



Hollywood Connection

The seed of inspiration for Plant It Forward came from an unlikely source -- the story of the actress Tippi Hedren. Ms. Hedren starred in several Hitchcock movies in the 60's, most memorable was *The Birds*. She was also an international relief coordinator with the organization, Food for the Hungry, and was working with Vietnamese women at a refugee camp near Sacramento. When several admired her long, glossy nails, Ms. Hedren asked her manicurist, Dusty, if she would come to the camp to meet with the women. Dusty agreed, and Ms. Hedren flew her up to Camp Hope every weekend to teach nail technology to 20 eager women.

By introducing Vietnamese refugees to nail care in the 1970's, she unknowingly set off an entrepreneurial revolution. According to the industry magazine *Nails*, Vietnamese now make up 80 percent of the California's licensed manicurists and about 45 percent of manicurists nationwide. Maybe one day in the near future, refugee farmers will make up a large percentage of Houston's urban food producers.

Farm Share Registration

It's that time again! The next 16-week Farm Share season will begin the week of September 8th. If you sign-up by July 31st you will get the early bird discount! [Follow this link to register and you will have veggies for the rest of the year!](#)



RECIPES

This week's bountiful vegetables are long beans!

Marinated Kale and Green Bean Salad

¼ cup olive oil
2 tbsp fresh lemon juice
1 tbsp honey
½ tsp crushed red pepper flakes
1 bunch Tuscano kale, center ribs and stems removed, leaves cut into ½-inch strips
kosher salt and freshly ground black pepper
1 bunch long beans
¼ cup finely grated Parmesan

Combine the oil, lemon juice, honey, and red pepper flakes in a large bowl. Add the kale and toss to coat. Season to taste with salt and pepper. Cover and refrigerate for 1-2 hours or overnight, tossing occasionally. When ready to serve, cook beans in a large pot of boiling salted water until crisp-tender (about 4 minutes). Drain beans and transfer to a bowl of ice water to stop their cooking. Drain beans and blot with kitchen towels to dry. Chop beans into 3-4 in. pieces. Toss beans with kale mixture. Season with salt and pepper before topping with Parmesan.

<http://honestcooking.com/marinated-kale-green-bean-salad/>

Green Chile Enchiladas with Squash, Tomatoes, and Long Beans

Olive oil
1 flying saucer squash, finely diced
1 large shallot, thinly sliced
2 medium tomatoes, chopped
1 bunch long beans
16 ounces tomatillo or green chili salsa
8 ounces crème fraîche
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 fraîche, 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:

<http://feedmephoebe.com/2013/06/meatless-monday-green-chile-enchiladas-with-summer-squash-cherry-tomatoes-and-spinach/#sthash.hz8LZ8on.dpuf>

Bean Salad

You can use green beans, yellow beans, jumbo beans, bush beans, long beans, etc.

1 pound / 16 oz. yellow runner beans
1 Serrano chili, stemmed and seeded
5 green onions, green parts trimmed & reserved
a big handful of cilantro
1 clove garlic, peeled and smashed
3/4 teaspoon fine grain sea salt
1 tablespoon sunflower oil
1 cup coconut milk, well mixed
1- 2 tablespoons freshly squeezed lemon juice, or to taste
2 big handfuls / 1/2 cup toasted pepitas (pumpkin seeds)

Cut the beans into 1-inch segments. Cook in a pot of well-salted water for 1-2 minutes, drain, and run under cold water to stop cooking. Drain, and shake off as much water as possible. Set aside.

To make the dressing, pulse the chili, onions, cilantro, garlic, salt, and sunflower oil into a paste with a food processor. Pulse in the coconut milk in two additions, before adding the lemon juice to taste, a half tablespoon at a time.

Place the beans in a large bowl with most of the pepitas. Toss well with a generous amount of the dressing (you'll have plenty of leftover), and, this is a salad that benefits from over-dressing versus under. Serve in a bowl or platter topped with the remaining pepitas.

<http://www.101cookbooks.com/archives/yellow-bean-salad-recipe.html>

Still Have Eggplant in your fridge? Here is a delicious way to cook it!

Baked Eggplant Parmesan

3 eggplant, peeled and thinly sliced
2 eggs, beaten
4 cups Italian seasoned bread crumbs
6 cups spaghetti sauce, divided
1 (16 ounce) package mozzarella cheese, shredded and divided
1/2 cup grated Parmesan cheese, divided
1/2 teaspoon dried basil

Preheat oven to 350 degrees F. Dip eggplant slices in egg, then in bread crumbs. Place in a single layer on a baking sheet. Bake in preheated oven for 5 minutes on each side. In a 9x13 inch baking dish spread spaghetti sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella and Parmesan cheeses. Repeat with remaining ingredients, ending with the cheeses. Sprinkle basil on top. Bake in preheated oven for 35 minutes, or until golden brown.

<http://allrecipes.com/recipe/eggplant-parmesan-ii/>

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