



Dear CSA Members,

We hope you are having a wonderful week. We have some exciting news to share with you – a PBS film crew is in town to film Plant It Forward! They are working on a new show, Food Forward, and they will be featuring us in an upcoming episode.

We have two busy days scheduled with them. Yesterday they filmed the harvest at the farm and our farmers cleaning and preparing the produce at the warehouse. Today they will be joining us at Urban Harvest's City Hall Farmers Market. They are featuring one of our farmers in particular, Guy Moulet. Guy is a French trained chef and a recent graduate of our program. Guy hosted the crew and some of our staff for dinner last night at his house and they filmed him preparing vegetables that he grew for a shared dish.

Some exciting news for you is that you have a chance to be on national television! The film crew will be arriving at City Hall Farmers Market around 11:30, and will probably stay for an hour before they leave to catch their flight home. Make sure to stop by during those times if you'd like a chance to be filmed picking up your CSA.

Please visit the link below to view the "Food Forward" pilot episode. We are expecting our episode to be aired in the spring, and will keep you up to date once we know more!

<http://www.foodforward.tv/>

Thank you again for accommodating us and picking your CSA up at City Hall this week. We truly appreciate your flexibility and helping us highlight our CSA program in this segment.

Your CSA this week has: arugula, okra, basil, rosemary, French sorrel, cherry tomatoes, bush beans, Toscano kale, and a choice of radishes or eggplant.

Enjoy!

Kassy and Plant It Forward Farms

The PBS film crew interviewing Farmer Guy Moulet at the Fondren Farm Tuesday morning.



The PBS film crew got action shots while farmers prepared produce for CSAs and market.



PBS film crew interviewing Aurora Kenyan, a Plant It Forward CSA member, after she picked up her CSA .



Mayor Anise Parker took time to stop by the Plant It Forward booth and chat with the farmers and answer some questions from the film crew!





### Kale Speltotto with Parmesan Cheese

--Chef Gina Lopez, Bridgeway Corporate Chef

1 quart vegetable or chicken stock  
4 tablespoon of butter  
2 tablespoon of olive oil  
1 onion finely chopped  
1 garlic clove finely chopped  
A few sprigs of thyme leaves chopped  
3 medium leeks trimmed and chopped  
5 oz of Kale  
5 oz of Sorrel or other greens  
10 oz of barley  
½ cup of white wine  
2 oz of parmesan cheese  
Sea salt and pepper to taste

Bring stock to a simmer keep warm

Heat half of the butter and sauté onion, garlic, and thyme. Sweat for 10 minutes

Stir the barley into the onion mixture wait two minutes add wine

Start adding stock ¼ cup at a time stirring and letting it absorb until you add more. It should take about 35 to 45 minutes for the barley to cook.

Sweat the leeks in the remaining butter in a frying pan and the greens and wilt with a little water for 3 to 4 minutes.

Remove barley from heat and stir in leeks mixture, cheese, and salt and pepper.

Serve with extra cheese on top, pepper, and a drizzle of oil.



### Eggplant Tricolored & More

--Chef Gina Lopez, Bridgeway Corporate Chef

3 medium eggplants  
Olive oil  
Maldon sea salt and black pepper  
1 yellow bell pepper cut into 3/8 inch dice  
10 cherry tomatoes halved  
1 teaspoon red wine vinegar  
4 tablespoons of capers, plus 1 tablespoon of the caper brine  
5 oz of buffalo mozzarella  
Basil chopped  
Salt and Pepper to taste

Preheat Oven 375. Cut the eggplants width ways into 3/4 inch slices. Place slices on a baking sheet. Brush them with olive oil and sprinkle with salt and pepper. Roast in the oven for 25 to 30 minutes until eggplants are soft and golden brown.

Mix together bell pepper, tomatoes, vinegar, capers, and brine, and 2 tablespoons of olive oil. Set aside for 30 minutes (the mix can be kept in the refrigerator for several days. The flavors will deepen.

To serve arrange the eggplant slices on a serving dish. Break the mozzarella into large chunks and scatter on top. Spoon over with the yellow pepper salsa and finish with basil.



Radish Leaf Salad with Corn Tomatoes and Salted Cucumbers

--Chef Gina Lopez, Bridgeway Corporate Chef

2 Cucumbers

½ teaspoon of Kosher salt

Leaves from 1 bunch of radishes washed and dried

1 cup of Arugula

4 Radishes halved and thinly sliced

1 ear of corn cooked and kernels removed

1 large tomato seeded and diced

1 cup of Bush Beans

¼ cup finely chopped red onions or shallots

Freshly ground pepper

Dressing

3 tablespoons of olive oil

1 1/2 tablespoon of sour cream

1 tablespoon white wine vinegar

½ teaspoon of honey or sugar

Kosher salt and ground pepper

To make salad slice cucumber add salt let sit for 15 min and rinse, drain, and pat dry

Boil water add bush beans for one minute then rinse with cold water

Chop radish leaves. Place leaves, arugula, corn, tomato, and onions in bowl.

To make dressing, whisk together all of the dressing ingredients in a small bowl

Add cucumbers to the salad with salt and pepper to taste.