

Thanksgiving is almost here. Many of us spend this period of time running around to grocery stores making sure to buy cranberry sauce, marshmallows, or other items before they sell out. We are making plans to get together with our families and friends and tidying up the house before their arrivals. Some of us are speeding through the streets, crazed from the stress of working, planning, buying, cooking to make sure everything is just perfect this year. How many of us are just relaxing and giving thanks for the small, but very significant things that we all have? What are you thankful for this year?

Last week I asked the folks that pick-up at the Fondren Farm on Thursday to try their best to get to the farm before 5pm so that Farmer Christine (pictured below) did not have to be outside for so long while the temperature was dropping. Pat Menville, who picks-up at the Fondren Farm, had a touching response to Christine's request:



“Kassy, this past week when you sent out the email asking if we could pick up our shares early because the temperature was dropping rapidly, it really resonated with me because now my food has a face - the face of the wonderful women and men I meet every week when I pick up my share, the face of the amazing people who plant, tend and harvest what my family eats during the week.

Our nation has become so removed from the reality of a sustainable harvest that we desperately need this experience, a link to our involvement in the greater world around us.

This Thanksgiving we will give special thanks for the farmers who bless us with the abundant harvest we celebrate. We are so grateful for the awakening you have given us, the opportunity to connect with the earth that sustains us and those who tend to it. May God bless you and all the farmers.

Pat & Ed Menville”

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

RECIPES

Mustard Greens



Mustard greens are crucifers like kale or broccoli, and the greens are a powerful source of antioxidants including beta carotene. For this reason, mustard greens are thought to support cardiovascular health while mitigating the effects of inflammatory conditions in the body. The greens are also an excellent source of vitamin C, vitamin K and folate.

Spicy Mustard Green Pesto

<http://nourishedkitchen.com/spicy-mustard-green-pesto/>

- Yield: 2 1/2 cups
- Cook: 5 mins

Brilliantly green, this mustard green pesto packs a bit of a kick. It pairs beautifully with roasted potatoes, tomato salads and sourdough breads. Choose a good quality, extra virgin olive oil, that's rich in antioxidants which can add to the complexity of flavors achieved in this spicy pesto.

Ingredients

- 1/2 cup chopped pecans
- 1/4 cup pumpkin seeds
- 1/4 cup sunflower seeds
- 6 cloves garlic (crushed)
- 2 bunches mustard greens (trimmed and chopped)
- 1/2 teaspoon unrefined sea salt
- 1 1/2 cups extra virgin olive oil

Instructions

1. Toss pecans, pumpkin seeds and sunflower seeds into a bowl, and cover them by 2 inches with warm water. Allow them to soak for 4 to 6 hours, drain and rinse well. If you're in a bind, you can substitute sprouted or roasted nuts and seeds.
2. Place soaked pecans, pumpkin and sunflower seeds and garlic into your food processor. Pulse 3 to 4 times until just combined. Toss in mustard greens and sea salt and pulse for a few seconds.
3. Turn the food processor on and slowly drizzle olive oil into the seeds and greens until it forms a smooth and uniform paste. Serve immediately or transfer to mason jars, cap with additional olive oil and refrigerate for up to a month.

Curried Mustard Greens & Garbanzo Beans with Sweet Potatoes

<http://www.whfoods.com/genpage.php?tname=recipe&dbid=41>

Mustard Greens and Sweet-Onion Sauté

Ingredients

- 1 tablespoon olive oil
- 1 sweet onion (such as Vidalia), halved and thinly sliced
- Coarse salt and ground pepper
- 1 1/2 pounds mustard greens (2 bunches), stems removed, sliced 1 inch crosswise
- 2 teaspoons cider vinegar

Directions

1. In a large skillet, heat oil over medium-high. Add onion; season with salt and pepper. Cook, stirring frequently, until onion is tender and golden, 6 to 8 minutes.
2. Add as many greens to skillet as will fit; season with salt and pepper. Cook until wilted, tossing and adding more greens as room becomes available, 2 to 3 minutes. Stir in vinegar; season with salt and pepper, and serve.

Cook's Note

Mustard greens don't last long, so buy only what you plan to use within a few days. To clean, fill a bowl with cold water, and add greens, swishing gently. Scoop out greens. Drain water off. Repeat with fresh water until no grit remains at the bottom of the bowl. Dry with a salad spinner, or pat with paper towels. Store washed greens in a resealable plastic bag lined with dry paper towels in the refrigerator up to 1 day.

<http://www.marthastewart.com/340880/mustard-greens-and-sweet-onion-saute#Mustard%20Greens%20Recipes/286368/mustard-greens-recipes/@center/1009854/winter-produce/340880>

Pasta with Caramelized Onions and Bitter Greens

Ingredients

- 1 tablespoon olive oil
- 1 to 2 tablespoons unsalted butter
- 4 medium onions, peeled and cut into 1/4-inch-thick rings
- 1 teaspoon sugar
- 4 cups chicken broth (preferably homemade) or water
- Salt and freshly ground pepper
- 1 pound fettuccine
- 1 head chicory (curly endive), mustard greens, kale, or arugula, washed, with tough ribs removed and leaves torn into pieces

Directions

1. Heat oil and 1 tablespoon butter in a large, heavy skillet over medium-high heat. Add onions and sugar and cook, stirring once or twice, until well browned, about 10 minutes. Turn heat to low; continue to cook, stirring occasionally, until very soft, about 10 minutes.
2. Remove half the onions and set aside. Add broth or water to the pan and bring to a boil. Cook over high heat, scraping bottom of pan, for 10 minutes. Season to taste with salt and pepper.
3. Cook pasta in boiling salted water until a little underdone, and drain. Add to broth; simmer for 2 to 3 minutes. Add greens; cook, covered, until wilted, about 1 minute. Stir in additional tablespoon of butter, if desired. Divide among 4 shallow bowls, garnish with reserved onions, and serve.

<http://www.marthastewart.com/338492/pasta-with-caramelized-onions-and-bitter#Mustard%20Greens%20Recipes/286368/mustard-greens-recipes/@center/1009854/winter-produce|338492>

These are the most bountiful vegetables this week: mustard greens, radishes, Swiss chard, arugula, kale, Malabar spinach (the last of the season), and mesclun. 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, omelette-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.