



Dear CSA Members,

We hope your week is going great and that you are enjoying your produce. This past weekend, Plant It Forward welcomed a new group of farmers to the training program. We spent an afternoon making dream boards and talking about the Plant It Forward Training Program. In this new class of farmers, half speak French and half speak Swahili, so with a new language brings an additional communication challenge! We are looking forward to getting to know and to working with these new farmers.

Plant It Forward would also like to welcome Cathy Stewart, our new volunteer coordinator. Cathy has been a CSA member since our 10 member pilot program last winter and has happily agreed to donate her time to fill this important role! If you would like to volunteer individually or organize a group volunteer event, please contact [Cathy@plant-it-forward.org](mailto:Cathy@plant-it-forward.org).



Marie and her husband show off their dream board.



New farmers and PIF Staff with their dream boards.

This week your farm share has: sweet potatoes and sweet potato greens, okra, flying saucer squash, sweet peppers, zephyr squash, eggplant, red long beans, Malabar spinach, and basil.

Enjoy!

Kassy and Plant It Forward Farms



### Spinach smoothie with avocado and apple

- 1 ½ cups apple juice
- 2 cups spinach, Malabar spinach, or kale, stems removed
- 1 apple- cored and chopped- recipe calls for it unpeeled\*
- ½ avocado, chopped

Combine all ingredients in blender and puree until smooth. Add water to make smoothie a little thinner.  
\*recipe calls for unpeeled apple, but this leaves little bits of apple skin in the smoothie.

Real Simple, February 2013

### 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 Potato Greens 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>

## Indian Sweet Potato and Lentil Soup

1 Tbsp. olive oil  
1 large onion, finely chopped  
6 cloves garlic, smashed  
2 pinches red pepper flakes  
½ tsp. ground turmeric  
½ tsp. garam masala (can be found at Whole Foods Market)  
1 cup lentils  
4 cups vegetable broth  
2 sweet potatoes, peeled and cut into 2 in. cubes  
4 cups chopped fresh spinach, Malabar spinach, or sweet potato greens  
Salt to taste

Heat olive oil in a pot over medium heat. Cook and stir onion and garlic in the hot oil until fragrant, 2 to 4 minutes. Cook and stir red pepper flakes, turmeric, and garam masala into onion mixture until coated, about 2 more minutes. Stir lentils and broth into onion mixture; bring mixture to a boil, reduce heat to low, cover, and cook until lentils are softened but firm to the bite, about 15 minutes. Stir sweet potatoes into lentil mixture; bring to a boil, reduce heat to low, cover, and simmer until sweet potatoes are tender and lentils are fully cooked, about 10 more minutes. Add spinach; cook until wilted, 3 to 5 minutes. Season with salt.

## Flying Saucer Squash (Patty Pan Squash)

A couple of ideas to try:

- shred the squash raw and mix it into salads
- cut the squash in half through the center, brush it with olive oil and add some seasoning like garlic and dill and put it on the grill inside down on the grill
- sauté in olive oil with fresh tarragon
- scoop out the inside and use it as a bowl for dip in the middle of a veggie tray. Once the veggies and dip are eaten, you can eat the bowl!

## Battered and fried Flying Saucer Squash

Wet ingredients for batter:	Dry ingredients for batter:
2 eggs	½ cup flour
½ cup milk	½ cup yellow corn meal
½ tsp. onion powder	1 tsp. parsley
Salt and Pepper	½ tsp. red pepper
½ tsp. garlic powder	½ tsp. garlic
	½ tsp. onion powder
	Salt and pepper

Cut squash into slices. Mix wet ingredients in a bowl. Mix dry ingredients in a plastic bag. Put the squash slices in the bowl to coat in the batter, toss the squash slices into the bag of dry ingredients to coat. Put enough vegetable into a fry in pan to just cover the squash slices and fry until golden brown.

<http://themarketladyblog.com/2011/10/12/patty-pan-squash-recipe-video/>

## Curry Okra

2-3 Tbsp. Vegetable oil  
1 medium onion, finely chopped  
3 cloves garlic, smashed  
Freshly ground black pepper  
1 Tbsp. curry powder  
2 hot red chilies, chopped (remove seeds for a milder dish, leave seeds for more heat)  
1 pimento pepper or red bell pepper, chopped  
1 CSA bag okra- see preparation below  
¼ tsp. salt

Add oil to pan and put on medium-high heat. Add onion and garlic. Turn to low and let simmer for 3-4 minutes to release flavors. Add pepper and curry powder and let simmer for 2-3 minutes. Add chilies and pimento pepper. Do not add salt or cover with a lid. Add okra and stir fry on medium-high heat for about 5 minutes or until cooked. Add salt and let cook for 2 more minutes until edges are toasted.

To prepare the okra: wash when whole and pat dry. Cut into pieces on a baking tray lined with a towel. Let okra dry for a few hours inside or outside in the sun to dry out the slime.

[www.caribbeanpot.com](http://www.caribbeanpot.com)