



Dear CSA Members,

The St. Thomas farm had a work day Saturday with several active volunteers preparing a new garden bed, weeding beds and aisles, and clearing beds for planting. Both farms are looking really good with lots of fall crops planted and some already being harvested. A couple of beds of multiplying green onions have been transplanted in order to have large crops of green onions. Okra, long beans, sweet potato spinach, roselle, peppers and eggplant are the summer crops that are being phased out, as the cooler weather dramatically slows their production; and their space is needed for Swiss chard, kales, Brussels sprouts and other crops. Recent rains have helped the health of the newly planted seeds and plants, but have left the farmers sloshing around in wet low spots, which are abundant at the Fondren farm. Everyone is happy to be out of the oppressive heat and into cooler weather.

This week in your Farm Share: arugula, bush beans, basil, Mexican marigold mint, a choice of okra or French sorrel, and a choice of Malabar spinach or sweet potato greens. You also get a bottle of Herb's Dressing from [Pat Greer's Kitchen](#).

Pat Greer's Kitchen happily supplies Houston with delicious, plant-based meals, desserts, and snacks. Delicious entrees, salads, desserts, and snacks are available for purchase and prepared foods are also available at [other retail outlets](#) in Houston. Pizza, Lasagne, Garden Burgers, Texas Pecan Pie, Choco-LOT Fudge, Kale Krispies...they have it for You.

Pat Greer's Kitchen features locally sourced foods and strive to complement every farmer's produce (or product) with recipes to bring out fresh, full flavors.

Pat Greer's Kitchen is available for private catering and community cooking classes. [Read more about Pat Greer here.](#)

Enjoy!

Kassy and Plant It Forward Farms

French Sorrel Soup

3 tablespoons unsalted butter
1/2 cup chopped green onions, ramps or other wild onion
4-6 cups (packed) of chopped sorrel
Salt
3 tablespoons flour
1 quart chicken stock or vegetable stock
2 egg yolks
1/2 cup cream (you have to use cream; anything lighter will make the soup watery)

Melt 3 tablespoons butter in a soup pot over medium heat. Add the green onions or ramps and turn the heat to medium-low. Cover the pot and cook gently for 10 minutes. While the onions are cooking, pour the stock into another pot and bring to a simmer. Turn the heat up, add the sorrel leaves and a healthy pinch of salt and stir well. When the sorrel is mostly wilted, turn the heat back to medium-low, cover and cook 10 minutes. Stir occasionally. Mix in the flour and cook over medium heat for 3 minutes. Whisk in the hot stock, stirring constantly. Bring this to a simmer. To finish the soup, whisk together the egg yolks and cream. Temper the mixture by ladling a little soup into the egg yolk and cream mixture, whisking continuously. Repeat this three times. (You are doing this to prevent the eggs from scrambling). Now start whisking the soup. Pour the hot egg-cream-soup mixture into the pot with the soup, whisking all the way. Let this cook — below a simmer — for 5 minutes. Do not let it boil or the soup will break. Serve at once.

Green chili enchiladas with spinach or sweet potato leaves and bush beans

Olive oil
1 share bush beans
1 large shallot, thinly sliced
1 pint cherry tomatoes, halved
5 ounces malabar spinach or sweet potato greens
8 ounces shredded jack cheese
16 ounces tomatillo or green chili salsa
8 ounces fat-free plain Greek yogurt
Ten 8-inch corn tortillas

1. Preheat the oven to 350 degrees F.
2. If using sweet potato greens, blanch (boil for a few minutes) and set aside.
2. Heat two tablespoons olive oil in a large skillet over a high flame.
3. Sauté the bush beans and shallot until tender and beginning to brown, about 5 minutes.
4. Add the cherry tomatoes and continue to cook until the tomatoes have softened and begun releasing their juices, about 3 minutes more.
5. Stir in the spinach or sweet potato greens and cook for another few minutes, until wilted. Set filling aside to cool slightly.
6. Meanwhile, combine the salsa, yogurt, and 1/2 cup water or stock in a medium mixing bowl and whisk until combined. (NOTE: if the salsa is chunkier, run the ingredients through a food processor).
7. Ladle half the sauce into the bottom of a 9 x 13 casserole dish (or into two 8 x 8 dishes). Add half the cheese to the vegetable mixture and stir to combine. Spoon a few heaping tablespoons of the veggies into the center of one of the tortillas. Roll and place seam-side down in the baking dish.
8. Repeat with the remaining tortillas and filling. Pour the remaining sauce over the enchiladas and sprinkle with the remaining cheese.
9. Bake in the oven for 20-30 minutes until the cheese is melted and beginning to brown. Serve warm alongside a simple salad.