

Eat More Plants!

Congratulations, you are part of a movement to eat healthier and to eat locally. We tell our farmers all the time that they are pioneers but so are you! You are a pioneer in the local Houston food scene. And you are in good company. You are one of 130+ Farm Share members, many top restaurants and hundreds of farmer's market customers that purchase directly from Plant It Forward farmers every week. It is this movement that is changing the streetscape and health of Houston, and the lives of impoverished refugee families in this city. Our farmers are moving from outcasts to heroes because of your purchases. The next few newsletters will highlight the best restaurants in Houston that just happen to purchase from Plant It Forward farms. Drum roll please.....

Chris Shepherd, chef of **Underbelly**, won the 2014 James Beard Foundation Award for Best Chef Southwest. Shepherd was one of a record three chefs from Houston nominated for the award, including Hugo Ortega of **Hugo's** and Justin Yu of **Oxheart**, also a Plant It Forward customer.



From Alison Cook's Houston Chronicle review of Underbelly "In her review this week, *Houston Chronicle* critic **Alison Cook** [awards](#) four stars to chef **Chris Shepherd's Underbelly**, the restaurant with the goal of telling "the story of Houston food." Shepherd and his team achieve this ambitious goal by blending the wide variety of ethnic cuisines that chefs enjoy when they dine out. While Underbelly should be lauded for earning four stars, the outcome should not surprise anyone."

Side Note: On our first day at Eastside Farmer's market in 2012 towards the end of the day when we were all nervous and wondering if this was an endeavor worth pursuing, Chris Shepherd walked up and said "I'll buy everything you have left." He never even looked at what was in the coolers. His big heart of encouragement was exactly what we needed that first market day and for many more weeks after. We are in awe and gratitude for his magnanimity. -Teresa O'Donnell, Executive Director, Plant It Forward

What to expect on the first day of your Farm Share pick-up:

On the first day there will be either Plant It Forward Staff or a volunteer present to walk you through picking up your vegetables. We have noticed how much you like to pick out your own vegetables, so now all Farm Share pick-ups are now self-serve and the vegetables will be kept in well-marked coolers. When you arrive, you will check your name off the Farm Share Member list. Next, you will receive a Plant It Forward reusable insulated bag and then fill your bag with vegetables from the coolers. The coolers will have labels telling you how many of each item to take or if you need to choose between two items. Please bring your bag or another bag with you each week. As a reminder, these are the pick-up days, times, and locations. **Please pick-up at the location that you chose when you registered for your Farm Share.**

- Tuesday- Fondren Farm- 2:30-6:30pm (Farm Share and Farm Stand)
- Wednesday- Fondren Farm- 2:30-6:30pm (Farm Share and Farm Stand)
- Wednesday- UST/Montrose Farm- 2:30-6:30pm (Farm Share and Farm Stand)
- Wednesday- **Heights (New location)**, 2310 Rutland@24th Street, 4:30-7:30pm (Farm Share pick-up only)
- Thursday- Plant It Forward Warehouse, 4030 Willowbend Blvd., 7pm-10pm (Farm Share pick-up only)
- Friday- Fondren Farm- 2:30-6:30pm (Farm Share and Farm Stand)
- Saturday- Eastside Farmers Market, 8:00am-noon (Farm Share and Market)
- Saturday- Fondren Farm- 9:30am-1:30pm (Farm Share and Farm Stand)
- Saturday- UST/Montrose Farm- 10am-2pm (Farm Share and Farm Stand)
- Saturday- Westbury Community Garden- 9:00am-1:00pm (Farm Share and Farm Stand)
- Saturday- Westbury Community Garden- 1:00pm-5:00pm (Farm Share and Farm Stand)
- Sunday- Westbury Community Garden- 10:00am-2:00pm (Farm Share and Farm Stand)
- Sunday- Westbury Community Garden- 2:00pm-6:00pm (Farm Share and Farm Stand)

Farm News



On Saturday, May 17th people lined up for Farm tours at the University of St. Thomas Farm in Montrose and for samples of Herb Quinoa and Bean Salad made by Tracy Weldon of [Recipe for Success](#). It was a beautiful day to be outside and to learn about the farm. Tracy's dish used squash, Swiss chard, radishes, mint and dill flowers freshly harvested from the Plant it Forward Farms!

RECIPES

This week's bountiful vegetables are the green and yellow French Filet Beans. Check out our [Newsletter Archive](#) for additional recipes.

Green Beans with Walnuts and Garlic

1 8 oz bag green beans, ends trimmed
2 Tbsp. Nut oil if you have it, otherwise olive oil is fine (I used hazelnut oil)
Vinegar (I used white balsamic)
¼ cup chopped walnuts
1 garlic clove, chopped
Sea salt to taste

Bring a pot of water to boil. Drop in the green beans for 3 minutes. Drain beans and put in a bowl and set aside. Heat 1 Tbsp. of oil in a small pan and add the garlic. Once the garlic is soft, add the walnuts for just a couple of seconds to warm them, and then add mixture to the beans. Season with the oil, vinegar and sea salt.

Roasted Green Beans with Walnuts and Rosemary

1 CSA bag (1/2 lb) green beans, trimmed
1/4 cup chopped walnuts
2 tsp. finely chopped fresh rosemary
1 Tbsp. olive oil
Salt and pepper

Preheat oven to 475°F. Toss all ingredients in bowl; season with salt and pepper. Spread on rimmed baking sheet. Roast 10-15 minutes, or until beans are tender and browned in spots, stirring occasionally.

Green and/or Yellow French Filet Beans with Shallots

1 CSA bag of filet beans
2 tsp. butter
1 small shallot, sliced
Salt and pepper to taste
2 Tbsp. diced tomato
Wedge of lemon

Bring a pot of well-salted water to boil. Boil filet beans for 3 minutes, then plunge them into an ice bath and drain the beans. In your empty pot melt two teaspoons of butter over medium heat. Add the shallot and sauté them until they're just translucent, not browned—about one to two minutes. Add the drained and cooled filet beans back into the pot and reheat them in the butter and shallots. Season with salt and pepper. Spread filet beans and shallot onto a plate, throw the diced tomato over them and squeeze a few drops of lemon juice over the dish. Serve immediately.

Vegetable Identification (and more recipes)

Summer squash



Magda zucchini, in summer squash family, delicious eaten raw, resistant to squash vine borers.



Patty pan or flying saucer, delicious eaten raw. Can also be stuffed and baked.

Green Chile Enchiladas with Squash, Tomatoes, and Long Beans

This recipe has become a family favorite and is very simple. The great thing about it is that you can change it easily depending on which veggies you have and it is always delicious!

Olive oil

1 flying saucer squash, finely diced

1 large shallot, thinly sliced

2 medium tomatoes, chopped

1 bunch long beans or green/yellow French filet beans

16 ounces tomatillo or green chili salsa

8 ounces crème fraiche

5-6 flour tortillas

½ cup water

Preheat the oven to 350 degrees F. Heat two tablespoons olive oil in a large skillet over a high flame. Sauté the squash, long beans, and shallot until tender and beginning to brown, about 10 minutes. Add the tomatoes and continue to cook until the tomatoes have softened and begun releasing their juices, about 3 minutes more. Set filling aside to cool slightly. Meanwhile, combine the salsa, crème fraiche, and ½ cup water in a medium mixing bowl and whisk until combined. (NOTE: if the salsa is chunkier, run the ingredients through a food processor). Ladle half the sauce into the bottom of a 9 x 13 casserole dish (or into two 8 x 8 dishes). Spoon a few heaping tablespoons of the veggies into the center of one of the tortillas. Roll and place seam-side down in the baking dish. Repeat with the remaining tortillas and filling. Pour the remaining sauce over the enchiladas. Bake in the oven for 20-30 minutes. Serve warm alongside a simple salad.

Original recipe uses different veggies, yogurt, cheese, and corn tortillas.

French sorrel



Use in salads or soups. Use French sorrel to make pesto. If you have some extra time, try the creamy French sorrel soup recipe below.

French sorrel, squash, and mint salad

Combine arugula, French sorrel, mint, diced summer squash, and feta cheese. Dress with oil and vinegar.

French Sorrel Soup

3 tablespoons unsalted butter
½ cup chopped green onions,
ramps or other wild onion
4-6 cups (packed) of chopped
sorrel
Salt
3 Tbsp. flour
1 quart chicken stock or
vegetable stock
2 egg yolks
½ cup cream (you have to use
cream; anything lighter will
make the soup watery)

Melt 3 tablespoons butter in a soup pot over medium heat. Add the green onions or ramps and turn the heat to medium-low. Cover the pot and cook gently for 10 minutes. While the onions are cooking, pour the stock into another pot and bring to a simmer. Turn the heat up, add the sorrel leaves and a healthy pinch of salt and stir well. When the sorrel is mostly wilted, turn the heat back to medium-low, cover and cook 10 minutes. Stir occasionally. Mix in the flour and cook over medium heat for 3 minutes. Whisk in the hot stock, stirring constantly. Bring this to a simmer. To finish the soup, whisk together the egg yolks and cream. Temper the mixture by ladling a little soup into the egg yolk and cream mixture, whisking continuously. Repeat this three times. (You are doing this to prevent the eggs from scrambling). Now start whisking the soup. Pour the hot egg-cream-soup mixture into the pot with the soup, whisking all the way. Let this cook — below a simmer — for 5 minutes. Do not let it boil or the soup will break. Serve at once.

French sorrel and rosemary pesto

2 cups of sorrel (about ½ bunch)- stems removed
¼ cup pine nuts
¼ cup of rosemary
2 cloves garlic
1/3 cup Parmesan or Romano cheese
¼ cup of olive oil

Combine all ingredients in a food processor until smooth and well blended. Use pesto on pasta or eat with Italian bread and wine.

Arugula

At Plant It Forward, we grow two varieties of arugula. Arugula can be eaten like lettuce in salads, added to soups, wilted with pasta, or used to make pesto. The sylvetta variety has a little more kick. [Check out arugula recipes from Martha Stewart.](#)



Arugula (Sylvetta)



Arugula (Roquette)