



**Check out the article about Plant it Forward on Houston Mom's Blog**

A local mom brings her three children to the University of St. Thomas Farm in Montrose. They meet Farmer Roy, check out how their veggies grow, pick-up a farm share, and make rainbow pizza for dinner!

**[Plant it Forward: Urban Farms in Houston](#)**

## **Farm News**

**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 31<sup>st</sup> beginning from 12:00pm-2:00pm. Refreshments and snacks will be provided. [RSVP via Facebook](#) or by sending an email to [Kassy@plant-it-forward.org](mailto:Kassy@plant-it-forward.org).

**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](#)**

**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.

To vote – go to the [Houston Culinary Awards website](#) and log in via Facebook. And if you have a moment – please invite your friends to vote as well.

**Are you an Amazon shopper?**



Support Plant It Forward Farms by shopping through AmazonSmile! When you shop at AmazonSmile, Amazon will donate .5% of the amount you spend to Plant It Forward. Support us every time you shop! It's as easy as that. AmazonSmile is the same Amazon you know. Same products, same prices, same service.

Get started here: <http://smile.amazon.com/ch/27-3967754>

# 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!](#)

This is week 15 of 16 weeks or 15 of 32 weeks depending on which option you chose in May. Please see the schedule below for any questions about the end of this season and beginning of the next season. If you signed up for 32-weeks in May, you will keep picking up through the week of December 21<sup>st</sup> - there is not a week off. Enjoy! Please let me know if you have any questions.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spring-Summer	Week 15	8/25	8/26	8/27	8/28	8/29	8/30	8/31
Last week of Spring-Summer	Week 16	9/1 Labor day	9/2 Last pick-up of Spring-summer	9/3 Last pick-up of Spring-summer	9/4 Last pick-up of Spring-summer	9/5 Last pick-up of Spring-summer	9/6 Last pick-up of Spring-summer	9/7 Last pick-up of Spring-summer
Summer-Fall begins the week of September 8th	Week 17 of 32 or Week 1 of 16	9/8	9/9 First pick-up of Summer-Fall	9/10 First pick-up of Summer-Fall	9/11 First pick-up of Summer-Fall	9/12 First pick-up of Summer-Fall	9/13 First pick-up of Summer-Fall	9/14 First pick-up of Summer-Fall

## RECIPES

This week's bountiful vegetable is arugula! Recipes below are from Chef Nik Botello.

### Sautéed Arugula

1 Carbon steel pan or Cast iron

1 bag Arugula

2 garlic cloves (thinly sliced)

1 lemon (zest and squeeze)

1 gulp Clover honey

3 Tbs. peanut oil

Sea salt

2 "turns" Fresh cracked pepper

Heat peanut oil on med high heat. Once it begins to smoke quickly add you garlic to the pan. Almost immediately add the arugula before the garlic has time to caramelize.

Once the arugula has wilted down add your lemon juice, honey, salt and cracked pepper. (The arugula is naturally a bit spicy so take that into consideration when it comes to the pepper)

Garnish with the lemon zest. Toasted almonds add a nice textural contrast also when serving.

### Arugula and purple basil salad

#### Salad:

3oz. arugula  
1 bunches purple basil (roughly chopped)  
1 bunch cilantro (roughly chopped)

½ cup toasted almonds or pine nuts  
¼ cup crumbled feta cheese  
1 dozen baby tomatoes (halved)  
¼ English cucumber (peeled)

#### Dressing:

1 to 1 ½ lemons (squeezed)  
5 Tbs sunflower oil  
1 tbs Dijon mustard  
rock salt

In a small mixing bowl whip your mustard and lemon juice together with salt. Slowly incorporate the sunflower oil. Taste and adjust the flavor.

Toss your greens, nuts, tomatoes and cucumbers with your vinaigrette. Toss with the salad.

Garnish with feta cheese.

### Arugula and quinoa casserole

½ bag arugula  
½ head broccoli (cut into florets)  
2 containers squash blossoms  
10 each purple long beans (cut in ½ inch pieces)  
1 each small onion (thinly sliced)  
½ cup sharp cheddar cheese (grated small)  
¾ cup plain yogurt  
1½ cup parmesan cheese (finely grated)  
3 cups cooked quinoa  
non stick spray or oil  
sea salt and pepper

Blanch your broccoli and long beans in salted water until they are tender.

At this point everything except ½ cup of Parmesan cheese can be mixed together in a bowl.

Spray a glass or an enameled cast iron pan with non-stick spray. Pour your mixture into the pan.

Sprinkle the remaining cheese on top.

Bake at 350 degrees Fahrenheit for about 35 to 45 minutes.

**Recipes below were shared by long-time farm Share Member Beverly Rosenbaum. Thanks Beverly!**

### **Oven Roasted Okra**

1/2 pound fresh okra, cut into 1/2 inch slices  
20 cherry tomatoes, halved  
olive oil  
ground sea salt, ground black pepper and Mrs. Dash Chipotle Seasoning to taste  
minced garlic  
1/2 cup panko bread crumbs

Preheat an oven to 425 degrees.

Place the okra and tomatoes in a bowl. Pour in the olive oil and sprinkle with sea salt, pepper, chipotle seasoning and garlic. Stir until the vegetables are coated with oil. Add the panko bread crumbs and stir. Spread the vegetables in one layer on a lightly greased baking sheet or jelly roll pan. Bake for 13 to 15 minutes until the

tomatoes are soft and the okra is lightly browned.

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**Eggplant Chips**

- 1 eggplant, sliced
- 1/2 cup panko crumbs
- 1/8 cup grated Romano cheese
- 1 clove garlic, chopped
- 2 sprigs fresh parsley and basil, chopped
- 1/2 teaspoon dried oregano
- salt and pepper to taste
- 2 tablespoons olive oil

Preheat oven to 400 degrees F. If the eggplant slices are large, cut them in half again and lay them on a baking sheet. In a small bowl combine crumbs, Romano cheese, garlic, parsley, basil, oregano, salt and pepper. Sprinkle over eggplant and drizzle with oil. Bake in preheated oven for 25 minutes, or until crispy.

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**Glazed Long Beans**

- 1 pound long beans, washed and trimmed to 3" lengths
- 1 tablespoon olive oil
- 2 teaspoons minced garlic
- rosemary
- 1/4 cup water
- 1 tablespoon oyster sauce
- 1 teaspoon soy sauce

Heat up your wok or skillet, add oil. When shimmering, add minced garlic and rosemary. Fry just for a few seconds until fragrant. Add your long beans, fry for 30 seconds, tossing the garlicky oil all over the beans.

Add water, oyster sauce and soy sauce. Cover and let the beans steam for 5 minutes on medium heat. Check to see if beans are almost tender, but not too soft. If not, re-cover and steam an additional 1 minute. Uncover, let the rest of the liquid evaporate, about an additional minute.

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These recipes were shared by long-time Farm Share Member Katherine Principe. Thanks Katherine!

I wanted to pass along two recipes that I have enjoyed with your produce:

<http://www.epicurious.com/recipes/food/views/Roasted-Butternut-Squash-Red-Grapes-and-Sage-232887> - I always wish I had more butternut squash to make more!

<http://www.epicurious.com/recipes/food/views/Green-Bean-Corn-and-Coconut-Stir-Fry-em-Thoren-em-394669> - This one is very tasty with your long green beans.

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