

Plant It Forward Farms
2014 at a Glance

As the holiday season approaches, we would like to take this opportunity to thank you for supporting Plant It Forward. Your help and encouragement truly makes a difference in the lives of our refugee families. May your holiday season and the new year be filled with much joy and happiness!

To update you on our activities for 2014, let's start with our biggest accomplishment: As of the end of this year, nine farmers have been transitioned to their own farms. These nine farmers are now generating a living wage from the sales of their produce. The majority of their sales are from our Farm Share subscription program. This program literally feeds their families and yours and pays their bills.

The second class of 10 farmers graduated from the year-long training program in October, and women make up the majority of this class. These graduates are now in line to receive their own farms. We will start building our fourth farm location in early 2015.



Class 2 Graduates

To say we are grateful is an understatement. We are so grateful to you for your support of Plant It Forward Farms. Happy, happy holidays!

Holiday Schedule- all pick-up times remain the same unless otherwise noted

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec 22	Dec 23	Dec 24	Dec 25	Dec 26	Dec 27	Dec 28
Fondren (changed from Tuesday) Sunset Heights/Dr. Blazek	JCC/Bertha Alyce St. Catherine's at Fondren 2:30pm-6:30pm Fondren (changed from Thursday) UST/Montrose Warehouse	Christmas Eve- No Deliveries	Christmas Day- No Deliveries		No changes	No changes
Dec 29	Dec 30	Dec 31	Jan 1	Jan 2	Jan 3	Jan 4
Fondren (changed from Tuesday) Sunset Heights/Dr. Blazek	JCC/Bertha Alyce St. Catherine's at Fondren 2:30pm-6:30pm Fondren (changed from Thursday) UST/Montrose Warehouse	New Year's Eve- No Deliveries	New Year's Day- No Deliveries		No changes	No changes

About next season:

Please check the website for the most up to date information on pick-up times and locations. Additional days were added to Fondren, UST, the warehouse, and Westbury. Please note that we need 15 people picking up at any given location so if the location you choose does not fill you may be asked to pick-up on a different day. (The only location with at least 15 members signed up for 2015 currently is Eastside Market).

The **winter** vegetables, until late April and into May, will be kale, spinach, collards, radishes, beets, carrots, turnips, Swiss chard, French sorrel, collards, arugula, salad mixes, bok choy, cabbage, celery, cilantro, dill, fennel, and green onions. Sugar peas will also be winter and early spring.

The **spring** vegetables, starting in late April to early May will be tomatoes, peppers, radishes, beets, eggplant, summer squash, green beans, arugula, cucumbers, collards, kale, fennel, mint and other herbs.

The **summer** vegetables will be winter squash (hard squashes), edamame, eggplant, basil, peppers, okra, arugula, basil, cucumbers, green onions, roselle, malabar spinach, possibly cantaloupe if weather cooperates, and even watermelon if weather cooperates.

Sign-up for next season before Dec 26th

It is Farm Share Registration time again for everyone! The next Farm Share season begins the week of January 12th 2015. Both the 16-week and 32-weeks memberships will end the week of January 5th-11th, [so please renew if you would like to continue your vegetable subscription](#). Please see next page for coupons and payment plan info.

Use coupon code **lovemyshare25** for \$10 off the 25-week membership.
Use coupon code **lovemyshare50** for \$20 off the 50-week membership.

<http://plant-it-forward.org/our-produce/farm-share/>

Payment Plans Available!!

We can break up payments into installments if you pay by check:

25-weeks- mail two checks for \$290 each by Jan 2nd:

- 1st To deposit right away
- 2nd post-dated March 13th

50-weeks- Mail four checks for \$280 each by Jan 2nd:

- 1st To deposit right away
- 2nd post-dated March 13th
- 3rd post-dated June 12th
- 4th post-dated September 18th

All checks must be received by January 2nd. If you pay by credit card the payment must be made in full.

<http://plant-it-forward.org/our-produce/farm-share/>

Looking forward to sharing next season with you!

These are the most bountiful vegetables this week: bok choy, arugula, carrots, Swiss chard, and kale. Check out our [Recipe Database](#), it has been updated and has **all** of the recipes from previous newsletters!!

<http://plant-it-forward.org/tag/swiss-chard/>

<http://plant-it-forward.org/tag/kale/>

<http://plant-it-forward.org/tag/bok-choy/>

<http://plant-it-forward.org/tag/carrots/>

<http://plant-it-forward.org/tag/arugula/>

RECIPES

Poached Salmon with Fennel and Arugula

Poaching Liquid

1 ½ cups good Chardonnay
1 ½ cups clam juice
½ cup water
1 lemon, cut in half
1 orange, cut in half
2 bay leaves
1 tsp. black peppercorns
1 tsp. dried thyme
1 tsp. dried tarragon (or Mex. Marigold mint)

Combine all ingredients in a saucepan and simmer for 15 min. Strain and let cool.

Salmon

4 (6-oz.) fillets wild salmon, skinned
3 cups poaching liquid
¼ lb. fresh peas
2 bulbs fennel
½ lb. arugula
½ lb. cherry tomatoes
3 Tbsp. pine nuts
1 Tbsp. fresh tarragon, chopped (or Mex. Marigold mint)
Juice of 1 lemon
4 Tbsp. extra-virgin olive oil
Salt and pepper

Place salmon in a 3-qt. saucepan and add just enough poaching liquid to cover it. Put lid on pan and lightly simmer until salmon is cooked to medium, 8-10 min. Remove salmon, reserving liquid, and let cool.

Simmer fresh peas in reserved liquid for 3-5 minutes or until bright green. Strain peas; discard liquid.

Slice fennel and combine with arugula, tomatoes, pine nuts, tarragon, and peas. Dress with fresh lemon juice, olive oil, and salt and pepper to taste. Top greens with poached salmon. Serve.

Parade. "Sunday Dinner" 2OCT2011

Fennel Frond Pesto!

Fennel frond pesto is delicious! You can sub walnuts for pine nuts and Romano cheese for parmesan. If your pesto comes out too spicy you can add another handful of nuts to tame it a little. Also, roasting the garlic first helps tame the spice of raw garlic. Enjoy!

<http://www.melissaclark.net/blog/2010/09/fennel-frond-pesto.html>