



*Functional foods are foods that have a potentially positive effect on health beyond basic nutrition. Eggplant, sweet potatoes and spinach in your farm share lately are examples of "functional foods." Eggplant is part of this category due to its high viscous fiber content. Incorporating eggplant into your diet can help reduce the harmful LDL cholesterol in your body.*

## Eggplant

Eggplant is very low in calories and fats but rich in soluble fiber content. 100 g provides just 24 calories but contributes about 9% of RDA (recommended daily allowance) of fiber.

The peel or skin (deep blue/purple varieties) of aubergine has significant amounts of phenolic flavonoid phyto-chemicals called **anthocyanins**. Scientific studies have shown that these anti-oxidants have potential health effects against cancer, aging, inflammation, and neurological diseases.

Eggplant contains good amounts of many essential B-complex groups of vitamins such as pantothenic acid (vitamin B5), pyridoxine (vitamin B6) and thiamin (vitamin B1), niacin (B3). These vitamins are essential in the sense that body requires them from external sources to replenish and required for fat, protein and carbohydrate metabolism.

Further, this vegetable is an also good source of minerals like manganese, copper, iron and potassium. Manganese is used as a co-factor for the antioxidant enzyme, *superoxide dismutase*. Potassium is an important intracellular electrolyte that helps counter pressing (hypertension) effects of sodium.



**Eggplant  
(Brinjal)- deep  
blue variety.**



**Aubergine-different  
varieties.**



**Green variety.**

Source: <http://www.nutrition-and-you.com/eggplant.html>

### Help us reward a farmer for an outstanding Farm Share

We are having a contest to highlight the farmer who goes above and beyond for his/her Farm Share Members during the month of August. This is meant to be a fun way to reward a farmer for the outstanding job they are doing. We are depending on you, our Farm Share Customers, to provide feedback on your farm shares. Please follow the link below to our quick survey:

### [Most Outstanding Farm Share Contest Survey](#)

**Save the date! Farm Tours, Volunteer Orientations, and Composting Classes on Sunday, August 31<sup>st</sup> from 12:00pm-2:00pm at the Fondren Farm!**

Plant It Forward will have farms tours, volunteer orientations, and composting classes on Sunday, August 31st beginning from 12:00pm-2:00pm. Refreshments and snacks will be provided. Stay tuned for additional details.

### Vote for Plant It Forward Farms!

We are excited to announce that we have been nominated for the 2014 My Table Houston Culinary Awards. This year they have added a new category – Favorite Farmers' Market Vendor – and we are one of the finalists. We are so honored to be in the running and would appreciate your support and your vote. Honestly – we couldn't do any of this without *you*.

To vote – go to the [Houston Culinary Awards website](#) and log in via Facebook (to ensure each person only votes once). There are 2 parts to the ballot, and our category is #7 in Part 2. If you're unsure about who to choose for the other categories, you are able to skip them without voting. And if you have a moment – please invite your friends to vote as well.

## Farm Share Registration

It's that time again! The next 16-week Farm Share season will begin the week of September 8<sup>th</sup>. The registration deadline is August 29<sup>th</sup>. If you already registered, thanks! [Follow this link to register and you will have fresh, organic and local vegetables for the rest of the year!](#)

# RECIPES

This week's bountiful vegetable is okra! Below is an okra and sweet potato recipe as well as recipes for eggplant and butternut squash.

## Spicy Chickpea and Sweet Potato and Okra Stew

Servings: 4

Yield: Makes 8 1/2 cups of stew

For the spice paste

6 cloves garlic  
1 teaspoon coarse salt  
2 teaspoons sweet paprika  
1 1/2 teaspoons cumin seed  
1 teaspoon cracked black pepper  
1/2 teaspoon ground ginger  
1/2 teaspoon ground allspice  
1 tablespoon olive oil

For the stew and couscous

1 1/2 pounds sweet potatoes, peeled and cut into cubes  
2 cups no-salt-added vegetable broth (may substitute water)  
14.5 ounces canned no-salt-added diced fire-roasted tomatoes, such as Muir Glen brand, with their juices  
15 ounces canned no-salt-added chickpeas, drained and rinsed  
10 ounces frozen/defrosted okra, sliced (may substitute 1 1/2 cups sliced fresh okra)  
1 cup dried whole-wheat couscous  
Hot pepper sauce, for garnish  
Cilantro leaves, for garnish

## Butternut squash stick dessert

1/2 CSA butternut squash  
1/4-1/2 cup crème- I've used table crème and coconut crème, whipping cream can be used, too. The coconut crème was delicious and a great alternative for dairy-free or vegan cooking.  
Rice paper- I found this at Whole Foods Market

For the spice paste: Combine the garlic and salt in a mini food processor or spice grinder to form a coarse puree. Add the cumin seed, black pepper, ground ginger, allspice and oil. Blend for at least 15 seconds to form a paste. Transfer to a small bowl.

For the stew and couscous: Combine the sweet potatoes, broth, tomatoes and their juices, chickpeas, okra and all the spice paste in a large saucepan. Bring to a boil over high heat then stir and reduce the heat to medium-low. Cover and cook for 15 minutes, then uncover and cook for 10 minutes, stirring as needed, so the vegetables are tender.

While the stew is cooking, prepare the couscous according to the package directions.

Divide the cooked couscous among individual wide, shallow bowls. Spoon the stew over the top. Garnish with dashes of hot sauce and the cilantro leaves, if desired. Serve hot.

<http://www.washingtonpost.com/pb/recipes/spicy-chickpea-and-sweet-potato-stew/13240/>

Preheat oven to 375 degrees. Cut the butternut squash and scoop out the seeds. Cut the squash into 1 in pieces and steam the squash until tender. About 10 minutes. Mix the squash with crème. Start with 1/4 cup and add as needed, making sure it does not get too loose. Heat the squash with the crème for another 2 minutes. Prepare the rice paper according to package instructions. (Soak it in warm water for 5 seconds, then use.) Scoop some of the squash onto the rice paper and roll into a thin stick and place on a cookie sheet. Repeat until all of the squash is used. Bake squash sticks at 375 degrees for 15 minutes.

## Middle Eastern Fire-Roasted Eggplant Dip: Babaganoush

### *Ingredients*

2 large eggplants  
1 lemon, juiced  
2/3 cups tahini (sesame seed paste available in international section)  
½ cup minced fresh parsley  
Kosher salt and freshly ground Black pepper  
Pita chips for dipping

### *Instructions*

There are 2 ways to cook the eggplants. The first way, on the stovetop, is my favorite because it yields a much smokier-flavored babaganoush.

For the stovetop method: Turn 2 burners up full-throttle. Place 1 eggplant on each burner and, using a pair of tongs, turn every 5 minutes or so, until the entire surface of eggplant is charred and crispy, about 15 minutes. Don't worry if the eggplant deflates a little. Remove from the burner and place on a plate to cool.

For the oven method: Preheat the oven to 450 degrees F. Prick the eggplants all over with a fork (this keeps the eggplant from exploding in the oven, so don't skip this step). Place on a baking sheet and roast until softened, about 20 minutes. Remove from the oven and allow to cool.

Regardless of the cooking method you choose, once the eggplant is cool enough to touch with your hands, carefully peel the charred skin off the eggplant. Discard the skin. Move the flesh onto your chopping board, slice off the stem and discard. Using your knife, mince the flesh until almost smooth. Scoop into a bowl.

Add the lemon juice, tahini, parsley, and a little salt and pepper. Whisk together and taste for seasoning. Feel free to add more lemon juice, more salt and pepper... it will vary depending on the size of your eggplant, and how you like your 'ganoush! Serve with pita chips.  
<http://www.foodnetwork.com/recipes/aarti-sequeira/middle-eastern-fire-roasted-eggplant-dip-babaganoush-recipe.html>

Check out our [Newsletter Archive](#) for additional recipes.