



Dear CSA Members,

We hope you had a wonderful week. We have some exciting news to share with you – a PBS film crew was in town this week 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 had two busy days scheduled with them. Tuesday they filmed the harvest at the farm and our farmers cleaning and preparing the produce at the warehouse. Wednesday they joined 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 on Tuesday night at his house and they filmed him preparing vegetables that he grew for a shared dish.

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/>

In other farm news- on this beautiful fall morning 26 vibrant nutritionists from Hunger and Environmental Nutrition Dietetic Practice Group toured the St. Thomas farm. They are in town from all over the country for the Food and Nutrition Conference and Expo which is at the George R. Brown Convention Center. The group of received an overview of the Plant It Forward organization and how we are bringing nutritious vegetables to Houstonians. They then took a walking tour of the farm and saw all the fall and winter crops that are coming up.

Your CSA this week has: arugula, okra, basil, Mexican marigold mint, French sorrel, bush beans, and a choice of radishes, eggplant, collard greens, or peppers.

French sorrel recipes: <http://plant-it-forward.org/tag/sorrel/>

Arugula recipes: <http://plant-it-forward.org/tag/arugula/>

Other recipes: <http://plant-it-forward.org/farm-kitchen/favorite-recipes/>

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!





Eggplant Tricolored & More

--Chef Gina Lopez, Bridgeway Corporate Chef

3 medium eggplants

Olive oil

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.