



Dear CSA Members,

This has been a very busy week at the farm! The first seeds of fall planting, green beans seeds and zucchini seeds have gone in the ground! If you have any favorite green bean or zucchini recipes that you would like to share, I would love to try them out and include them in one of the fall newsletters.

Volunteers from the First Unitarian Church spent Saturday morning at the Fondren farm digging out weeds from a number of beds, and removing plants that will no longer produce. There is a plowed area of the Fondren farm that was planted with a cover crop of cow peas to enrich the soil. This cover crop has been turned under the soil and a new cover crop of sorghum will now be planted. The volunteers removed stones from the plowed area to get it ready for the sorghum. This will also help to enrich the soil and will be turned under the soil in October before planting the fall crops.

The new farmer class officially started last Saturday morning. Ray taught weeding and Gary taught fertilizing and planting seeds. Each member of the new class will be assigned to a graduate farmer who will mentor them. It was a very good day at the farm.

Eggplants have been fighting spider mites and have mostly been overcome, even though the plants have been sprayed with insecticidal soap (organic product) several times. The farmers mowed, edged and removed trash that had blown into the garden from the street (a continuous problem), but the Fondren farm is looking great!

The farmers are really anxious to plant fall crops, and they have a schedule of when to plant each vegetable type. You can look forward to multiple varieties of many of these vegetables: arugula, beets, green beans, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cutting celery, Swiss chard, chervil, cilantro, collards, cress, endive, fennel, kale, kohlrabi, lettuce, Mizuna mild mustards, mustards, bunching onions, multiplying onions, oregano, parsley, dill, parsnips, radicchio, snow peas, sugar peas, pea shoots, radish, sage, spinach, zucchini, thyme, and turnips.





This week your farm share has: Toscano kale, okra, red or green long beans, Malabar spinach, basil, sweet potatoes, suyo long cucumbers, and one mystery item.

Enjoy!

Kassy and Plant It Forward Farms



Roasted Sweet Potato and Okra Salad

½ lb. red potatoes, scrubbed but not peeled and cut into 1-inch cubes

¾ cup plus 1 Tbsp. extra-virgin olive oil

Salt and freshly ground pepper

3 lbs. sweet potatoes, peeled and cut into 1-in. cubes

1 Tbsp. mustard seeds

½ CSA bag Malabar spinach, large stems discarded, leaves rinsed

1 lb. okra (1 CSA bag), tops and ends cut off (topped and tailed)

¼ cup plus 1 Tbsp. red wine vinegar

3 Tbsp. drained and chopped capers

Preheat the oven to 350°. On a rimmed baking sheet, toss the red potatoes with 1 Tbsp. of the olive oil and spread them in an even layer. Season with salt and pepper. Bake the potatoes in the middle of the oven for about 30 minutes, or until lightly browned and just tender. Let cool.

On each of 2 large rimmed baking sheets, toss half of the sweet potatoes with 2 Tbsp. of the olive oil. Spread the sweet potatoes in an even layer and season with salt and pepper. Bake the potatoes on the upper and lower racks of the oven for about 20 min., or until lightly browned and just tender; switch the sheets halfway through for even cooking. Let the sweet potatoes cool.

In a large skillet, toast the mustard seeds over moderately high heat until they start popping, about 3 minutes. Transfer the seeds to a small bowl. Add the rinsed spinach leaves—they will still be wet—to the skillet and cook over moderately high heat, tossing with tongs, until completely wilted. Transfer the spinach to a colander to cool. Lightly squeeze the spinach dry and then coarsely chop.

Wipe out the skillet. Add 2 Tbsp. of olive oil and heat until shimmering. Add the okra, season with salt and pepper and cook over moderate heat, turning a few times, until the okra is lightly browned, about 5 minutes.

In a very large bowl, mix the vinegar with the capers and the remaining ¼ cup plus 2 Tbsp. of olive oil; season with salt and pepper. Add the red potatoes, sweet potatoes, mustard seeds, spinach and okra and toss well to coat. Transfer the salad to a platter and serve.

Made ahead, the recipe can be prepared through Step 3 one day in advance. Refrigerate the red potatoes, sweet potatoes, spinach and okra separately. Bring the ingredients to room temperature before proceeding. Keep the mustard seeds covered at room temperature.

<http://www.foodandwine.com/recipes/roasted-sweet-potato-and-okra-salad>

Fried okra

Cook bacon in skillet slowly on low then up it to medium low heat and let it froth so that all the fat renders out leaving you with a plate of very crispy bacon and a nice layer of fat in the pan. The secret to super crispy bacon is patience.

While that is happening beat egg in a bowl and chop up the okra. Soak the chopped okra in the bowl of egg, enough egg to thoroughly coat the okra. Soak at least 15 minutes.

Toss the okra in cornmeal to coat it and then cook it in the pan of bacon fat on medium heat until golden. Constantly scoot it around in the pan while it is cooking so it's evenly cooked.

Season with salt and freshly cracked black pepper. Alternatively, you can mix some of the salt and pepper into the cornmeal and then add more to season to your taste after cooking.

Recipe submitted by CSA member Nicole Ridgeway. Thanks Nicole!

Spicy African Chickpea and Sweet Potato Stew

6 garlic cloves, peeled
1 tsp. coarse salt
2 tsp. sweet paprika
1 ½ tsp. cumin seeds
1 tsp. cracked black pepper
½ tsp. ground ginger
½ tsp. allspice
1 Tbsp. extra virgin olive oil
1 ½ lbs. sweet potatoes, peeled and cubed (3/4 CSA bag)
2 cups vegetable broth or 2 cups water
1 (16 ounce) can plum tomatoes, undrained, chopped (you can purchase stewed tomatoes in glass bottles at Whole Foods Market (WFM))
1 (16 ounce) can chickpeas, rinsed and drained (you can purchase frozen chickpeas at WFM)
1 CSA bag okra, rinsed and chopped
1 cup couscous

Cook couscous according to package directions. Place garlic and salt into bowl of food processor and blend until garlic is finely chopped. Add paprika, cumin seeds, black pepper, ginger, and allspice. Process 15 seconds. While processor is running, pour olive oil through cover opening until mixture forms paste. In a large saucepan, combine the completed spice paste, sweet potatoes, broth or water, tomatoes with juice, chickpeas, and okra. Bring to a boil over high heat. Reduce heat to low and simmer, covered, for 15 minutes. Uncover and simmer 10 minutes more or until vegetables are tender. Serve stew with couscous and hot pepper sauce.

<http://www.food.com/recipe/spicy-african-chickpea-and-sweet-potato-stew-221822>

Chicken Stew with Okra

1 (3- to 3 1/2-lb) chicken, cut into 10 serving pieces
1 tsp. salt
1 (14- to 15-oz) can whole tomatoes in juice
¼ cup water
2 Tbsp. tomato paste
¼ cup peanut or palm oil
1 medium onion, chopped
4 garlic cloves, minced and mashed to a paste with 1 tsp. salt
1 ¼ tsp. cayenne
½ cup smooth peanut butter at room temperature
1 ¾ cups reduced-sodium chicken broth (14 fl. oz.)
1 lb. sweet potato (1/2 CSA share)
1 CSA share okra, chopped
Steamed rice

Arrange chicken in 1 layer on a tray, then sprinkle with salt and let stand at room temperature 30 minutes. While chicken stands, pulse tomatoes with their juice in a food processor until finely chopped. Stir water into tomato paste in a small bowl until smooth. Pat chicken dry. Heat oil in a 10- to 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown chicken, without crowding, in 3 or 4 batches, turning over occasionally, until golden, about 6 minutes per batch. Transfer with tongs as browned to a 6- to 7-quart heavy pot. Pour off all but 2 Tbsp. fat from skillet, then add onion and cook over moderate heat, stirring occasionally, until edges are golden, 2 to 3 minutes. Add onion, chopped tomatoes, tomato paste mixture, garlic paste, and cayenne to chicken in pot. Whisk together peanut butter and 1 cup broth in a bowl until smooth, then add to chicken along with remaining ¾ cup broth, stirring to combine well (chicken will not be completely covered with liquid). Bring to a boil, uncovered, then reduce heat and simmer, covered, stirring occasionally (to prevent sticking), until chicken is very tender, 25 to 30 minutes. Peel sweet potato and cut into 1-in. chunks. Stir into stew along with okra, then simmer, covered, until potato is tender but not falling apart, 10 to 12 minutes.

<http://www.epicurious.com/recipes/food/views/Chicken-Stew-with-Okra-232802>

Lemon, Basil, Cucumber Infused Water

10 thin slices of lemon
10 thin slices of peeled Diva cucumber
10 small leaves of basil, ripped
3-4 cups of water
Put in the fridge and let stand for a minimum of 1 hour. Serve over ice with at least one lemon slice, cucumber slice, and basil leaf in each cup. Enjoy!

<http://montco.happeningmag.com/lemon-basil-cucumber-infused-water/#sthash.6wkSjQj7.dpuf>

Summer Farro Salad with Tomato, Cucumber & Basil

Olive oil, for cooking
2 large shallots (or 1 sweet onion), finely chopped
2 cups farro (uncooked) (an Italian grain, found at Nundini on North Shepherd)
4 cups chicken or vegetable stock
¼ cup red wine vinegar
2 Tbsp. olive oil
1 pint cherry or grape tomatoes, halved or quartered
½ large English (hothouse) cucumber, diced. If using Diva cucumber, peeled and diced.
¼ cup finely chopped basil
Kosher salt and freshly ground black pepper

Heat a few Tbsp. olive oil in a heavy saucepan over medium heat. Add the shallots and sauté until translucent, about 5 minutes. Add the farro and cook, stirring to coat each grain, 1 to 2 minutes. Pour in the stock and bring to a boil. Reduce heat to a simmer, cover, and cook until farro is soft but still chewy in the center, about 12 minutes. (If there is more than a Tbsp. or two of leftover stock, strain it out.) Cool the farro to room temperature. Add the red wine vinegar and olive oil, and stir to combine. Fold in tomatoes, cucumbers, and basil. Season with salt and pepper, and adjust vinegar and oil amounts to taste. Serve chilled or at room temperature.

<http://www.thekitchn.com/recipe-summer-farro-salad-with-tomato-cucumber-amp-basil-recipes-from-the-kitchn-193060>

Marinated Kale and Green Bean Salad

¼ cup olive oil
2 Tbsp. fresh lemon juice
1 Tbsp. honey
1/2 tsp. crushed red pepper flakes
1 large bunch Tuscan kale, center ribs and stems removed, leaves cut lengthwise into ½ in. strips
Kosher salt and freshly ground black pepper
1 bunch long beans, chopped
¼ cup finely grated Parmesan

Combine oil, lemon juice, honey, and red pepper flakes in a large bowl. Add kale and toss to coat. Season to taste with salt and pepper. Let kale mixture sit at room temperature for 1-2 hours or cover and chill overnight, tossing occasionally. Line a rimmed baking sheet with a kitchen towel. Cook beans in a large pot of boiling salted water until crisp-tender, about 4 minutes. Drain beans; transfer to a bowl of ice water and let cool. Drain beans; spread out on prepared sheet and blot with kitchen towels to dry. Can be made 8 hours ahead. Wrap in paper towels, then in plastic wrap. Cover and chill. Add beans to kale and toss to coat. Season to taste with salt and pepper. Top with grated cheese.

<http://www.bonappetit.com/recipe/marinated-kale-and-green-bean-salad>

Sweet potato, okra and eggplant curry

1 onion, chopped
1 Tbsp. mustard seeds
1 small piece fresh ginger, finely chopped
2 cloves garlic, smashed
1 green chili, deseeded and chopped
1 tsp. ground cumin
1 tsp. ground coriander
1 tsp. garam masala
2 Tbsp. tomato puree
1 eggplant, peeled and cubed
1 CSA bag okra, sliced lengthways, then chopped into 1 in pieces
2 sweet potatoes, cubed
1 pint vegetable stock
1 Tbsp. mango chutney (available at WFM)
¼ cup creamed coconut (available at WFM)

Fry the onion in oil until soft. Add the mustard seeds, ginger and garlic. Fry for another 2 minutes, then add in the green chili, cumin, turmeric, coriander, garam masala, tomato purée and a little water (about 2 Tbsp.) to make a paste. Cook for another minute and then add the eggplant, fresh okra and the sweet potatoes. Add the vegetable stock and the mango chutney. Bring the mixture to a boil, then turn to low and simmer until the vegetables are cooked. Salt to taste. Serve with rice.

<http://www.veganrecipes.org.uk/index.php?day=15&course=3>

Okra Hash

2 Tbsp. olive oil
½ onion, diced
2 cups sweet potato, diced
3 cups okra, sliced
½ red bell pepper, diced
½ yellow bell pepper, diced
1/2 tsp smoked paprika
Salt
Pepper

Heat oil in a large sauté pan over medium heat. Add onions and cook for about 2 minutes until translucent. Add the potatoes and cook for 3 minutes. Add the okra, peppers and smoked paprika and continue to cook until potatoes are tender about 10-12 minutes. Season with salt and pepper to taste.

<http://abcnews.go.com/GMA/recipe/okra-hash-recipe-17183710>

Kale, Swiss Chard, Chicken, and Feta Salad

1/2 cup cider vinegar

2 tsp.s honey

1/2 tsp. salt

1/2 tsp. ground black pepper

1/2 tsp. dried oregano

1/2 cup olive oil

1 bunch kale, torn into bite-sized pieces

1 bunch Swiss chard, torn into bite-sized pieces

1 lb. grilled skinless, boneless chicken breast, sliced

6 oz. crumbled feta cheese, or more to taste

1/3 cup chopped, toasted walnuts

Whisk the vinegar, honey, salt, pepper, and oregano in a bowl until the honey has dissolved. Whisk in the olive oil until evenly blended. Place the kale, Swiss chard, chicken, feta cheese, and walnuts into a bowl. Toss with the dressing to serve.

<http://allrecipes.com/recipe/kale-swiss-chard-chicken-and-feta-salad/>

Check out another Swiss Chard recipe on our website:

<http://plant-it-forward.org/2013/07/17/1469/>