



More New Farmers!

On October 18th, nine new farmers graduated from the year-long Plant It Forward training program. Of these new farmers, seven are women! Over the next year, you will see these new graduates begin to move to Plant It Forward farms. There are now twenty Plant It Forward graduate famers in Houston; eight women and twelve men.



The graduation celebration was held at Westbury United Methodist church.

Our recipe database is now active! Please use [this link](#) to access and find recipes for your farm share vegetables. We will continuously be adding new recipes.

Plant It Forward Reusable bag: all new members should have received one. If you are anew members have not yet received a Plant It Forward reusable bag, please send me a note and we will make sure to get you one.

RECIPES

These are the most bountiful vegetables this week: arugula, roselle pods, mustard greens, bok choy, Chinese leeks (garlic chives), and eggplant, mesclun and radishes. Check out our [Newsletter Archive](#) OR our [Recipe Database](#) for additional recipes.

Here is a link to recipe for Roselle syrup! Use for all of your breakfast needs- pancakes, French toast, waffles, oh my! <http://www.thefoodieskitchen.com/2010/05/roselle-rosa-de-jamaica-hibiscus-syrup/>

And here is a link for a chicken recipe that uses the roselle syrup:
<http://www.thefoodieskitchen.com/en/2010/08/roselle-rosemary-chicken/>

Bok Choy Recipe: <http://www.emmaslittlekitchen.com/mirin-glazed-tofu-bok-choy-shitake/>

Arugula and eggplant recipe: <http://www.thefoodieskitchen.com/en/2012/03/sun-dried-tomato-arugula-and-fresh-cheese-mini-pitas/>

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

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 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.

Chinese leeks (Garlic chives)



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

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>

Edamame (soy beans)



Where else can you get fresh edamame besides Plant It Forward? I'm not sure. Multiple chefs have told us that this is very hard to find, so enjoy it!

Steam the edamame in their pods for 5-7 minutes, drain, and then sprinkle with salt. Edamame beans should pop right out of their pods and into your mouth! Good warm or cold.

<http://www.kevinandamanda.com/recipes/appetizer/10-minute-restaurant-style-steamed-edamame.html>

French filet beans (haricot vert)



These delicious green beans are delicious roasted at 400 degrees for about 10 minutes. Before roasting top with olive oil, salt, pepper and other seasonings such as: parmesan cheese, walnuts, pecans, rosemary, etc. No need to trim before cooking, you can cut off the ends while you are eating or just eat the ends.

<http://www.foodnetwork.com/recipes/haricots-verts-recipe.html>

<http://www.foodnetwork.com/recipes/tyler-florence/parmesan-roasted-green-beans-recipe.html>

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.

Mexican Marigold Mint (Texas taragon)



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

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.