



Dear CSA Members,

We hope you are having a wonderful week and enjoying this beautiful fall weather! This week we would like to introduce you to one of the Urban Harvest Farmers Market vendors, Chef Dawn Burrell.

After Chef Dawn Burrell traveled the world representing herself and country in the sport of Track and Field, she returned home with strong desires to become a chef. She brought back with her a passion to mingle flavors from her travels with the comforts of home using fresh, seasonal ingredients as the foundation. The results are dishes that take the taste buds on a culinary exploration of the new yet familiar- Global comfort food.

Being tapped into the subculture of seasonality and sourcing locally is key to Chef Dawn's concept. You'll often find her at farmers' market as a vendor and/or sourcing ingredients, or just hanging out feeling the love and supporting the community. With a culinary ideal that gives a slight nod toward "nose to tail" cooking (or "leaf to root" for vegetarians), she creates dishes that delight the senses exposing diners uncommonly used parts of animal proteins while utilizing vegetables and grains in inspiring ways.

Most recently Chef Dawn worked as sous chef for James Beard nominee, Chef Monica Pope in her restaurant in mid-town Houston.

Chef Dawn is now a caterer and personal chef. As a new vendor at Urban Harvest Farmers Market Eastside, you will find her with a completely market driven menu. Chef Dawn will carry a broad selection of prepared foods to choose from like dips, appetizers to entrees, salads and desserts that reflect the growers and farmers. The menu is meant to inspire market shoppers to view food and ingredients differently hopefully prompting them to buy "local" more often.

To keep up with her frequently changing menu offerings and to find what Chef Dawn is up to, like her Facebook page [at www.facebook.com/chefdawnburrell](http://www.facebook.com/chefdawnburrell) or follow her on twitter @chefdawnb. ChefDawnBurrell.com

Please contact her for catering, private parties and cooking classes! Read more about her here: http://en.wikipedia.org/wiki/Dawn_Burrell

This week, in your CSA: arugula, okra, basil, mint, French sorrel, green onions, a choice of Malabar spinach or green long beans, sweet potato greens and a loaf of bread from Angela's Oven. Angela's Oven is a family owned and operated bakery in the Houston Heights area. All of their bread and pastries are handcrafted without the use of preservatives or dough conditioners. They use only unbleached, unbromated bread flours. You can find them at many Houston area farmers markets, or stop by their storefront/bakehouse in the Heights.

Enjoy!

Kassy and Plant It Forward Farms

Plant It Forward Farms

October 5, 2013



Crispy spiced okra with sweet chili chutney

-Chef Dawn Burrell

Chili Chutney

1 Tbsp. coriander, whole, crushed
1/4 tsp. salt
1/4 tsp. clove
1/2 tsp. cinnamon
1/2 cup water
5 each red jalepeños, small dice
3 each banana peppers, small dice
3 Tbsp. apple cider vinegar

Okra

1 lb. okra, cut in half lengthwise
2 Tbsp. apple cider or white balsamic vinegar
4 Tbsp. olive oil
1 1/2 tsp. nutmeg or coriander, ground
1 tsp. ground ginger
1 cup chickpea flour
Salt & pepper to taste

Chutney

1. Toast coriander until fragrant. Add in the remaining dry ingredients. Toast for 30 seconds. Add water.
2. Add all remaining ingredients and simmer until slightly thickened and chilies are tender....about 30 mins.

Okra

3. To prepare okra, marinade okra in vinegar for 10 mins.
4. Heat sauté pan with olive oil.
5. Combine all dry ingredients. Toss okra in chickpea flour coating evenly. Shake off excess flour and sauté in heated oil until crispy. Drain.

Top with chutney and additional salt and pepper if desired.

Chicken Stew With Coconut Milk, Herbs, and Mixed Greens

-Chef Gina Lopez, Corporate Chef at Bridgeway Software

- 3 table spoons of olive oil
- 1 lb. of chicken breast cut into bite size chunks (optional)
- 1 ¼ cup of green onions chopped (use mostly white parts for stew and green parts for garnish)
- 1 cup of potatoes (cut into 1 inch chunks)
- 1 cup of baby carrots (halved)
- 1 can of diced tomatoes
- 1 cup of canned coconut milk
- 3 cups of chicken broth or vegetable broth
- 1Tbsp of cumin
- 1 Tbsp. of curry powder
- 1 cup of sweet potato greens (chopped)
- 1 cup of Malabar spinach (chopped)
- 1 cup of French sorrel (chopped)
- Salt and Pepper to taste
- ¼ tsp. of Tabasco to taste
- ¼ cup of each Basil, Mint, and Arugula (chopped for garnish)

Heat oil in pan then add curry powder and cumin. Add chicken stir until slightly golden brown. Add tomatoes. Add coconut milk and broth. Add potatoes and carrots. Cook until potatoes and carrots are tender. Add greens at the last minute so that they don't overcook. Add Tabasco, salt and pepper. Combine basil, mint and arugula. Serve stew in a bowl and garnish with herbs and arugula.