from [The Atlantic called CityLab](#) about urban design that discussed the success of urban farming. Take a look at this article that asks if city-based farms are more effort than profit and if they are a passing trend. When we talked about this at work, everyone said that we have defied the odds and plan to continue!! This is thanks to YOU, the customer, the member, who supports us through good seasons and tough seasons – you guys are the glue that keeps it all together for us.



This is my week for thinking about how to make the world a better place and being grateful for living in a secretly cool city like Houston. Did you know about “[Lights Out Houston](#)” on **March 17-20<sup>th</sup>**. Check out what the plan is to have sustained reduction in non-essential energy usage here in Houston. I’m looking forward to seeing some stars that night.

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## Volunteer Volunteer Coordinator

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Looking for a rewarding way to interact with farmers, refugees and the public – how about a volunteer job to coordinate volunteers (a volunteer volunteer coordinator). This job gets you out on the farm on weekends and weekdays and lets you work with other interesting people who share a love of great organic produce, dirt and helping others.

Our volunteer events include workdays for schools, alumni organizations, churches and corporate groups. There are also impromptu events when there is something important to be done on the farm when you reach out to the public and registered volunteers.

The person in this role reviews requests for workdays from the volunteers, the farmers for routine work and when the farms need some extra TLC. You would coordinate tools and supplies, staff to provide direction and the farmers time to make a successful work day. If you are interested contact me, [Cathy@plant-it-forward.org](mailto:Cathy@plant-it-forward.org).

Your abundant vegetables this week are Cabbage, Lettuce(s), Arugula, Mint, Cilantro, Carrots, Beets, Mustard Greens, Swiss Chard and Kale.

# RECIPES

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## [Cumin Roasted Carrots with Greek Yogurt](#)

\* \* Thanks to the market customer who reminded me about yogurt dressings for all the lettuces, this one was great. I served the carrots on a bed of lettuce and arugula.



→ Looking for some spices? Daniella and I went to [this place](#) this week and bought some cool spices and got free medical advice. I'll be using a lot of fresh cumin seed and mung beans the next few weeks 😊

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- Have you gotten some of the mustards in your share lately?
- Ruby Streaks' leaves are finely serrated at baby size and mizuna-shaped at full size. The color ranges from dark green with red veins to dark maroon at either size, with the maroon color being darker in cooler weather. The flavor is sweet and slightly pungent.
- Try this recipe and let me know what you think...
- [Red Frills Mustard Salsa Verde](#)

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