

Dear Farm Share Members:

This is the last week of your Farm Share. Thank you for supporting Plant It Forward with your purchase of a Farm Share- every purchase is a vote for local produce and for the future of refugee farmers and their families. We hope that you enjoyed the varieties of fresh produce from our Houston farms and that you will renew your memberships.

You may register for the next Farm Share Season online at <http://plant-it-forward.org/our-produce/farm-share/>. Once you register you will either pay with a credit card through paypal or choose the pay by check option and then drop your check in the mail.

Register before Sunday, May 11th for reduced prices.

Also, as a thank you for being such wonderful Farm Share members, we are offering you an additional discount off your Farm Share with the code:

WELUVGREENS



Absolute deadline to register is Sunday, May 18th.

In other news:

This Sunday, May 11, chef Adam Dorris is serving a four-course, Mother's Day Farm Dinner at our farm on 1318 Sul Ross at the University of St. Thomas. All of the proceeds from the dinner will be donated to local baker [Jody Stevens](#) who recently [lost her home in a house fire](#). Jody Stevens of [jodycakes](#) is a talented baker and baked my wedding cake a couple of years ago. The dinner begins at 5:30pm and tickets are \$65 per person.

This week's Farm Share **may** include 6-7 of the following vegetables/herbs: arugula, lettuce mix, Swiss chard, beets, radishes, carrots, Brussels sprouts tops, French sorrel, Chinese leeks (garlic chives), green onions, mint, dill, rosemary, or Mexican marigold mint.

Enjoy!

Kassy and Plant It Forward

The Art of Producing a Fresh Beet

By: John Kriescher

The beets produced at the Plant It Forward Farms are among the freshest and tastiest on the block. We may not be able to compete with the raw, bluesy rhythm created by Houston's native rock band ZZ Top, but when it comes to beets, our tasty taproots are second to none.

Recently, beets have become increasingly popular among athletes and people who want to improve their stamina. Preliminary research has linked the consumption of beetroots to lower blood pressure and increased endurance. Studies have shown that the naturally occurring nitrates in beetroots enhance blood flow and lower blood pressure. Rich in antioxidants, beets are also an invaluable addition to any diet due to their ability to detoxify the body.

Choosing the Perfect Beet

When selecting the perfect beet, keep in mind that smaller beets with firm roots will be the easiest to prepare. Ensure that the bulb does not have bruises or soft areas. Although the leaves are not reflective of the quality of the beet, if you plan to consume this portion, look for fresh greens with a deep color.

The Best Way to Keep Beets Fresh

Cut the greens and stalks from the beets, leaving 1-2 inches of the stalks intact. This stops the leaves from sapping moisture from the taproot. Place the beets in a plastic bag separate from the leaves and squeeze the air out before sealing. Beets will last 2-3 weeks in the refrigerator, but the leaves will only last a few days. Do not wash the beets before storing them because water will accelerate spoilage.

Preparing Delicious Beets

Beets will bleed a deep red color, so before you do anything be sure to cover your countertop to minimize the mess. And if you don't want your skin stained red, put on a pair of kitchen gloves.

Begin by cutting the stalks down to 1-2 inches if you haven't already done so. Next, gently rinse the beets under cold water to remove dirt and debris, but don't scrub hard enough to remove the skin. The skin should be left on the beet during cooking (if possible) to preserve the nutrients and flavor.

Gently steaming the taproots will preserve the nutrients the best. Steamed beets can be eaten by themselves or added to salads. Roasting, on the other hand, will truly bring out their flavors. Beets should be cooked until they can be easily penetrated by a fork or knife. Be aware that adding acidic ingredients during the cooking process will turn the beets a lighter color, while adding alkaline substances will turn them a deeper color.



John Kriescher writes, edits and curates web content for the global accommodation site Booking.com. Inspired by the people and places that make Houston a thriving cultural and economic hub, John also moonlights as a freelance writer to share the stories of local businesses and nonprofits. He hopes to help others find and experience the best places and organizations in the world. John can be reached on [LinkedIn](#) or at kriescj@gmail.com.

References

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RECIPES

Mexican Mint Marigold Dijon chicken

1 tablespoon butter
1 tablespoon olive oil
4 skinless, boneless chicken breast halves
3 tbsp shallot, chopped
1 tbsp garlic
4 oz White wine
1/2 cup heavy cream
1 tablespoon Dijon mustard
2 teaspoons Mexican Mint Marigold,
chopped

Melt the butter and heat the oil in a skillet over medium-high heat. Season chicken with salt and pepper, and place in the skillet. Brown the chicken on both sides. Reduce heat to medium, cover, and continue cooking 15 minutes, or until chicken juices run clear. Set aside and keep warm. With remaining oil in pan, sauté the shallot and garlic for about 1 to 2 minutes scraping the brown bits from the pan. Reduce the wine until almost dry in the pan. Stir cream into the pan. Mix in mustard and Mexican mint marigold. Cook and stir 5 minutes, or until thickened. Return chicken to skillet to coat with sauce. Drizzle chicken with remaining sauce to serve.

French Sorrel and Swiss Chard Quiche

3 eggs slightly beaten
1 pint cream
2 cups grated sharp cheddar cheese & Mozzarella Cheese
(Reserve handful of cheese for top of pie)
2 cups fresh picked sorrel and chard leaves. Fresh spinach
may also be used.
1 medium onion chopped
1 clove garlic minced
1 Tbsp. Italian seasoning or any other herb blend
1/2 tsp salt
1/2 tsp pepper
1/4 tsp nutmeg
1/2 tsp paprika
1/4 cup sesame seed
1 pie shell

Cook greens for 1 minute. Drain and squeeze
excess liquid from greens. Blend with remaining
ingredients except sesame seed.

Sprinkle 1/2 the sesame seed in the bottom of
the pie shell. Pour filling into shell. Sprinkle
with reserved cheese and remaining sesame
seed on top.

Bake at 375 degrees for 10 minutes and reduce
heat to 350 degrees and bake for another 30
minutes or until done.