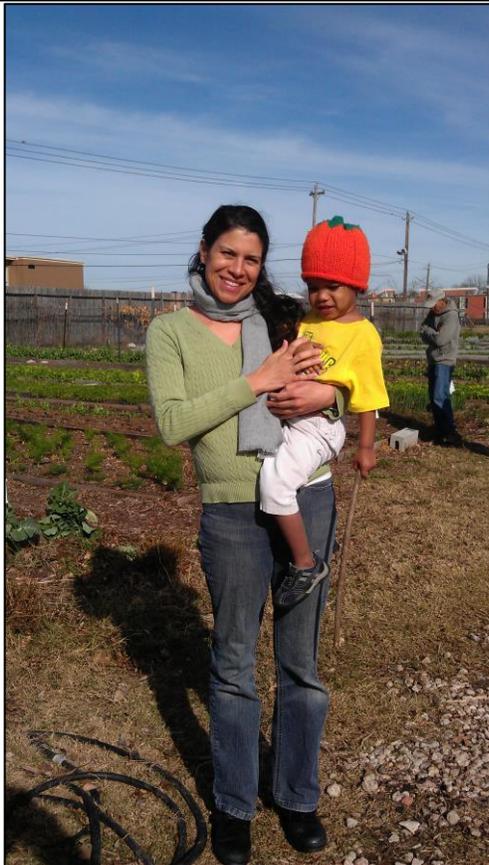


Dear Farm Share Members,

It's cold again this week! The farms made it through the freeze last week and look great! The difference in the freezing weather from last week and the hard freeze a few weeks ago is that it rained during the freeze this time, leaving the leaves of the vegetables wet. It only got down to 30 degrees at the Fondren farm and did not freeze at the University of St. Thomas Farm. The farms were watered prior to the freeze just in case it did not rain. We wanted the vegetables to be fully hydrated, and of course they were with the rain and watering.

The Westbury garden has been plowed a second time by Farmer Larry, a steady volunteer. The rain was good but now Larry will have to wait a few days for the ground to dry out, and then plow again. We are getting closer to getting the Westbury Farm ready for spring planting. Farmer Alain and his wife have been building beds by hand/shovel, planting seeds, and watering from buckets, as water is not yet installed. Spinach and other vegetables have sprouted and look good.



We had beautiful weather on Saturday during the farm tours at the Fondren Farm. Those who made it out were able to see how the crops grow, how we compost, and even got to taste a few veggies right from the farm!

This week's Farm Share **may** include 7 of the following vegetables/herbs: Lettuce Mix, carrots, arugula, radishes, cilantro, parsley, beets, bok choy, kale, collards, or green onions.

Enjoy!

Kassy and Plant It Forward

# RECIPES

Try out the recipes below or find more using our recipe finder: <http://plant-it-forward.org/farm-kitchen/favorite-recipes/>

## Tips for keeping your veggies fresh.

1. The tops of bunched root veggies (carrots, beets, turnips) should be removed prior to refrigeration. The greens and roots should be stored in separate plastic bags, which allows for extended storage in the crisper drawer.
2. Put cilantro in a cup of water and keep in the refrigerator.
3. Just picked up your veggies and short on time? Put your entire PIF insulated bag in the refrigerator.

## Sautéed Beet Greens with Garlic and Olive Oil

1 bunch beet greens  
Salt  
1 Tablespoon extra-virgin olive oil, to taste  
1 garlic clove, minced  
1/4 teaspoon dried red pepper flakes (optional)  
Freshly ground pepper

Bring a large pot of water to a boil while you stem the greens and wash the leaves in 2 rinses of water. When the water comes to a boil, add 1 tablespoon of salt and the greens. Blanch for 2 minutes, until tender. Transfer immediately to a bowl of ice water, then drain and squeeze the water out from its leaves. Chop coarsely. Heat the oil over medium heat in a large, heavy nonstick skillet. Add the garlic and hot red pepper flakes (if using) and cook, stirring, until the garlic is fragrant and translucent, 30 to 60 seconds. Stir in the greens. Stir for a couple of minutes, until the greens are nicely seasoned with garlic and oil. Season with salt and pepper, remove from the heat, and serve.

Note: Some people enjoy a few drops of lemon juice with their cooked greens, so you might want to pass a plate of lemon wedges.

## Marinated Beets

1 bunch beets, greens cut away and reserved for another dish, scrubbed  
1/3 cup red wine vinegar or sherry vinegar  
Salt to taste  
2 garlic cloves, cut in half  
2 teaspoons sugar

Place the beets in a saucepan, cover with water, add 1/4 cup of the vinegar and salt to taste. Bring to a boil, reduce the heat and simmer until tender, 30 to 45 minutes, depending on the size of the beets. Remove from the heat, add the garlic to the pot and set aside to cool. Remove the beets from the pot (do not drain), slip off the skins and cut in wedges. Combine the remaining vinegar and the sugar. When the sugar has dissolved in the vinegar, stir in 1/4 cup of the cooking liquid from the beets. Toss with the beets and the garlic. Refrigerate for 30 minutes, and then remove the garlic from the marinade. Remove the beets from the marinade with a slotted spoon to serve.

## Spicy Bok Choy with Sesame Seeds

2 heads bok choy split in half lengthwise  
2.5 Tbsp. oyster sauce  
½ Tbsp. siracha  
Neutral oil such as canola or grape seed  
Soy sauce to taste  
Sesame seeds, toasted (optional) for garnish

Heat large skillet (cast iron if you have it) over medium-high heat. Whisk together oyster sauce and siracha. Add more siracha if it is too watery. Brush 1/3 of the sauce onto the cut side of the bok choy halves. Put the cut side of the bok choy down in the pan and sear for two minutes. While the bok choy is cooking, brush the tops with another 1/3 of the sauce. Flip the bok choy and sear the rounded sides for another 2 minutes. Remove the bok choy and arrange the halves on a platter. Add soy sauce to the remaining sauce and drizzle over bok choy, then sprinkle with sesame seeds.

## Baked Carrots

1 bunch carrots  
3 tablespoons good olive oil  
1 1/4 teaspoons kosher salt  
1/2 teaspoons freshly ground black pepper  
2 tablespoons minced fresh dill or parsley

Preheat the oven to 400 degrees F. If the carrots are thick, cut them in half lengthwise; if not, leave whole. Slice the carrots diagonally in 1 1/2-inch-thick slices. (The carrots will shrink while cooking so make the slices big.) Toss them in a bowl with the olive oil, salt, and pepper. Transfer to a sheet pan in 1 layer and roast in the oven for 20 minutes, until browned and tender. Toss the carrots with minced dill or parsley, season to taste, and serve.

## Kale, Quinoa, and Beet Salad with Balsamic Vinegar

1 bunches of beets, peeled and shredded  
½ cup balsamic vinegar  
2 Tbsp. grape seed oil  
salt and pepper  
½ cup quinoa  
1 bunch of Toscano kale, stems removed and leaves torn into bite-size pieces  
2 Tbsp. grape seed oil  
1 clove of garlic, peeled and finely sliced  
1 tsp. paprika  
salt and pepper  
handful of shredded Romano cheese

Peel and shred beets, place in bowl with balsamic vinegar, 2 tbsp. grapeseed oil, and salt and pepper and set aside. In a small saucepan, place the rinsed quinoa and 1 cup of water. Add a pinch of salt. Place pot over medium heat and bring to a boil. Simmer for 15 minutes or until quinoa is mostly cooked and the little tails start to pop out. Remove from the heat and set aside. In a large skillet, heat 2 Tbsp. of grapeseed oil over medium heat. Add the sliced garlic and paprika. Stir around for 1-2min. Add the beet mixture and sauté for a few minutes. Add the kale and sauté for 1 min, then add the hot quinoa and mix until the kale slightly wilts and softens. Season with salt and pepper. Move to a separate bowl. Salad can be served warm or cold. Sprinkle with Romano cheese before serving.

Inspired from this recipe: <http://www.thefirstmess.com/2012/10/11/warm-kale-quinoa-salad-with-roasted-balsamic-beets-recipe/>