



Dear CSA Members,

Hope your week was great and that you are enjoying your produce. I had the pleasure of interviewing Farmer Sarment while we handed out shares at the YMCA on Wednesday.

Sarment Louamba has lived in Houston for three years. He is from Congo Brazzaville. While living in Congo, he worked as a truck driver, transporting chemicals in large trucks. Sarment moved to Gabon because of the war and then spent over 10 years as a farmer in Gabon. Sarment grew roselle, peppers, lettuce, okra, cucumbers, and eggplant. His favorite vegetables to grow are cucumbers because they grow well.

Sarment is married and has five children, two boys and three girls, with ages ranging from five to 20 years old. They all live in Houston with him and his wife.

Sarment prefers farming to driving trucks because, "You can't be angry when you are farming. Even if you have no money, you can still eat if you have a farm."

Sarment says that he likes Houston, "Everything is good in Houston; work is good in Houston."



This week your farm share has: basil, cucumbers, sweet potato leaves, and choices between turnips or malabar spinach, squash or kale, okra, green filet beans or eggplant, and long beans or arugula. When you bring your

basil and roselle home, put it in a cup of water and leave it on your kitchen counter. If you put it in the refrigerator it will wilt quickly. You can chop up long beans and add them to your salads or add them to any sauté or stir-fry.

Veggies that are surprisingly tasty raw: okra, summer squash, and flying saucer squash!

There are recipes included below, but you can also use our recipe database on our website. We are continually adding more recipes: <http://plant-it-forward.org/farm-kitchen/favorite-recipes/>

Enjoy!

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Sweet potatoes, walnuts, and sweet potato greens

1 CSA share sweet potatoes, peeled and cut lengthwise into quarters, then cut crosswise into 1/8-inch slices
4 tablespoons unsalted butter, plus 2 tablespoons melted
1 tsp. fine sea salt
1 tsp. freshly ground black pepper
3 cups walnuts, coarsely chopped (original recipe calls for apples)
6 cups loosely packed sweet potato leaves, stems removed and torn into 2-inch strips
1 ½ Tbsp. brown sugar

Preheat oven to 400°F. On foil-lined baking sheet, toss potato slices with 2 tablespoons melted butter, 1/2 tsp. salt, and 1/2 tsp. pepper. Bake until cooked through and slightly caramelized, about 20 minutes. Keep warm. In heavy medium skillet over moderate heat, melt 2 Tbsp. butter. Add walnuts and stir to coat with butter. Add brown sugar and sauté until toasted, about 10 min. Keep warm. In heavy large pot over moderate heat, combine remaining 2 Tbsp. butter and 3 Tbsp. water. Add greens and sauté, stirring occasionally, until wilted, about 5 minutes. Lower heat to moderately low and add sweet potatoes and walnuts. Continue cooking, stirring occasionally, until warmed through, 3 to 4 minutes. Stir in 1/2 tsp. salt, and 1/2 tsp. pepper. Serve hot.

Original recipe: <http://www.epicurious.com/recipes/food/views/Sweet-Potatoes-Apples-and-Braising-Greens-240487#ixzz2bVZ83PxJ>

Sweet Salad Turnips with Fresh Basil

1 Tbsp. olive oil
2 cloves garlic, minced
1 CSA bunch turnips and their greens
4 Tbsp. chopped fresh basil
1 medium tomato, coarsely chopped
1/4 tsp. ground sea salt
freshly ground black pepper

Wash turnips and remove roots & greens. Cut in each in half vertically, and then slice into thin "half-moons."
Wash greens and remove stems from leaves. Tear into smaller pieces. Heat oil skillet in a medium lidded skillet over medium-low heat. Add garlic and cook 2-3 minutes. Add turnips, turnip greens, and basil to skillet. Sprinkle with salt. Cover with skillet lid. Cook, stirring occasionally, until just tender (about 10 minutes). Add tomato to turnip mixture. Cook until heated through (2-5 minutes). Taste, adjust seasoning with salt and pepper.

<http://www.bountiful-blog.com/2011/01/sweet-salad-turnips-with-fresh-basil.html>

Sesame Lemon Cucumber Salad

1 Suyo long cucumber, sliced, salted, and drained (see directions)
¼ cup rice vinegar
1 Tbsp. lemon juice from one small lemon
2 Tsp. granulated sugar
1/8 tsp. red pepper flakes, plus more to taste
1 Tbsp. sesame seeds, toasted in a pan over medium heat until fragrant and golden, 4-5 minutes

Draining cucumbers:

Half cucumber lengthwise and scoop out seeds if desired. Stack halves flat side down and slice diagonally ¼ in thick. Toss with 1 Tbsp. salt and place in a strainer over a bowl or in sink. Weight cucumbers down with a 1-gallon zip lock freezer bag filled with water. Drain for 1-3 hours.

Whisk together all ingredients except cucumbers. Add drained cucumbers and toss to coat. Serve chilled or at room temperature.

Recipe from Cooks Illustrated.

Cucumber Sandwiches

2 slices country French bread from [Angela's Oven](#)
Neufchatel Cheese (like cream cheese but less fattening and very delicious)
Sliced Suyo Long cucumbers

Toast the bread. Spread the Neufatel cheese on both slices. Add sliced Suyo Long cucumber. Enjoy this perfect summertime snack!

Eggplant and Onion Salad

4 Tbsp. vegetable or peanut oil
1 onion, sliced
4 shallots, chopped finely
4 scallions, sliced
1 CSA bag eggplant, eggplant cubed
2 Tbsp. Thai green curry paste
2 Tbsp. Thai soy sauce
1 tsp. light brown sugar
4 oz. block creamed coconut chopped, or buy Goya canned cream of coconut
3 Tbsp. water
Small handful fresh cilantro, chopped
Small handful basil leaves, chopped
Small handful fresh parsley, chopped

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4 oz. /2 ½ cups arugula leaves

2 Tbsp. sweet chili sauce

Heat half the oil in a wok or large skillet and cook all the onions together for 1-2 minutes, until just softened but not browned. Lift out and set aside. Cook the eggplant cubes, in batches if necessary, adding more oil as needed, until they are crisp and golden brown. Return the onions to the wok and add the curry paste, soy sauce, and sugar. Add the creamed coconut and water and cook until dissolved. Stir in most of the cilantro, the basil, and the parsley. Toss the arugula in the sweet chili sauce and serve with the eggplant and onion salad. Garnish with the remaining herbs.

Recipe from: Perfect Thai Cookbook.

Butternut Squash Risotto with Basil and Pine Nuts

2 1/2 cups vegetable broth

2 cups butternut squash, cut into 1-inch cubes

2 Tbsp. butter

1 large shallot, finely chopped

¾ cup arborio rice (risotto)

¼ cup dry white wine

¼ cup freshly grated parmesan cheese

kosher salt and freshly ground black pepper

2 Tbsp. toasted pine nuts (see note below)

1 Tbsp. finely chopped fresh basil

In a small saucepan, heat the broth over medium-high heat. When the broth comes to almost a boil, add the butternut squash. Reduce the heat to a simmer over medium-low heat. Cook the squash for about 5 minutes until tender. Using a slotted spoon, transfer the butternut squash to a bowl. Cover the broth with a lid and reduce the heat to low to keep warm. In a medium saucepan, melt the butter over medium heat. Add the shallots and cook for 2 to 3 minutes until tender. Add the rice and stir to coat with the butter. Add the wine and cook for 1 to 2 minutes until wine has evaporated. Add ¼ cup of the warm broth and stir for 1 to 2 minutes until absorbed. Continue cooking the rice and stirring constantly, adding ¼ cup of broth at a time after each addition has absorbed, for 18 to 20 minutes until rice is tender and creamy. Turn off the heat. Add the squash and parmesan cheese. Gently stir to combine. Season with salt and pepper to taste. Transfer the risotto to a serving bowl. Top with pine nuts and basil.

Toasting Pine Nuts: To toast the pine nuts, heat a small pan over medium heat. Add the pine nuts, spreading them evenly in the pan. Stir occasionally until they are slightly golden 3 to 5 minutes.

<http://lattesandleggings.com/2013/01/22/butternut-squash-risotto-with-basil-and-pine-nuts/>