

Eat More Plants!

Continuing our focus on local chef customers, the restaurant highlight for this week is Oxheart located at 1302 Nance Street in Houston's historic warehouse district.

Alison Cook rated Oxheart the #1 restaurant in Houston in her 2013 Top 100 list. This is an excerpt from her review:

“A year and a half on, there still is no restaurant I approach with more anticipation. Chef Justin Yu's ingredient-centered, intensely local tasting menus seem even more confident and focused. Karen Man's breads and desserts are further evolved. And the vegetables-forward mindset is mixed with a keen attention to getting maximum flavors out of our region's best meats and seafood, too. If anything, Yu's careful techniques are coaxing more from his ingredients; and his gorgeous platings are simplifying into something elemental — and important. My last meal here, in late July before the staff's summer break, was the best yet, from the honed intensity of beets and dried peach molded into a simple, shimmering tart edged with horsemint vinegar; to a Chinese pancake laced with beef marrow, sided by squash roasted with more beef fat and fermented green garlic. There is no more stirring food in town.”



Thank you Justin and Karen for your support.



Native Houstonian and Chef **Justin Yu** has crisscrossed the globe honing his culinary skills. He earned his bachelors in Hotel and Restaurant Management at the University of Houston and culinary arts degree from New York's Culinary Institute of America. Chef Yu opened [Oxheart](#) with his wife, Karen Man, in March 2012, which *Bon Appetit* included on its list of America's top 10 Best New Restaurants of 2012. Justin was nominated for the 2014 James Beard Foundation Award for Best Chef Southwest.



As a graduate of The University of Texas at Austin and the French Pastry School in Chicago, Illinois, **Karen Man** has had the opportunity to work at Bien Cuit, Bouchon Bakery in both Yountville and New York and spent time at The French Laundry, In de Wulf, Kiin Kiin, Relæ and Meyer's Bakery. In her free time, Karen enjoys yoga, swimming, running, watching THE University of Texas Longhorn football, traveling and finding new hobbies.

What to expect on the first day of your Farm Share pick-up (for those of you who missed last week):

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.**

RECIPES



This week's bountiful vegetable is the flying saucer squash, aka pattypan squash. The flying saucer squash comes in yellow, green and very light yellow, almost white colors. These squash can be eaten raw, added to salads, or sautéed with tarragon. They can also be stuffed and baked.

Stuffed flying saucer squash



2-3 small flying saucer squash or one large squash
3/4 cup couscous, uncooked
5 Tbsp olive oil, divided
1/4 cups green onion, chopped
1 whole shallot, chopped
1 cup garbanzo beans* (chick peas)
1/4 cup Romano cheese
Salt and pepper to taste

Preheat oven to 400 degrees. Cook couscous in salted water. Cut out tops of squash and scoop out flesh and seeds, leaving a 1/4 inch border of flesh. Reserve flesh and seeds. Rub outside and inside of squash shells with 1 Tbsp. extra virgin olive oil. Roast squash shells for 10 minutes. While shells are roasting, heat 3 Tbsp. olive oil in a large pan. Sauté spring onion and shallot for about 30 seconds, or until fragrant. Add squash flesh and seeds and cook for 5 minutes, or until very tender. Add cooked couscous, garbanzo beans, and 1 Tbsp. olive oil to pan and heat through. Remove squash shells from oven and reduce temperature to 350 degrees. Stuff shells with couscous mixture. Top with shredded cheese. Bake for 20 minutes or until cheese just starts to brown. Serve stuffed squash on small mounds of leftover couscous mixture.

*You can get already cooked, frozen garbanzo beans in the freezer section of Whole Foods Market. The brand is Stahlbush Island Farms. This way you can take out what you need for a recipe and keep the rest frozen.

Potato, Squash, & Goat Cheese Gratin

1 flying saucer squash or 2 medium yellow squash, about 1/2 pound
4 small to medium red potatoes, about 1 pound
3 Tablespoons olive oil
4 ounces goat cheese
Salt and freshly ground black pepper
1/4 cup whole milk
1/3 cup freshly grated Parmesan cheese
1 tablespoon thinly sliced basil or thyme leaves

Preheat oven to 400°F. Lightly grease a 1 1/2 to 2-quart casserole dish with a drizzle of olive oil.

Use a mandolin slicer or chef's knife to slice the squash and potatoes into very, very thin slices, 1/8-inch or less. Toss the sliced vegetables with the 3 tablespoons olive oil in a large bowl.

Place 1/3 of the squash and potato slices in the bottom of the dish — no need to layer them squash-potato-squash; just spread evenly — then season with salt and pepper.

Top with half of the goat cheese, scattered evenly in large chunks.

Repeat with another 1/3 of the vegetables, seasoning again with salt and pepper and topping with the other 1/2 of the goat cheese.

Finish by layering on the final 1/3 of the vegetables and seasoning with salt and pepper.

Pour the milk over the entire dish. Top with the parmesan cheese.

Bake, covered, for 30 minutes, then uncover and bake 15 more minutes, until the top browns. Scatter on the fresh basil, if using.

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

Vegetable Identification



Chinese leeks or garlic chives are great in stir-fry or any kind of sautéed dish.



Suyo long cucumbers- burpless (mild and more easily digestible) cucumbers. The skin is not bitter like other cucumbers.

Is there something in your farm share that you cannot identify? Take a snapshot and send me the picture. I will identify it for you and then add it to the newsletter to help your fellow members.