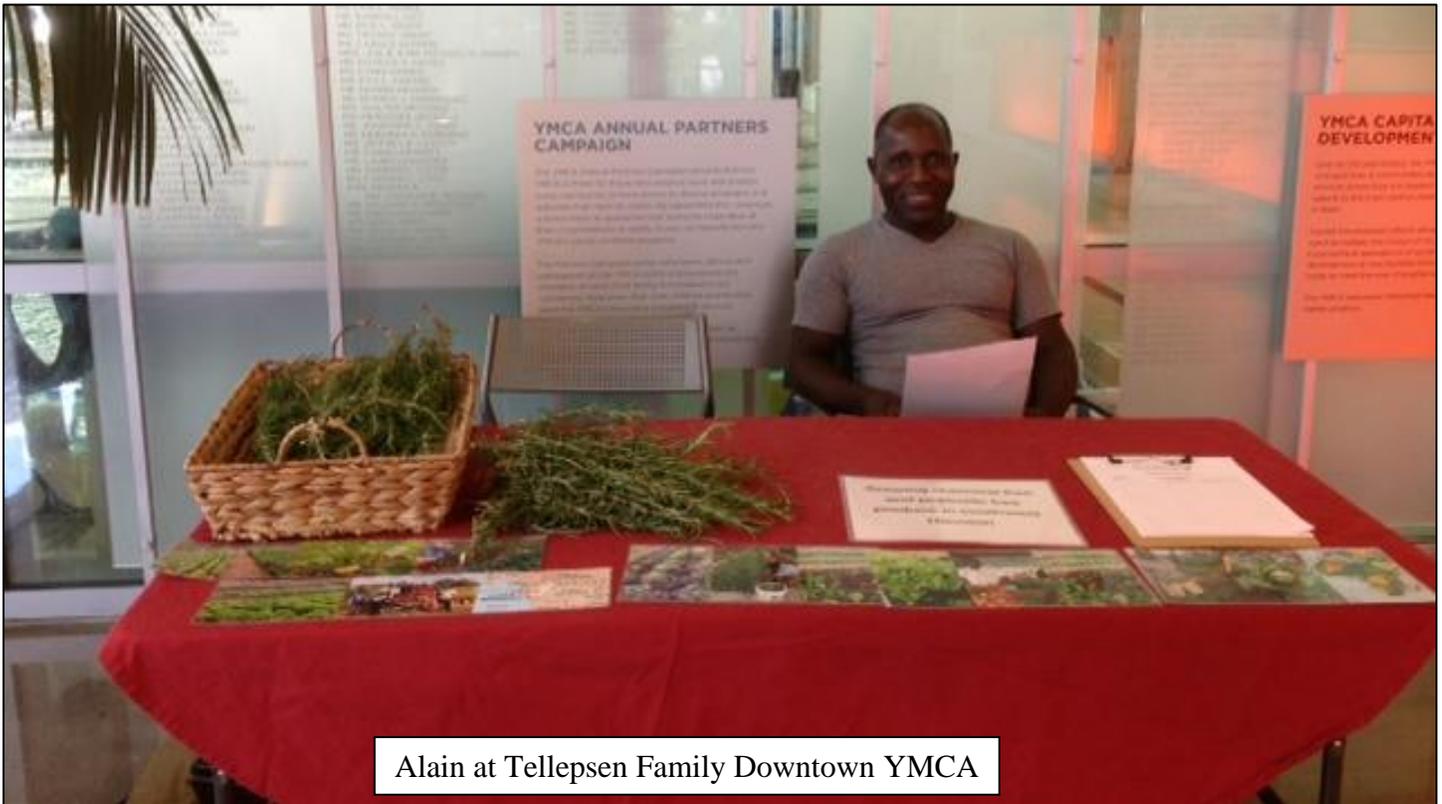




Dear CSA Members,

We hope your week is going great and that you are enjoying your produce. This week's farm news is brought to you from Farmer Alain who will be handing out your CSAs this week. Alain takes care of 18 vegetable beds at the Fondren farm including new seedlings of okra and cucumber and is making sure they get enough water in this intense heat. He is looking forward to planting radishes next week amongst other seeds that have just come in the mail. Each morning, Alain drives through the neighborhood and picks up bags of leaves that then go into the compost pile. Alain uses leaves that have had time to decompose as compost on his vegetable beds. The composted leaves keep the moisture in the soil by preventing evaporation and provide nutrients. Alain is preparing the beds for new crops by pulling out old crops that have died, such as the sunflowers. He has planted 20 fall tomato plants as have the other farmers. In addition to caring for his vegetable beds, Alain strives to make the farm more beautiful. He has done this by planting pink flowers along Fondren.



Alain at Tellepsen Family Downtown YMCA



Alain next to the flowers he has planted along Fondren.

Next week fall planting begins on the farm with green beans and summer squash! Other crops will be planted in September and October. Next week we will also be starting kale, collards, Brussels sprouts and cabbages under lights inside, these will be planted in late August or early September.

This week your farm share has: basil, Mexican marigold mint, okra, Roselle, butternut squash, sweet potato greens, a choice between Malabar spinach and arugula, and one mystery item. Keep the Roselle, sweet potato greens, and basil, in water if possible.

Veggies that are surprisingly tasty raw: okra, summer squash, and flying saucer squash! Veggies that you can wash, chop, freeze, and use later: okra, peppers, long beans.

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!

Kassy and Plant It Forward Farms



Mexican Marigold Mint

Uses include tea, seasoning for chicken, fish or roasted potatoes, or added to salads. Use as a replacement for French tarragon.

Green Thai Curry

2 Tbsp. sesame oil
½ large onion, chopped
4 cloves garlic, chopped
1-2 large bell peppers, chopped
1 large eggplant (optional), cubed
1 CSA bag okra, coarsely chopped
1 14 oz. can coconut milk, regular or light
2-3 Tbsp. Thai green curry paste
1 Tbsp. fish sauce
2 Tbsp. soy sauce
1 lb. shrimp or chicken
½ CSA bunch long beans, chopped
1 handful Fresh basil, torn
Greens (spinach, Malabar spinach, arugula, sweet potato greens, etc.)

In a large wok, heat sesame oil over medium-low heat. Add chopped onion and sauté until translucent, about 5 minutes. Add chopped garlic and peppers and sauté for another 3 minutes. Add cubed eggplant and cook for 10 minutes or until tender. Add the chopped okra and cover the wok for a few minutes to let okra steam. Add the can of coconut milk, curry paste, fish sauce, and soy sauce and stir well to combine. Wait until heated through and add the shrimp, long beans, basil, and any greens. Cook for about 5 minutes or until shrimp are cooked and greens are wilted. Serve hot over rice.

*If using chicken, add the chicken before the eggplant and sauté for 5 minutes before adding the eggplant.

*Try this recipe using the different CSA vegetables.

*Begin with 1 Tbsp. green curry paste and then add to taste.

Mustardy Kale and Butternut Squash

2 Tbsp. olive oil
1 small butternut squash, cut into ¾-inch pieces
1 medium bunch kale, thick stems removed and leaves torn into bite-size pieces
1 cup vegetable broth or chicken broth
1 Tbsp. whole-grain mustard
¾ tsp. salt
¼ tsp. freshly ground black pepper

Heat the oil in a medium-large pot over medium heat. Add the squash and cook, tossing occasionally, until beginning to soften, 10 to 12 minutes. Add the kale, broth, mustard, ¾ tsp. salt, and ¼ tsp. pepper to the pan and cook, tossing occasionally, until the vegetables are tender, 8 to 10 minutes.

<http://www.realsimple.com/food-recipes/browse-all-recipes/mustard-kale-butternut-squash-00100000088030/index.html>

Sweet Potato Green in Coconut Cream

1 CSA bunch sweet potato greens
1 Tbsp. vegetable oil
1 clove garlic, minced
1 tsp. powdered ginger (fresh is better, but in a pinch this will work)
1 tsp. ground turmeric
1 Serrano pepper, finely sliced
1 to 2 tsp. soy sauce, or to taste
1 cup coconut cream* plus 1 cup water (or substitute 2 cups light or regular coconut milk)
Salt and pepper, to taste

Heat oil in a large pan or wok over medium heat. Add garlic, ginger, turmeric, chili and stir until fragrant, about 2 minutes. Stir in soy sauce. Add coconut cream and water (or coconut milk) and bring to a simmer. Add greens and return to a boil; reduce heat to low and simmer for 2 minutes. Add sugar and season with salt and pepper to taste. Spoon into bowls and serve with rice.

*Coconut cream can be found at Whole Foods Market, Canino's Farmers' market, or in a regular grocery store under the Goya brand.

Original recipe: <http://www.loveandoliveoil.com/2012/09/sweet-potato-greens-in-coconut-cream.html>

Butternut squash stick dessert

½ CSA butternut squash
¼-½ cup crème- I used table crème, whipping cream can be used, too
Rice paper- I found this at Whole Foods Market

Preheat oven to 375 degrees. Cut the butternut squash and scoop out the seeds. Cut the squash into 1 in pieces and steam the squash until tender. About 10 minutes. Mix the squash with crème. Start with ¼ cup and add as needed, making sure it does not get too loose. Heat the squash with the crème for another 2 minutes. Prepare the rice paper according to package instructions. (Soak it in warm water for 5 seconds, then use.) Scoop some of the squash onto the rice paper and roll into a thin stick and place on a cookie sheet. Repeat until all of the squash is used. Bake squash sticks at 375 degrees for 15 minutes.

“I’m Cook Recipe” Smart TV App

Tilapia Picatta with Roselle

(4) 6 oz. Tilapia Filets
¼ Cup Wheat Flour
¼ tsp. Salt
¼ tsp. Pepper
4 Tbsp. Butter (divided)
¼ Cup White Wine
3 Tbsp. Lemon Juice
1 Tbsp. Capers, Drained.
1 Large Bunch Roselle Leaves.

Wash Roselle leaves. Remove stems and chop coarsely. Set aside. Mix flour, salt, and pepper in a shallow plate. Coat fish in flour mixture. Melt 2 Tbsp. butter in pan over medium heat. Cook fish in butter until lightly browned and cooked through. Remove fish from pan. Add Roselle leaves to pan and cook on medium-low heat until soft. Add wine, lemon juice, and 2 Tbsp. of butter to the Roselle and combine to make a sauce. Add fish to pan and stir to coat. Add capers. Serve over rice or pasta and top fish with cooked greens.

<http://crispyfarms.wordpress.com/2012/09/03/roselle/>