



Roselle (Jamaican Sorrel)

Roselle is a member of the okra family. The leaf of this plant is sour with a strong citrus-lemon flavor. It is a most amazing flavor that is perfect for summer salads and stir-fries.

For use in salad, pick the leaves off the stems, and discard the stems. Rinse the leaves and quickly dry with a kitchen towel. Cut the leaves into narrow ribbons, and use just like lettuces, as the main ingredient in the salad. Add other salad ingredients such as tomatoes, avocados, cucumbers, and your favorite salad dressing. Even without a salad dressing, the flavor will please the most discriminating palate.

Ray Sher uses roselle as his main salad ingredient every day of the summer, and can't wait until summer to replace lettuce with these maple shaped leaves. He also throws the cut up leaves into stir-fries for the last 1 to 2 minutes, and they impart the pleasing lemon flavor. Ray doesn't eat meat, but says that cooking fish and stews with Roselle adds great flavor. Ray has grown Roselle for about 20 years, and it is one of the most important vegetables in his summer garden.

Plant It Forward farmers may be the only commercial grower of this unique vegetable in the Houston area.



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 of 5% off! [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 the cucumber!

[Jeffrey Alford & Naomi Duguid's Spicy Cucumber Salad](#)

1 large cucumbers or a few smaller cucumbers (about 1 lb)
2 tablespoons rice vinegar
1 tablespoon sugar
2 tablespoons peanut or vegetable oil
5 Thai dried chiles, or 3 for milder heat
½ jalapeño, minced
7 Sichuan peppercorns
½ teaspoon salt
¼ cup packed torn cilantro leaves

Peel the cucumber (optional), leaving some thin strips of peel on if you wish, for a decorative effect. Cut lengthwise into quarters and discard the seeds (optional).

Use the flat side of a cleaver or large knife to bash the cucumber pieces several times. Cut the pieces lengthwise into thinner strips, and then cut crosswise into 2-inch lengths. Place in a medium bowl.

In a small bowl, mix together the vinegar and sugar. Pour over the cucumber, mix well, and set aside.

Place a wok or skillet over high heat. When it is hot, add the oil and swirl to coat the pan. Toss in the dried chiles, jalapeño, and peppercorns and stir-fry for 20-30 seconds. Pour this over the cucumbers. Sprinkle on the salt and mix well.

Mound the salad in a shallow bowl. Sprinkle on the cilantro leaves and serve immediately. Note: The traditional way to make this uses 3 tablespoons of oil, giving a well-oiled texture that may be undesirable. If you wish, try both and see which you prefer.

[Beet, Avocado, and Arugula Salad with Sunflower Seeds](#)

Beet Slaw- a big batch, more than what is needed for the salad
2 beets, peeled and grated or thinly sliced
4 stalks celery, thinly sliced
1 large cucumber, seeded (optional), thinly sliced
2 scallions (green parts only), thinly sliced

Salad

1 packed cup baby arugula
2 tablespoons extra-virgin olive oil
2 tablespoons lemon juice
Coarse salt and freshly ground black pepper
1/2 avocado, diced
3 tablespoons sunflower seeds, toasted

To make the slaw- In a large bowl, toss beets, celery, cucumber, and scallions.

Salad- Toss 2 cups beet slaw with the arugula, oil, and lemon juice. Season with salt and pepper. Top with avocado and seeds.

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