



Dear Farm Share Members:

You may now register for the next Farm Share Season! Thank you for your patience while we have been working on the new website. The website is now up and you can register online at <http://plant-it-forward.org/our-produce/farm-share/>. Once you register you will either pay with a credit card through paypal or choose the pay by check option and then drop your check in the mail. If you register before Sunday, May 11th you will receive a discount. After May 11th, the prices will increase. **Also, as a thank you for being such wonderful Farm Share members, we are offering you an additional discount off your Farm Share with the code:**

WELUVGREENS

Absolute deadline to register is Sunday, May 18th.

In other news:

The Bayou City Food & Film Festival (BCFFF) starts tonight! **The Bayou City Food & Film Festival (BCFFF)** is an exciting new festival celebrating the culture, art, and science of food from around the world! This eclectic, three-day festival- held the first weekend in May features a great selection of food films in an intimate setting, along with chefs, food activists and lively receptions and parties. BCFFF will be held at 14 Pews at 800 Aurora Street in the Heights, Houston, 77009. The festival runs from May 2-4, 2014. Check out www.14pews.com for more information or to become a member of 14 pews.

This week's Farm Share **may** include 6-7 of the following vegetables/herbs: arugula, lettuce mix, Swiss chard, beets, radishes, carrots, Brussels sprouts tops, French sorrel, Chinese leeks (garlic chives), mint, or dill. Cook the Brussels sprouts tops just like you would cook cabbage or collards.

Enjoy!

Kassy and Plant It Forward

RECIPES

Try out the recipes below or find more using our recipe finder: <http://plant-it-forward.org/farm-kitchen/favorite-recipes/>.

Roasted Beets with Cumin and Mint

1 tablespoon fresh lemon juice
1 teaspoon cumin seeds, toasted and lightly crushed
1/2 teaspoon salt
1/4 teaspoon black pepper
2 tablespoons extra-virgin olive oil
3 medium beets (1 1/4 pound total without greens), trimmed, leaving 1 inch of stems attached
1/3 cup fresh mint, coarsely chopped

Put oven rack in middle position and preheat oven to 425°F. Tightly wrap beets in aluminum foil and roast for 1 hour or until tender, then let stand, still in foil, for at least 20 minutes

While beets are roasting, stir together lemon juice, cumin seeds, salt, and pepper in a medium bowl. Stir in oil and let stand while beets finish roasting.

When beets are ready, take them out of the foil and run under a small amount of cool water. The peel should come off very easily. Cut off remaining stems and root ends, then cut into 1/2-inch-wide wedges.

Toss warm beets with dressing. Stir in mint just before serving.

Baked Salmon with Roasted Greens

2 bunches greens (~9 cups total- Swiss chard*, Brussels Sprouts tops, etc.)
6 tablespoons olive oil, divided
Coarse salt and pepper
4 skinless salmon fillets (4 to 6 ounces each)
1 tsp. lemon zest plus 2 Tbsp. juice
1/4 cup fresh dill, chopped
1 tsp. Dijon mustard

Preheat oven to 450 degrees. On a rimmed baking sheet toss greens with 2 tablespoons oil and spread in an even layer; season with salt and pepper and bake 6 minutes. Stir. Season salmon with olive oil, salt and pepper and add to baking sheet. Bake until salmon is cooked through (easily flakes), about 10-15 minutes. (Do not overcook!) Meanwhile, whisk together lemon zest and juice, dill, mustard, and remaining 1/4 cup oil. Drizzle salmon and greens with dressing before serving.

*Roast the Swiss chard stems first for a few minutes, then put the greens in for 6 minutes.

Vegan Arugula Pesto

2 cups Arugula
1/3 cup Walnuts or pine nuts
1-2 cloves garlic
1/2 cup Olive oil
Salt and pepper to taste
1 Tbsp. lemon juice
3 Tbsp. nutritional yeast*

Combine all the ingredients except for the olive oil in a food processor and pulse 10-15 times until finely chopped and combined.

Turn the food processor on and slowly add the olive oil through the feed tube until creamy. Enjoy!!!

*Nutritional yeast can be found at Whole Foods Market- this is very different from yeast for baking!