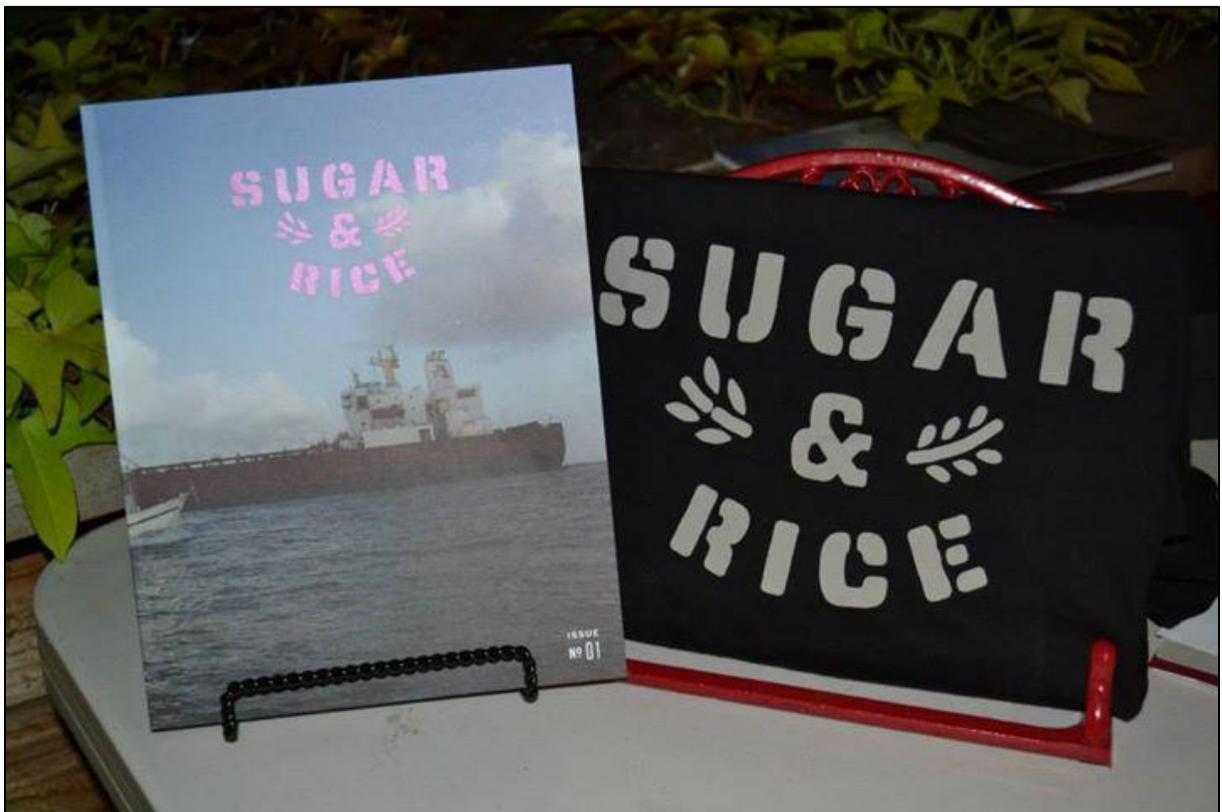




Dear CSA Members,

This is your last week of the Summer-Fall 2013 CSA. We hope that you have enjoyed the vegetables, receiving farm news, and being part of a new and growing organization. If you have not completed our CSA Feedback survey, please do so, we love to get feedback and it will help us to improve our program.

The first issue of Sugar & Rice, a food and culture magazine for the Gulf Coast was released in October. It includes a beautiful, in-depth article about three of the Plant It Forward farmers. There were only 800 copies produced, each hand screen-printed with their own number on the back. David Leftwich is the Executive Editor, Roby Fitzhenry is the Art Director, and the publishers are Chris Cusack and Benjy Mason. You can still pick up your own copy at one of the following locations: Revival Market, Antidote Coffee, Blacksmith, Brazos Bookstore, Down House Houston, D & T Drive Inn, Houston Dairymaids, Black Hole Coffee, Hello-Lucky, Settlement Goods & Design, Murder by the Book, and Cactus Music.





This week you have an extra from Tavola Pasta. Tavola Pasta can be found at the Eastside Farmers Market on Saturday mornings and can be purchased from their website, www.tavolapasta.com. Their artisan pasta starts with organic semolina flour. They then blend in natural flavors and colors using locally sourced, organic or sustainably grown vegetables. All of their products are produced in small batches and dried very slowly at low temperatures, which is ideal for preserving the texture, color and nutritional value of the pasta. Tavola Pasta is passionate about making simple, fresh and local artisan pasta.

This week in your farm share: a bag of pasta from Tavola Pasta, beets, bush beans, a choice of Malabar spinach or arugula, a choice of cress or eggplant, a choice of French sorrel or collard greens, and you may choose between rosemary, mint, or Mexican marigold mint.

Enjoy!

Kassy and Plant It Forward Farms

Egg, Arugula, and Lentil Salad

Chef Gina Lopez

Serves 4

6 cups Lentils, green and brown

4 Boiled eggs

4 cups Arugula

6 Cherry Tomatoes

Balsamic Vinegar

Olive oil

1 Lemon

Salt and Pepper to taste

Prepare lentils according to package.

Boil eggs to preferred doneness.

Put the lentils on the plate. Place the eggs on the side of the lentils. Put the arugula on top of the lentils and eggs. Cut cherry tomatoes in half place three on each plate. Add salt and pepper. Drizzle balsamic vinegar and olive oil. Cut lemon into wedges and squeeze on salad before eating.



Beets with Ginger and Cashews and mint

1 1/2 pounds beets, trimmed and halved horizontally
1 1/4 cups water
Salt and pepper
3 tablespoons white vinegar
1 tablespoon packed light brown sugar
4 scallions, white parts sliced thin, green parts sliced thin on bias
1 teaspoon grated fresh ginger
1/2 cup roasted cashews, toasted and chopped
1/4 cup chopped mint

Place beets, cut side down, in single layer in 11-inch straight-sided sauté pan or Dutch oven. Add water and 1/4 teaspoon salt; bring to simmer over high heat. Reduce heat to low, cover, and simmer until beets are tender and tip of paring knife inserted into beets meets no resistance, 45 to 50 minutes.

Transfer beets to cutting board. Increase heat to medium-high and reduce cooking liquid, stirring occasionally, until pan is almost dry, 5 to 6 minutes. Add vinegar and sugar; return to boil; and cook, stirring constantly with heat-resistant spatula, until spatula leaves wide trail when dragged through glaze, 1 to 2 minutes. Remove pan from heat.

When beets are cool enough to handle, rub off skins with paper towel or dish towel and cut into 1/2-inch wedges. Add beets, scallion whites, ginger, 1/2 teaspoon salt, and 1/4 teaspoon pepper to glaze and toss to coat. Transfer beets to serving dish, sprinkle with cashews, mint, and scallion greens, and serve.

Roasted Beets with Feta

4 medium beets
1 Tbsp. olive oil
1 tsp. salt
Pepper to taste
4 scallions, chopped
2 tsp. lemon juice
Crumbled feta cheese

Peel 4 medium beets and cut into 1/2-inch pieces. Toss with 1 tablespoon olive oil, 1 teaspoon salt, and pepper to taste on a baking sheet. Roast at 450 degrees F, stirring once or twice, until tender, 35 minutes. Transfer to a bowl; toss with 4 chopped scallions and 2 teaspoons lemon juice. Top with crumbled feta.

<http://www.foodnetwork.com/recipes/food-network-kitchens/roasted-beets-with-feta-recipe/index.html?oc=linkback>

Vegetarian “Southern-Style” Collard Greens

1 Tbsp. olive oil
1 Tbsp. butter
½ large onion, chopped
1 tsp. red pepper flakes
1 clove garlic, pressed
1 pound collard greens, chopped
3 cups vegetable stock
2 tomatoes, chopped
Salt and freshly ground black pepper

Prepare the collard greens by cutting off the course stem, then cutting across the leaves making thin strips. In a large pot over medium heat, heat oil and butter. Sauté the onions until lightly softened, about 2 minutes, then add the red pepper flakes, garlic and cook another minute. Add the vegetable stock, cover, and bring to a simmer. Cook until greens are tender, about 40 minutes. Add tomatoes and season with salt and freshly ground black pepper.

French Sorrel & Rosemary pesto

2 cups of sorrel (about ½ CSA bunch)- stems removed
1/4 cup pine nuts
1/4 cup of rosemary
2 cloves garlic
1/3 cup Parmesan or Romano cheese
1/4 cup of olive oil

1. Combine all ingredients in a food processor until smooth and well blended.
2. Use pesto on pasta or eat with Italian bread and wine.

Pasta with wilted arugula and/or spinach, and French sorrel

8 oz. bowtie pasta
4 oz. arugula (1/2 bag)
4 oz. spinach (1/2 bag), stems removed, leaves chopped
1/3 bunch French sorrel, stems removed, leaves chopped
3 tablespoons extra virgin olive oil
1/2 cup grated parmesan cheese
Salt and freshly ground pepper to taste

Cook pasta according to package directions. Combine arugula, spinach, sorrel, olive oil, cheese and salt and pepper in a large bowl and stir to mix evenly. Drain pasta and immediately add to bowl. Cover bowl for 5 minutes, and then toss to mix.

Bush Beans with Black Pepper, Lemon, Rosemary, and sea salt.

2 tsp. salt
1 bag (1/2 lb.) French filet beans
1 Tbsp. olive oil
1 tsp. salt
2 Tbsp. fresh rosemary
2 tsp. lemon juice

1. Bring a large pot of salted water to boil.
2. Break off the ends of the beans.
3. Lay out a drying towel to dry the beans.
4. Add the beans to the boiling water and cook 5 to 8 minutes or to desired tenderness.
5. Once ready, drain and let beans dry on drying towel.
6. Once dry, put beans in a shallow serving dish, drizzle olive oil, add freshly ground pepper, sea salt, lemon juice, and fresh rosemary, mix to coat.