



Dear CSA Members,

What beautiful weather we are having in Houston! The St. Thomas farm had a work day last 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 potatoes, malabar 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, and two mixed bag choices. 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.

## Pasta with arugula, goat cheese and sundried tomato pesto

1 cup oil-packed sun-dried tomatoes (one 8 1/2 ounce jar), drained, rinsed, patted dry, and chopped very coarse  
6 Tbsp. extra-virgin olive oil  
¼ cup walnuts, toasted in small dry skillet over medium heat until fragrant, about 6 minutes  
1 small clove garlic, minced or pressed through garlic press (about 1/2 teaspoon)  
¾ oz. grated Parmesan cheese (1/2 cup)  
Salt and ground black pepper  
1 pound campanelli or farfalle  
1 Plant It Forward bag of arugula (it has already been triple washed!)  
3 oz. goat cheese

In food processor, pulse sun-dried tomatoes, oil, walnuts, garlic, Parmesan, ½ teaspoon salt, and 1/8 teaspoon pepper until smooth, about fifteen 2-second pulses, scraping down bowl as needed. Transfer to small bowl and set aside.

Bring 4 quarts water to rolling boil, covered, in stockpot. Stir in pasta and 1 tablespoon salt; cook until al dente. Drain, reserving ¾ cup cooking water, and return pasta to stockpot; immediately stir in arugula until wilted. Stir pasta-cooking water into pesto; stir pesto into pasta. Serve immediately; dotting individual bowls with ½-inch pieces goat cheese.

<http://www.cooksillustrated.com/recipes/detail.asp?extcode=N3KMIES00&docid=6018&frtk=fd26b11b-7cc4-47a6-8aaa-1473a3adc00e>

## Butter braised radishes with French sorrel

<http://plant-it-forward.org/2013/07/17/butter-braised-radishes-with-sorrel/>

## Oven-Roasted Eggplant and Butternut Squash Curry

1 lb. eggplant  
2 lbs. butternut squash  
2 tablespoons canola oil  
2 1/2 teaspoons cumin seeds  
1 1/2 onions, diced  
1 1/2 Tomatoes, in 1 1/2 inch dice  
1/4 teaspoon turmeric  
1/2 teaspoon ground fenugreek  
1/2 tablespoon ground coriander  
1/4 teaspoon ground pepper  
1/2 jalapeno pepper, chopped  
2 1/2 teaspoons salt  
3 green onions, chopped in 1-inch pieces  
1/2 cup chopped fresh cilantro

1. Preheat oven to 450°F.
2. Wrap the eggplant and the butternut squash individually in aluminum foil. Place them on a baking tray and bake them for 1 1/2 hours or until they are very soft. The eggplants will become mushy and deflated.
3. While the eggplant and butternut squash are cooking, heat oil in large frying pan on medium-high heat for 1 minute. Add cumin seeds and allow them to sizzle for about 30 seconds. Stir in onions and sauté until brown, 8 to 10 minutes.

4. Reduce heat to medium and stir in tomatoes. Add turmeric, fenugreek, coriander, black pepper, jalapeño pepper and salt. Cook this masala for 10 minutes. If the eggplant and squash are still cooking, remove the masala from the heat and set aside.
5. Remove eggplant and squash from the oven and cool for 5 to 10 minutes so you can unwrap the aluminum foil.
6. Using a paring knife or potato peeler, peel the squash and discard the skin. Cut the squash in half. Using a spoon, scoop out the seeds from the squash. Cut in 1/2 inch cubes and place in mixing bowl.
7. Using your hands, peel the skin from the eggplant. Discard the skins. Add the eggplants to the mixing bowl.
8. Stir the eggplant and squash mixture into the masala. Turn the heat on to medium and cook, covered for 10 minutes. Just before serving, add the green onions and heat for 2 to 3 minutes. Remove from heat and stir in cilantro.
9. Serve as main dish with Chappatis or as a side dish.

<http://www.food.com/recipe/oven-roasted-eggplant-and-butternut-squash-curry-253225>