



Greetings from Plant It Forward!

As you know, Plant it Forward is an organization that helps refugees earn a living wage through farming on urban land in Houston. But what is a refugee and what series of events will grant an individual refugee status? According to the United Nations definition, "A refugee is someone who has been forced to flee his or her country because of persecution, war, or violence." ([www.unrefugees.org](http://www.unrefugees.org), 2013). There are many other types of statuses that a person leaving their country can possess including internally displaced person (IDP), returnee, asylum-seeker, etc. Descriptions of these different statuses can be found at [www.unrefugees.org](http://www.unrefugees.org).

The majority of refugees in the Plant It Forward program are from Congo and Democratic Republic of the Congo. They all fled their country during the civil war and most resettled in the neighboring country of Gabon. In their home country, Sarment was a truck driver, Albert M. was an electrician and Albert L. was a presidential driver but to survive they all became farmers in Gabon. Most spent between 5 and 10 years in Gabon before they were granted asylum to the U.S.

Albert L. selling cabbage at the farmers market.



Sarment after harvesting Suyo Long cucumbers- his favorite!



Look for the story of Roy's journey from the Democratic Republic of the Congo, through Russia and then to the United States in the next newsletter.

This week's Farm Share **may** include the following: lettuce mix, arugula, spinach, bok choy, carrots, beets, French sorrel, radishes, celery leaves. Please keep in mind that this is only a projection and could change throughout the week as conditions change on our farms.

Enjoy!

Kassy Rodriguez, Community Supported Agriculture Manager

# Recipes

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



## Salmon with French sorrel sauce and roasted vegetables.

Chef Gina Lopez

### Salmon

Preheat oven to 350 degrees. Season salmon with olive oil, salt and pepper. Cook salmon at 350 degrees for 12-15 minutes or until fish flakes easily with a fork. (Do not overcook!)

### Sorrel Sauce

2 cups Sorrel  
1 cup sour cream  
3 garlic cloves  
¼ onion

Add all ingredients to blender and puree. Salt and pepper to taste. This is great for fish, chicken, or to use as a spread for sandwiches.

### Roasted Veggies for topping

I like to use any vegetables and sauté them till there is a char on them. This week's CSA has

Purple Bok Choy –shred or slice thin

Celery leaves

Carrots- shred or slice thin

Prepare a pan with a little bit of olive oil heat and add carrots wait 7 minutes and Bok Choy sauté till roasted then add celery leaves, salt and pepper at the last moment. Place on top of fish and sorrel sauce.

## Beet and Goat Cheese Salad

1 bunch beets  
2 Tbsp. balsamic vinegar  
2 Tbsp. diced shallots  
½ cup of walnuts  
½ cup of cranberries  
Mixed lettuce  
5 oz. of goat cheese  
Salt and Pepper to taste

Cut beet green off of beets. Peel beets with a knife. Cut beets into quarters. Add balsamic vinegar shallots and beets to a bowl let marinate for 30 min. Place on sheet pan and roast at 400 degrees for 12 min. In a salad bowl add greens, cranberries, walnuts, and roasted beets. Toss with goat cheese.

## Warm Beets and beet greens

1 bunch beets with their greens  
½ red onion, sliced  
3 cloves garlic  
1 cup cooked garbanzo beans\*  
1 ½ Tbsp. olive oil  
Goat cheese or Parmesan or Romano cheese

Roast the beets: Cut greens off beets and set greens aside. Wrap beets in foil and place on a baking sheet in the middle of the oven and roast at 375 degrees for about one hour. Take the beets out of the oven to cool in the foil for 10 min. (Keeping them in the foil will help loosen the skin.) When cold enough to handle, remove the skin and slice beets into big pieces and set aside.

Wash beet greens. Sauté the onion olive oil on medium heat for ten minutes. Add garlic and cook for 2-3 minutes. Add roughly chopped beet greens and cook until the beet greens are wilted, about 2-3 minutes. Add the garbanzo beans and beets and heat for a few minutes. Add in the goat cheese, or Parmesan, or Romano and serve. Salt and freshly ground pepper to taste.

Cooked, frozen garbanzo beans can be found in the freezer section of Whole Foods Market. The brand is Stahlbush Island Farms. These are easier to use than canned beans because you can use what you need and keep the rest frozen.

---Recipe adapted from [www.rootsdowncommunityfarm.com](http://www.rootsdowncommunityfarm.com)

## Roasted Salmon with bok choy

1 bunch bok choy  
1 bunch of another green (try spinach, arugula, beet greens, etc.)  
6 tablespoons olive oil, divided  
Coarse salt and pepper  
4 skinless salmon fillets (4 to 6 ounces each)  
1 tsp. lemon zest plus 2 tablespoons juice  
1/4 cup fresh dill, chopped  
1 tsp. Dijon mustard

Preheat oven to 450 degrees. On a rimmed baking sheet toss bok choy with 2 tablespoons oil and spread in an even layer; season with salt and pepper and bake 6 minutes. Stir. Season salmon with olive oil, salt and pepper and add to baking sheet. Bake until salmon is cooked through (easily flakes), about 10-15 minutes. (Do not overcook!)

Meanwhile, whisk together lemon zest and juice, dill, mustard, and remaining 1/4 cup oil. Season. Drizzle salmon and bok choy with dressing before serving.

Original recipe: <http://www.marthastewart.com/1033633/roasted-salmon-kale-and-cabbage>

## Butter-braised Radishes with Sorrel or celery leaves

1 cup vegetable stock or water\*  
1 Tbsp. unsalted butter  
1 bunch radishes, greens removed, radishes quartered  
Salt and freshly ground pepper  
1 packed 1/2 cup sorrel leaves or celery leaves, 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 or celery leaves over the top and serve.

\*I use Better than Bouillon vegetable base.

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

More French sorrel recipes:

<http://plant-it-forward.org/tag/sorrel/page/2/>

<http://plant-it-forward.org/tag/sorrel/>