



Dear CSA Members,

Announcing PIF Volunteer Fridays

Our Farms are growing and we could use some help with Friday harvesting! As CSA members, we would love for you to see how the produce gets from the farm to your table. If you are interested in some hands-on connection to your food, keep reading!

Friday activities include:

Friday mornings from 7am-noon: harvesting at the Fondren farm in southwest Houston at the corner of [Fondren and Willowbend](#). Harvesting consists of picking produce, washing root vegetables, and bunching leafy greens.

Friday afternoons from noon-5pm: preparing produce for market at the warehouse at [4030 Willowbend Blvd](#) just south of I-610 and Stella Link. Preparing the produce includes washing, weighing, bagging, and more bunching.

Other important things to know:

1. Drop-ins are welcome, but if you know you are coming, please RSVP to Cathy (cathy@plant-it-forward.org), our Volunteer Coordinator, and she will let the farmers know to expect you.
2. First time volunteers must sign the Volunteer waiver (attached and in the Volunteer box at each location). Please log your time on the volunteer log, which is also in the Volunteer box at each location.
3. Please wear comfortable clothes, closed-toed shoes and bring snacks and water or something to keep yourself hydrated.

If you are available, or know someone who is interested, please contact Cathy, our Volunteer Coordinator at cathy@plant-it-forward.org. If you are interested in something less physical, stay tuned for more opportunities!

Farm News

There is lots of okra and long beans are being harvested right now. Fall planting is progressing well and will continue through October, as the weather cools. More refugees are applying to be new farmer students, and the new class is progressing, with some students consistently coming and some deciding not to pursue the life of a farmer, as expected. Sorghum, the second cover crop in plowed field at the Fondren farm has been planted and is coming up. These cover crops enrich the soil with nitrogen, carbon and all the nutrients needed to grow great quality vegetables. The plan is to till the second cover crop under in October and plant the field in farmer rows, a new experience for urban farmers. At the farm, we are looking for volunteers to help with an array of activities, from planting seeds to weeding to harvesting and preparing produce for market. Let us know if you have time and desire to help. Almost any morning would be good! If you are available, or know someone who is interested, please contact Cathy, our Volunteer Coordinator at cathy@plant-it-forward.org.

This week your farm share has: butternut squash, okra, red or green long beans, basil, malabar spinach, mint, roselle, and a watermelon!

Enjoy!

Kassy and Plant It Forward Farms



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/>

Butternut Squash and Shrimp with Roselle, Basil, Spinach in a Coconut Milk broth (Delicious!)

This dish is delicious, but it takes an hour of prep work and another 30 min to cook, so do not start this dish if you are already hungry!

2 Tbsp. olive oil
1 medium white onion, chopped
1 medium butternut squash, peeled, seeded, cut into 1/2- to 3/4-inch pieces
1 15 oz. can Bar Harbor All Natural Fish Stock (available at WFM)
1 Tbsp. Thai Kitchen Red Curry Paste (available at WFM and Kroger)
1 1-inch piece of ginger, peeled and sliced
3 Roselle leaves, chopped
2 cloves garlic, minced
1 14 oz. can light unsweetened coconut milk
1 tsp. curry powder
½ tsp. cumin seeds
2 big handfuls of Malabar spinach
½-1 lb. shrimp, cleaned and tails removed
Juice of 1/2 a lime
rice or noodles, cooked to package instructions
¼ cup chopped fresh Basil

Heat oil in large nonstick skillet over medium-high heat. Add onions and sauté for a few minutes. Add garlic and squash. Sauté until nice and slightly golden, about 7-10 minutes. Add the curry and cumin seeds and mix to combine. Add broth, ginger and roselle. Stir in coconut milk. Simmer uncovered until squash is completely tender and liquid is slightly reduced, about 8-10 minutes. While simmering, add red curry paste a little at a time, adding more to taste. Add salt and pepper to taste. After 10 minutes, add the spinach and shrimp. Cook 2-3 more minutes until spinach has wilted and shrimp is about done. You can choose to add the noodles or rice to the soup and combine, or keep separate. Squeeze in ½ lime and add chopped basil. Serve hot.

Original Recipe: <http://www.jemangelaville.com/2007/01/30/butternut-squash-with-coconut-lemongrass-shrimp-and-basil-and-a-bunch-of-other-stuff/>

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>

Watermelon

Enjoy as is! There are lots of wonderful and refreshing drinks you can make with the watermelon and mint, but it will be time consuming to pick out all the watermelon seeds!

<http://blog.hostthetoast.com/boozy-watermelon-mint-lemonade/>

<http://www.foodnetwork.com/recipes/marcela-valladolid/watermelon-and-mint-agua-fresca-fresh-fruit-blended-water-recipe/index.html>

Mint Julep

2 cups water

2 cups white sugar

1/2 cup roughly chopped fresh mint leaves

32 fluid ounces Kentucky bourbon (I like Knob Creek)

8 sprigs fresh mint leaves for garnish

Combine water, sugar and chopped mint leaves in a small saucepan. Bring to a boil over high heat until the sugar is completely dissolved. Allow syrup to cool, approximately 1 hour. Pour syrup through a strainer to remove mint leaves. You can go ahead and mix the syrup with the bourbon in a large pitcher and store in refrigerator. Pour over ice and garnish with a mint sprig. Or, if you want to get fancy, fill eight cups or frozen goblets with crushed ice and pour 4 ounces of bourbon and 1/4 cup mint syrup in each. (Proportions can be adjusted depending on each person's sweet tooth). Top each cup with a mint sprig and a straw. Trim straws to just barely protrude from the top of the cups. Serve juleps on a silver platter.

http://allrecipes.com/Recipe/Mint-Juleps/Detail.aspx?event8=1&prop24=SR_Thumb&e11=mint%20juleps&e8=Quick%20Search&event10=1&e7=Home%20Page

Check out another recipe with mint on our website:

<http://plant-it-forward.org/2013/07/17/cucumber-mint-tea-sandwiches/>