



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.



Marie and her husband show off their dream board.



New farmers
and PIF
Staff with
their dream
boards.

This week your farm share has: kale, okra, squash or sweet peppers, red long beans, Malabar spinach, arugula, basil, rosemary, Mexican marigold mint (use like French tarragon), and one mystery item.

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

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/>

Sautéed flying saucer squash, zephyr squash, peppers and long beans with Mexican marigold mint

- 1 CSA share chopped squash or ½ CSA share peppers
- 1 bunch long beans, chopped
- 1-2 sprigs Mexican marigold mint, remove leaves and tear into smaller pieces

Heat olive oil in a frying pan over medium-high heat. Add squash or peppers and long beans. Add salt and pepper to taste. Sauté for 3-5 minutes until tender. Add Mexican marigold mint and sauté for another 1-2 minutes. Serve warm.

<http://www.youtube.com/watch?v=v7EeCevVSeA>

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, or 2-3 CSA sweet peppers 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

Blanched Sweet Potato Leaves

1 bunch sweet potato leaves
Soy sauce to taste
Sesame seeds, toasted if desired

Separate sweet potato leaves from the stems and rinse. Bring a pot of water to boil and blanch (quickly boil) the sweet potato leaves. Leave the leaves in the water for only 1-2 minutes, then drain and rinse with cold water or plunge into an ice bath to stop them from cooking. Season to taste with soy sauce and sprinkle with sesame seeds. Add soy sauce 1 tsp. at a time as a little goes a long way. You can toast sesame seeds in a frying pan over medium heat for a few minutes.

Sweet Basil Chocolate Martini

4 oz. semisweet chocolate, coarsely chopped
8 oz. water, boiling
12-16 fresh sweet basil leaves, plus one sprig for garnish
3 oz. vodka
Ice cubes

Smash the basil in a cocktail shaker or pint glass. Add the chocolate and boiling water. Stir until the chocolate has melted and let cool to room temperature or put in refrigerator for about an hour. Add the vodka and ice. Shake and strain into chilled martini glasses. Garnish with fresh basil and serve immediately. Makes 2-3 martinis. If making this for a party, make the chocolate base in advance and refrigerate until ready to mix with vodka.

http://www.recchiuti.com/recipe_detail.html?recipe=08

Rosemary Butter Cookies (so delicious!!)

1 cup butter, room temperature
¾ cup granulated sugar
1 egg
1 teaspoon vanilla
2 ½ cups flour
2 Tbsp. finely chopped fresh rosemary
1 Tbsp. freshly squeezed lemon juice

Zest from 1 lemon
1 tsp. salt
½ cup brown sugar for rolling

Preheat the oven to 325 degrees. Cream the butter and sugar on high speed with an electric mixer until light and fluffy, about 4 minutes. Add the egg and vanilla. Beat well. Add the flour, rosemary, lemon juice, zest and salt. Mix well. Divide the dough in half and roll into a log about 1 1/2 inches in diameter, wrap in parchment and refrigerate for a few hours. (You can place the dough in the freezer for 1 hour if you're in a hurry.) Unwrap, roll the log in the brown sugar, slice into ½ in disks and bake on parchment paper for about 20 minutes.

<http://www.chron.com/life/food/article/Rosemary-These-just-might-be-your-new-fave-4196740.php#photo-4036431>

Baked Chicken With Lemon and Rosemary, and Basil (this recipe is involved, but it is worth it!)

1 Tbsp. butter
1/3 cup dry breadcrumbs
1 tsp. fresh basil (about 8 leaves)
½ tsp. fresh rosemary (about ½ sprig)
1 ½ cups milk
1 lb. boneless chicken breast
1 small onion, chopped
1 garlic clove, minced
2 Tbsp. cornstarch
1 tsp. lemon zest
½ tsp. salt
2 Tbsp. fresh lemon juice

Preheat oven to 375°F (190°C). Place half of butter in 13x9-inch (3.5L) glass baking dish. Heat in oven for 5 minutes. In a shallow dish combine bread crumbs and half each of the basil and rosemary. Place 2 Tbsp. of milk in separate bowl. Dip chicken first in milk then in crumb mixture, pressing to coat. Transfer to plate. Discard any leftover milk and crumbs. Remove baking dish from oven and swirl to coat with melted butter. Place breaded chicken in dish and return to oven. Bake for about 12-15 minutes or until chicken is starting to brown. Meanwhile, in saucepan, melt remaining butter over medium heat. Cook remaining basil, rosemary, onion and garlic, stirring for 3 minutes or until softened. Whisk remaining milk into cornstarch; whisk in lemon rind. Whisk into pan; increase heat to medium high. Cook stirring for 3 minutes or until thickened and glossy. Stir in salt and lemon juice. Pour sauce over top of chicken in dish. Bake for 5 minutes longer or until chicken is cooked through.

<http://www.food.com/recipe/baked-chicken-with-lemon-and-herbs-164646>



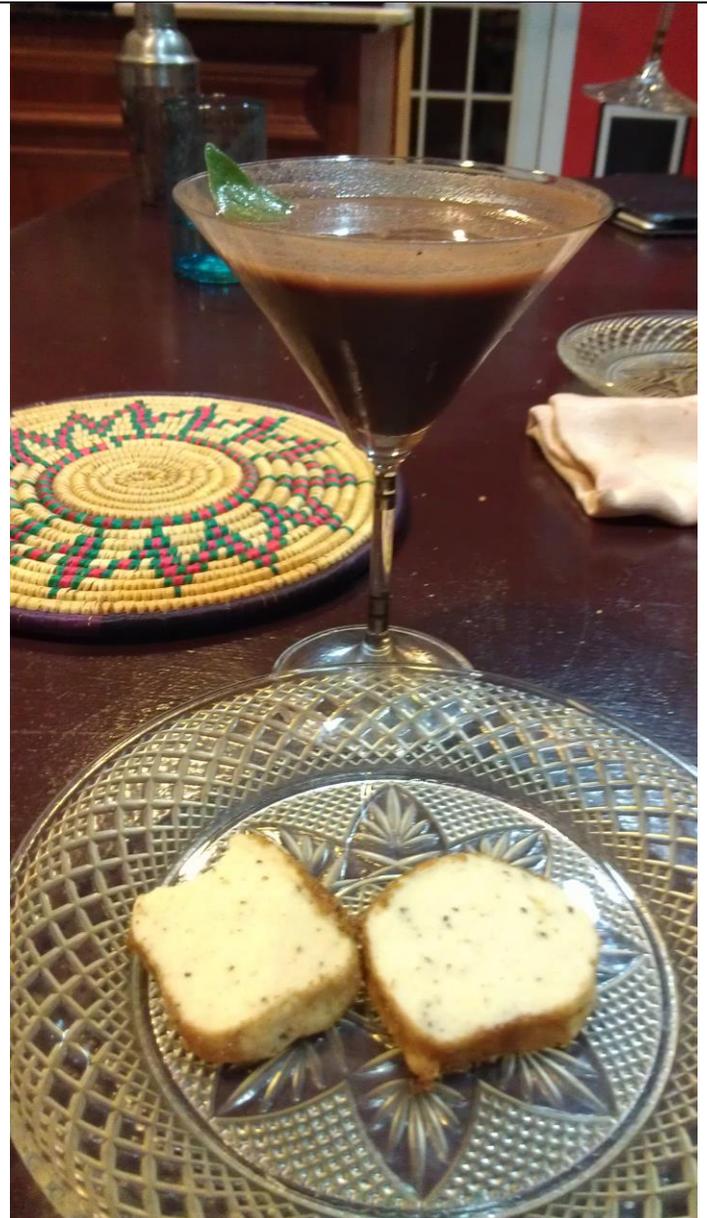
Baked chicken with lemon, rosemary and basil



Squash and long beans with Mexican marigold mint.



Arugula and Suvo Long cucumber salad with olive oil and balsamic vinegar.



Rosemary butter lemon cookies and sweet basil chocolate martini for dessert.