

Dear Farm Share Members,

This is week 11 of your Farm Share. If you signed up for 12-weeks, then next week (Feb 11-15<sup>th</sup>) will be your last week. If you renewed your membership (thanks!), you will continue picking up without a break. If you have not renewed yet, there are only 3 spots open. Sign up soon at: <http://plant-it-forward.org/shop/>.

We have created a customer satisfaction survey. Please take a few minutes to tell us how we are doing. We value your feedback.

### [Fall-Winter Farm Share Survey](#)

The new student farmers are a great class – they are quick learners gaining great farming experience. This class is advancing to the next level of their training. Beginning February 25<sup>th</sup>, new students will be assigned responsibility for seven large farm beds each. This will give them the opportunity to learn even more about organic principles of farming. They will also begin working at the Saturday Farmers Market, so you will begin to see some new faces working at our booth.

This week's Farm Share **may** include 7 of the following vegetables/herbs: Lettuce Mix, carrots, arugula, radishes, cilantro, parsley, celery, kale, purple or green mizuna mustard greens, southern giant mustard greens cabbage, broccoli, French sorrel, or Swiss chard.

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/>

## Szechuan-Style Wild Mustard Greens and Farro with Shrimp, Eggs and Peanuts

Note: You can use broccoli instead of mustard greens. Serves 4.

1 cup uncooked farro  
1 ¾ cups plus 3 Tbsp. water, divided  
2 eggs  
Salt  
3 Tbsp. peanut oil, divided  
¾ cup peanuts  
½ lb. medium shrimp, shelled and deveined  
1 bunch mustard greens, stems discarded, leaves chopped into bite-sized pieces  
2 cloves garlic, minced  
1 Fresno pepper, seeded and minced  
1 Tbsp. soy sauce  
1 tsp. brown sugar  
4 green onions, sliced on a bias, optional  
Note: We substituted ¾ cup quinoa for farro and a hatch chili for the Fresno pepper. We did not have green onions and the dish tasted fine, but would have been better with the green onions.

Prepare the farro by following the package directions.

For the dish: In a small bowl, whisk together the eggs with 1 Tbsp. water and season with salt. In a large wok or sauté pan, add ½ Tbsp. peanut oil over medium heat. Add the eggs and scramble. When cooked, remove to a plate and set aside.

Wipe out the pan if necessary and add 1 Tbsp. oil. Add the nuts, Fresno pepper and shrimp. Keep working the ingredients until the shrimp begin to turn pink and curl up, about 15 seconds per side or so. When cooked, remove to the dish with eggs and set aside.

Add the remaining 1 ½ Tbsp. oil to the heated pan. Add the wild mustard greens, garlic and pepper, and toss about three minutes. Add the soy, sugar and 2 Tbsp. water. Stir to incorporate.

Stir in the farro, eggs, shrimp, peanuts and green onions. Work over the heat for 1-2 minutes and then transfer to a serving dish. Serve immediately.

<http://www.sigonas.com/produce-tips-and-recipes/recipes/vegetables/wild-mustard-greens/>

## Butter-braised Radishes with Sorrel

1 cup vegetable stock or water\*  
1 Tbsp. unsalted butter  
1 bunch radishes, greens removed, radishes quartered  
Salt and freshly ground pepper  
½ cup sorrel leaves, packed, stems removed and thickly sliced

In a large skillet, bring the vegetable stock and butter to a boil over moderate heat. Add the radishes and cook, stirring occasionally, until they are crisp-tender and the liquid has thickened slightly, about 15 minutes. Season with salt and pepper and transfer to a shallow bowl. Scatter the sorrel over the top and serve.

\*I use Better than Bouillon vegetable base.

<http://www.foodandwine.com/recipes/butter-braised-radishes-with-sorrel>

# Yummy Yellow Curry Sauce

This recipe can be prepared with fish, chicken, or vegetarian.

5 Tbsp. Oil  
2 tsp. mustard seeds  
1 tsp. fenugreek seeds  
3 fresh green chilies, deseeded and thinly sliced  
1 handful of curry leaves  
2 1-inch pieces of ginger peeled and coarsely grated  
3 onions peeled and chopped  
1 tsp. chili powder  
1 tsp. turmeric  
6 tomatoes, chopped  
1 14 oz can of coconut milk

Fish version:

4 fresh haddock fillets, skinned and pin boned  
1 knob of tamarind paste or 1 teaspoon tamarind syrup  
1 large handful of baby spinach  
1 good handful of fresh cilantro

Chicken version:

4 chicken breasts sliced into ½ in strips  
1 Tbsp. Coriander seeds, crushed

Vegetarian version:

1 ¾ lbs mixed vegetables chopped (potatoes, zucchini, squash, onions, sweet potatoes, spinach, Swiss chard, lentils, green or yellow beans, eggplant, whatever is in your Farm Share, etc...)  
Salt

Instructions

1. Heat the oil in the pan, when hot add the mustard seeds. Wait for them to pop, then add the fenugreek seeds, fresh green chilies, curry leaves and ginger. Stir and fry for a few minutes.
2. Using a food processor, chop the onions and add to the same pan. Continue to cook for 5 minutes until the onion is light brown and soft then add the chili powder and turmeric.
3. Using the same food processor pulse the tomatoes and add these to the pan. Cook for a couple of minutes then add one or two wine glasses of water and the coconut milk. Simmer for about 5 minutes until it has the consistency of cream then season carefully with salt. Take this sauce as a base.

To make the fish curry, add the fish and tamarind to the sauce and simmer for 6 minutes. Feel free to add some baby spinach and chopped coriander at the end of the cooking time.

For the chicken version, stir fried chicken strips and coriander seeds until lightly colored then add to your sauce and simmer for 10 minutes.

For the vegetarian version simply add all of your vegetables to the sauce at the beginning when you add the onions continue to cook as normal and simmer until tender.

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