



HAPPY THANKSGIVING FROM PLANT IT FORWARD!

This is what we are thankful for-

Colleen: I'm thankful for the beautiful produce that we grow, and its abundance. It definitely makes for the best dinner parties, and a beautiful Thanksgiving feast.

Our customers! Farm Share members, neighbors who stop by our Farm Stands, and the friendly folks at Eastside Farmers Market. They keep me excited about the work that we're doing.

Our volunteers - especially Cathy Stewart and Kathy Ballanfant, who help make every market morning a little easier.

Our farmers working and playing with their children out on the farm - this never fails to make me smile.

Watching our farmers make a living off of their farm - this wouldn't be possible without their hard work and our customers' dedication to buying locally.

Ray: I'm thankful that Plant It Forward now has 9 farmers on their own farms, that they each have a good number of Farm Shares, and that the Farm Share members are enjoying the bounty that we have in Houston during each season, even though sometimes it takes a lot of creativity in using the same vegetables over and over.

I'm grateful that Plant It Forward has more than doubled the number of Houston urban farmers in just a couple of years, and continues to add more.

I'm grateful to be part of the Plant It Forward urban food production organization.

I'm grateful that many of the lessons I have taught the Plant It Forward students and graduate farmers has become part of their farming knowledge, thinking and practice.

I'm grateful for all the frustration and angst, and then appreciation and satisfaction that goes with language and cultural barriers, in teaching organic farming to refugees.

Teresa: Our hundreds of customers that make this crazy idea, of empowering refugee farmers to become financially independent by providing local organic produce to Houstonians, possible.

The great team that I work with who all share a common vision of success for our farmers by bringing urban farms to Houston: Kassy, Colleen, Cathy, Ray, Gary

Our farmers who have overcome extreme challenges and still manage to maintain hope in the American dream.

Kassy: I am thankful for the farmers who work extremely hard each day and through every weather condition to deliver beautiful, fresh, and delicious produce to Houstonians. I am thankful to all of you Farm Share Customers who have enough faith in this program to purchase your vegetables months in advance, which insures a steady living for our farmers. I am thankful that my family is well and able to visit me in Houston and that I can take them to the farms and educate them on eating locally and organically. I am thankful for my husband who supported my decision two years ago to leave a career in big oil to work with Plant It Forward. Our lives have become more interesting and we have benefitted from this career change in ways that are priceless.

Thanksgiving Schedule

Please see the schedule below for changes during Thanksgiving week. Locations with changes are in **bold**. Any produce not picked up will be donated to [Food Not Bombs](#) on Wednesday evening. If you cannot pick-up your shares please either send someone else to pick it up or rest assured that it will be donated. Thanks!

Tuesday, November 25th

St. Catherine's- No Change

Fondren Farm Tuesday- No Change

Sunset Heights/Dr. Blazek's Office- Changed from Wednesday to Tuesday

Wednesday, November 26th

JCC and Bertha Alyce- No Change

UST Farm/Montrose- No Change

Fondren Farm Thursday pick-up- changed from Thursday to Wednesday

Plant It Forward Warehouse changed from Thursday to Wednesday- Pick-up starts earlier at 3:30pm.

Turkey/Tofurkey Thursday, November 27th

Thanksgiving Day- No farm Shares

Saturday, November 28th

No Changes, pick-up as usual

Sunday, November 29th

No Changes, pick-up as usual



All Things Carrots

We usually think of carrots as orange, but carrots can actually be found in a host of other colors including white, yellow, red, or purple. Carrots are perhaps best known for their rich supply of beta-carotene. However, these delicious root vegetables are the source not only of beta-carotene, but also of a wide variety of antioxidants and other health-supporting nutrients. The areas of antioxidant benefits, cardiovascular benefits, and anti-cancer benefits are the best-researched areas of health research with respect to dietary intake of carrots.

How to Store Your Carrots

Wash the carrots and remove the greens. Submerge the carrots in a covered container filled with water and place in the refrigerator. The carrots will stay fresh and crisp for a couple of weeks. The tops wilt quickly so if you plan to use them in a pesto, wrap them in a damp paper towel and place in refrigerator.

The Healthy Veggie from <http://eatcityslickers.com/whats-healthy-in-miami-carrots/>

1. **Beta-carotene:** Carrots are a rich source of this powerful antioxidant which, among other vital uses, can be converted into vitamin A in the body to help maintain healthy skin.
2. **Great Digestion:** Carrots increase saliva and supply essential minerals, vitamins and enzymes that aid in digestion. Eating carrots regularly may help prevent gastric ulcers and other digestive disorders.
3. **Potassium:** Carrots are a good source of potassium, which can help maintain healthy sodium levels in the body, thereby helping to reduce elevated blood pressure levels.
4. **Keep Your Teeth Healthy:** Carrots kill harmful germs in the mouth and help prevent tooth decay.
5. **Helps Cure Wounds:** Raw or grated carrots can be used to help heal wounds, cuts and inflammation.
6. **Fix Your Fiber:** Carrots are high in soluble fiber, which may reduce cholesterol by binding the LDL form (the kind we don't want) and increasing the HDL form (the kind our body needs) to help reduce blood clots and prevent heart disease.
7. **Amazing Eyes, Hair and Nails:** The nutrients in carrots can improve the health of your eyes, skin, hair, nails and more through helping to detoxify your system and build new cells!

Sign-up for next season before Nov 30th

It is Farm Share Registration time again! The next Farm Share season begins in January 2015.

Use coupon code **lovemyshare25** for \$10 off the 25-week membership for the first 50 people who use it. It will then drop to \$5 and expire on Nov 30th, so act quickly!

Use coupon code **lovemyshare50** for \$20 off the 50-week membership for the first 50 people who use it. It will then drop to \$10 and expire on Nov 30th, so act quickly!

<http://plant-it-forward.org/our-produce/farm-share/>

We love our fellow local vendors! From time to time throughout the next season you will receive a special treat in your Farm Share. We will source from local vendors such as Pat Greer's Kitchen, Java Pura Coffee Roasters, Angela's Oven, Swede Farm Dairy, and more at no extra charge to you! Together we can grow the local food economy.

Early-bird pricing: To get the best price be sure to register on or before Nov 30th.

If you register on or before November 30th:

25-week season, Jan 2015-Jun 2015: \$580 by check/\$593.50 by credit card.

50-week season, Jan 2015-Jan 2016: \$1120 by check/\$1145.75 by credit card.

Note: We can break up payments into installments if you pay by check:

25-weeks- mail two checks for \$290 each by Dec 19th:

1st To deposit right away

2nd post-dated March 13th

50-weeks- Mail four checks for \$280 each by Dec 19th:

1st To deposit right away

2nd post-dated March 13th

3rd post-dated June 12th

4th post-dated September 18th

All checks must be received by December 19th. If you pay by credit card the payment must be made in full.

If you register after November 30th:

After Nov 30th prices will go up every few days and will reach full price by December 10th, so register early to get the best price! Registration deadline is December 15th and all payments must be received by Friday, December 19th.

<http://plant-it-forward.org/our-produce/farm-share/>

Full price:

25-week season, Jan 2015-Jun 2015: \$600 by check/\$614 by credit card.

50-week season, Jan 2015-Jan 2016: \$1150 by check/\$1176.25 by credit card.

Looking forward to sharing next season with you!

RECIPES

Carrot Top Pesto

Ingredients

- 1 cup (20 grams) lightly packed carrot leaves (stems removed)
- 6 Tbsp. (90 milliliters) extra-virgin olive oil
- 1 large garlic clove
- ¼ tsp. kosher or fine sea salt
- 3 Tbsp. pine nuts, toasted (see Note)
- ¼ cup (30 grams) freshly grated Parmesan cheese, preferably Parmigiano-Reggiano

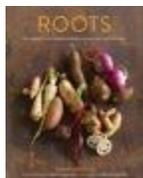
Steps

1. In a food processor, combine the carrot leaves, oil, garlic, and salt, and process until finely minced. Add the pine nuts and pulse until finely chopped. Add the Parmesan and pulse just until combined. Taste and adjust the seasoning. Use immediately, or cover and refrigerate up to 2 days.

Notes

Toasting pine nuts, almonds, walnuts, pecans, hazelnuts, cashews, and pumpkin seeds brings out their flavor. Spread the nuts or seeds in a single layer on a rimmed baking sheet, place in a preheated 350-degree oven, and toast until fragrant and lightly browned, 5 to 10 minutes, depending on the nut or seed.

Alternatively, nuts and seeds can be browned in a microwave. Spread in a single layer on a microwave-safe plate and microwave on high power, stopping to stir once or twice, until fragrant and lightly browned, 5 to 8 minutes. Watch them closely so they don't burn.



This recipe is from the book *Roots* by Diane Morgan.

These are the most bountiful vegetables this week: radishes, turnips, bok choy, Kale, and parsley. Check out our [Newsletter Archive](#) OR our [Recipe Database](#) for additional recipes.

Veggie ID

This is an educational section of some items that may come up in your farm share throughout the season, but not necessarily this week.

Beets

Beets are delicious and nutritious! If you don't like beets, forget that you don't like them and try them again! You can eat the roots and the greens. You can roast the beets, make beet chips, or make beautiful smoothies from raw or cooked beets.



2 cups dry red wine
1 cup fresh beet juice
1/3 cup sugar
1/2 lemon
1 small cinnamon stick
1/2 cup crème de cassis
4 ripe Bosc pears, peeled

In a medium saucepan, bring the wine, beet juice, sugar, lemon, cinnamon stick and 1/4 cup of the crème de cassis to a boil. Simmer over moderate heat for 5 minutes, stirring to dissolve the sugar. Add the pears, cover and simmer over moderately low heat, turning once, until just tender, 15 minutes. Using a slotted spoon, transfer the pears to a bowl.

Boil the poaching liquid over moderately high heat until reduced to 1 cup, 13 minutes. Stir in the remaining 1/4 cup of crème de cassis. Pour the syrup over the pears and let cool completely, then refrigerate until chilled, 30 minutes; discard the cinnamon stick.

Serve the pears with the syrup on a platter or in shallow bowls. Serve with vanilla ice cream.

From Food and Wine, Submitted by Kathleen Ballanfant

Turnips



Turnips are delicious! Add the root and the greens to soups. Roast the roots. Saute the greens.

<http://plant-it-forward.org/tag/turnips/>

Parsley



You can do a lot with parsley. Add it to salads, soups, pesto, etc. Check out this site:
<http://www.simplyrecipes.com/recipes/ingredient/parsley/>

Dill



Dill (not to be confused with fennel)



Dill when it flowers. Beautiful and tasty!

Roasted Sweet Poatoes with dill recipe:
http://www.theyummylife.com/Roasted_Sweet_Potatoes

Baked salmon with dill sauce:
<http://www.marthastewart.com/1033633/roasted-salmon-kale-and-cabbage>

Chinese leeks (Garlic chives)



Chinese leeks (garlic chives) are great in stir-fry, sauteed dishes or in soups.

Mexican Marigold Mint (Texas tarragon)



Use this herb like tarragon to flavor chicken salads or fruit salads. Can also be used to make flavored water and tea.

Swiss Chard



This is the most beautiful and one of the most nutritious greens! Swiss chard can be enjoyed as an ornamental plant or eaten!



Frittata with Swiss Chard (Frittata di Beitole)

This Italian recipe is from Madhur Jaffrey's World Vegetarian cookbook. You can also use beet greens, spinach, arugula, etc. in place of the Swiss chard.

For the Swiss Chard

1 bunch Swiss chard, coarsely chopped (use both stems and leaves)
2 Tbsp. olive oil
1 garlic clove, peeled and finely chopped
About ¼ tsp. salt

For the eggs

6 eggs
¼ tsp. salt
Freshly ground black pepper
3 Tbsp. extra-virgin olive oil

To prepare the chard, bring a large pot of water to a rolling boil, as if you were boiling pasta. Drop in the chard and boil for 3 to 4 minutes, or until it is tender. Drain. Rinse under cold water and then squeeze out as much moisture as you can.

Put the 2 Tbsp. olive oil and garlic in a non-stick frying pan or sauté pan and set over medium-high heat. When the garlic starts to sizzle, add the greens and about ¼ tsp. salt (taste as you go) and mix well. Stir and cook for about 1 minute. Turn off the heat.

Put eggs into a medium bowl and beat them well. Add the salt, pepper to taste, and chard. Mix well, separating the chard pieces.

Put the 3 Tbsp. olive oil into a nonstick, omlette-type frying pan with a metal handle (about 10 in. at the top and 7 in. at the bottom) and set over medium-low heat. Stir the egg mixture in the bowl and pour it in, swirling the pan to spread it evenly. Cover and cook for 5 minutes.

Meanwhile, preheat the broiler.

When eggs have cooked for 5 minutes, turn the heat down to low and cook another 5 minutes. Uncover

the frying pan and put it under the broiler for about 2 minutes, or until the top has set. It should go on the top or second to top oven rack. Slide the frittata onto a serving plate and serve hot.

French Sorrel



French sorrel Use in salads or soups. Use French sorrel to make pesto. If you have some extra time, try the creamy French sorrel soup recipe in our database: <http://plant-it-forward.org/tag/sorrel/>

French sorrel, squash, and mint salad
Combine arugula, French sorrel, mint, diced summer squash, and feta cheese. Dress with oil and vinegar.

French sorrel and parsley pesto:
<http://www.recipesource.com/side-dishes/sauces/13/rec1305.html>

French sorrel and rosemary pesto

2 cups of sorrel (about ½ bunch)- stems removed
1/4 cup pine nuts
1/4 cup of rosemary
2 cloves garlic
1/3 cup Parmesan or Romano cheese
1/4 cup of olive oil

Combine all ingredients in a food processor until smooth and well blended. Use pesto on pasta or eat with Italian bread and wine.

Bok Choy (Chinese cabbage)



Plant It Forward Farmers grow a couple different varieties. Some purple, some green.

This is a great recipe that calls for regular cabbage, but using bok choy is delicious:

<http://www.marthastewart.com/1033633/roasted-salmon-kale-and-cabbage>

Mizuna Mustard Greens



These are spicy greens that you can either add to salads or cook. Check out this website for additional recipes:

<http://www.misshomemade.com/mizunarecipe.html>
Mizuna mozzarella salad

12 small balls of mozzarella cheese
1 large tomato, seeded and sliced
1 bunch mizuna, trimmed
1/3 cup extra virgin olive oil
1 cup fresh basil, chopped
kosher salt and freshly ground black pepper to taste
1 tsp lemon juice

In a large bowl, toss the mizuna and tomato slices with the fresh basil and olive oil. Serve on a salad plate with a few mozzarella balls and season with a few drops of lemon juice and salt/pepper to taste.

Sweet potato greens/leaves



These are the delicious leaves of the sweet potatoes. To prepare, blanch first (drop in boiling water for 1-2 minutes), then add to stir-fry or curries. Another great way to enjoy these tasty greens is to blanch, then sauté in sesame oil and top with soy sauce and toasted sesame seeds.

Sweet Potato Greens in Coconut Cream

Ingredients:

1 large bunch sweet potato greens
1 tablespoon vegetable oil
2 shallots, minced
1 clove garlic, minced
1 teaspoon minced fresh ginger root (from a 1/2-inch piece)
2 teaspoons grated fresh turmeric root, or 1 teaspoon ground turmeric
1 red thai chili, finely sliced
2-inch lemon grass stalk, trimmed and finely sliced
1 to 2 teaspoons soy sauce, or to taste
1 cup coconut cream plus 1 cup water (or substitute 2 cups light or regular coconut milk)
2 to 3 teaspoons raw or brown sugar, or to taste
Salt and pepper, to taste

Directions:

Bring a large pot of water to a rolling boil. Trim off any thick stems from greens. Add to boiling water and blanch for 60 seconds, then immediately transfer greens to a bowl filled with ice water to stop the cooking. Drain.

Heat oil in a large pan or wok over medium heat. Add shallots, garlic, ginger, turmeric, chili, and lemongrass and stir until fragrant, 1 to 2 minutes. Stir in soy sauce.

Add coconut cream and water (or coconut milk) and bring to a simmer. Add blanched greens and return to a boil; reduce heat to low and simmer for 2 minutes. Add sugar and season with salt and pepper to taste. Spoon into bowls and serve with rice.