



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

Reminder \*\* the current 5 week Farm Share season is over\*\*

## Time to sign up for the next season

We hope you have loved all the vegetables that you've been eating this season. The greens have made me feel so strong and the lettuces have been so tender. And I love seeing the families picking



up the vegetables and sharing their recipes (see 2 for Swiss Chard at the end of the newsletter).



Our farmers really appreciate your support and seeing you every week, so sign up and keep the love going!

### \*\* Farm Fiesta at the St. Paul Farm \*\*

Wrap up your spring break by helping us celebrate the one year anniversary of the St. Paul Farm. A year ago, this farm looked like this. Come and see what it looks like now.

Today, Sunday March 20<sup>th</sup> 12-2pm

---

There will be kid's activities, snack foods, and lots of community

Plant It Forward Farms @ St. Paul Presbyterian

7200 Bellaire Blvd. Houston, TX 77074



## Volunteer Volunteer Coordinator

---

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

---

Here are 2 favorite chard recipes from other Farm Share members

From Larry at Eastside Farmers Market

## [Chard with Parmesan](#)

### **Chard With Parmesan**

1 bunch of chard

3 tablespoons butter

1 handful freshly grated Parmesan cheese

1. Pull the leaves from the ribs of one or more bunches of chard. Discard the ribs (or save them for another dish) and wash the leaves.
2. Cook leaves until tender in abundant salted boiling water, 4 minutes or so. Drain the leaves, cool, squeeze out most of their excess water, and chop coarse.
3. For every bunch of chard, melt 3 tablespoons butter in a heavy pan over heat. Add the chopped chard and salt to taste. Heat through, and for each bunch of chard stir in a generous handful of freshly grated Parmesan cheese. Remove from heat and serve.



And Christi at Memorial Villages Farmers Market

## [Roasted Chard with Feta](#)

**INSTAGRAM IS LIVE – TAG US WITH  
ANYTHING YOU LOVE ABOUT FOOD, FARMING,  
HOUSTON, AND YOUR LIFE  
#PLANTITFORWARD**