



Dear Farm Share Members,

Thanks to the optimism of our Farm Manager Ray, we went forward with our planned farm event this past Sunday in spite of the threat of rain and it turned out to be a lovely day! It rained in the beginning but then the rain cleared up and it was overcast and cool- perfect for farm tours, volunteer orientations, and composting classes! Ray gave farm tours to a few groups, Cathy added some to volunteers to the Farmer Partner Program, and Joe taught aerobic composting throughout the event. We had farm snacks made by Chef Nik- spring rolls made from farm vegetables and delicious peanut sauce for dipping as well as water flavored with farm herbs! We had about 50 people come out to the Braeswood Church (Fondren) Farm on Sunday and now we have some new Farm Share Members!



Farm Share Schedule

This is the last week of the 16-week spring-summer season (May- early Sep). If you are signed up for the 32-week season (May-Dec) or the new 16-week season (Sep-Dec) you will not pick-up for the next two weeks. Plant it Forward Farmers must take a break so that the crops can grow and so that they have time to plant for the fall season. This next season will now be extended for the first two weeks in January 2015. We appreciate your flexibility and understanding that this is the farming business. ☺

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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
Break	Week of 9/8	No farm Share	No farm Share	No farm Share	No farm Share	No farm Share	No farm Share	No farm Share
Break	Week of 9/15	No farm Share	No farm Share	No farm Share	No farm Share	No farm Share	No farm Share	No farm Share
Summer-Fall begins the week of September 22nd	Week 17 of 32 or Week 1 of 16	9/22	9/23 First pick-up of Summer-Fall	9/24 First pick-up of Summer-Fall	9/25 First pick-up of Summer-Fall	9/26 First pick-up of Summer-Fall	9/27 First pick-up of Summer-Fall	9/28 First pick-up of Summer-Fall

If you did not sign-up again, we will miss you and we hope you will be back again for another season and visit our Farm Stands in the meantime.

Veggie ID

Some of you have received Roselle seed pods or calyces in your Farm Shares. These can be used to make a juice or tea. Please visit <http://goodyfoodies.blogspot.com/2013/06/recipe-roselle-juice-drink-tea.html> to learn how to make the tea or juice. Enjoy!



Surveys & Shopping

This is your last chance to give us your feedback and choose 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. We will reveal and reward the winner on Monday, September 8th. 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>

RECIPES

This week's bountiful vegetable is Malabar spinach!

You can prepare Malabar spinach just like regular spinach, but it is thicker, so it takes a little longer to cook. Recently, we sautéed the Malabar and then added it to spaghetti sauce. This was really delicious!

Green Thai Curry

2 Tbsp. sesame oil
½ large onion, chopped
4 cloves garlic, chopped
1-2 large bell peppers, chopped
1 large eggplant (optional), cubed
1 CSA bag okra, coarsely chopped
1 14 oz. can coconut milk, regular or light
2-3 Tbsp. Thai green curry paste
1 Tbsp. fish sauce
2 Tbsp. soy sauce
1 lb. shrimp or chicken
½ CSA bunch long beans, chopped
1 handful Fresh basil, torn
Greens (spinach, Malabar spinach, arugula, sweet potato greens, etc.)

In a large wok, heat sesame oil over medium-low heat. Add chopped onion and sauté until translucent, about 5 minutes. Add chopped garlic and peppers and sauté for another 3 minutes. Add cubed eggplant and cook for 10 minutes or until tender. Add the chopped okra and cover the wok for a few minutes to let okra steam. Add the can of coconut milk, curry paste, fish sauce, and soy sauce and stir well to combine. Wait until heated through and add the shrimp, long beans, basil, and any greens. Cook for about 5 minutes or until shrimp are cooked and greens are wilted. Serve hot over rice.

*If using chicken, add the chicken before the eggplant and sauté for 5 minutes before adding the eggplant.

*Try this recipe using the different CSA vegetables.

*Begin with 1 Tbsp. green curry paste and then add to taste.

Spinach smoothie with avocado and apple

1 ½ cups apple juice
2 cups spinach, Malabar spinach, or kale, stems removed
1 apple- cored and chopped- recipe calls for it unpeeled*
½ avocado, chopped

Combine all ingredients in blender and puree until smooth. Add water to make smoothie a little thinner.
*recipe calls for unpeeled apple, but this leaves little bits of apple skin in the smoothie.

Real Simple, February 2013

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