



Greetings from Plant It Forward!  
 Below is a holiday greeting from our Director, Teresa O'Donnell:



*2013 at a Glance*

I am so grateful to you for your support of Plant It Forward. It's been a productive year and I want to catch you up on all of 2013.

We have created farms. The final two acres of the three acre farm in the Brays Oaks neighborhood was completed and is growing a wide variety of vegetables. We have another farm on the University of St. Thomas campus that is also producing a beautiful crop. We recently secured two additional acres in Westbury that will be productive within the next few months.

We have trained farmers. In May, ten farmers graduated from our first class and four are farming full-time on the expanded Brays Oaks farm and at the University of St. Thomas. Two more farmers will be full-time soon at Westbury. There are fourteen refugee farmers enrolled in our second class, learning about organic gardening and how to sell their produce.

We have proven our model works. Production and sales data over the last year has shown the viability of these small urban farms to generate a living wage for a farmer family. This is very exciting news!

And finally, we have told our story. In January, Fox 26 aired a story on the farmers and the mission of Plant It Forward. Southwest News ran a story on our farm dinner in April. Then in June, Plant It Forward had a front page article in the Sunday Star section of the Houston Chronicle. All brought us great exposure with many calls of support and offers of potential land. The Chronicle article even got the attention of the Producer of the PBS series, Food Forward. In October their film crew came to Houston and filmed us for two days for a special that will air sometime in the spring. We even made it on Culture Map Houston in November.

We are so thankful.

*Wishing you a wonderful Holiday Season and a  
 Happy New Year!*

*Teresa*  
*Concun*  
*Rassy*  
*Ray Gary*  
*Raf*  
*Aunt NEC*  
*Constant*

This week's Farm Share **may** include 7-8 the following vegetables/herbs: mesclun, lettuce mix, Swiss chard, broccoli leaves, carrots, purple bok choy, green bok choy, green onions, French sorrel, fennel, leeks, southern giant mustard greens, Mexican marigold mint, or rosemary. 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/>

## Leeks with Rice (Prassorizo)

This Greek recipe for leeks with rice is from Madhur Jaffrey's World Vegetarian cookbook. In her book she gives credit to Marina Liveriadou for this particular recipe.

2 lbs leeks  
½ cup rice  
½ cup olive oil  
1-1 ¼ tsp. salt  
Freshly ground black pepper  
2 Tbsp. fresh lemon juice

Cut leeks into ¼ in. pieces, discarding any dark green pieces. Wash thoroughly in a sinkful of water and put into a colander to drain.

In a wide pot, combine the leeks and 3 cups of water. Set over high heat and bring to a boil. Turn down the heat to medium-high and cook for about 15 min or until leeks are tender. Add the rice, oil, salt, pepper, lemon juice, and another ½ cup of boiling water. Cook on medium-high heat, stirring now and then, for another 15 minutes, or until rice is just tender. Serve hot.

## Lettuce Stir-fry

1 bag lettuce mix or mesclun  
2 tsp. soy sauce  
1 ½ tsp. Chinese rice wine or dry sherry  
¾ tsp. granulated sugar  
1 ½ tsp. vegetable or peanut oil  
2 garlic cloves, peeled and minced  
1 ½ tsp. minced ginger  
1/8 – 1/4 tsp. red pepper flakes  
½ tsp. salt  
½ tsp. Asian sesame oil (such as Kadoya)

Combine the rice wine or dry sherry, soy sauce, and sugar in a small bowl, stirring. Set aside. Heat a wok on medium-high heat and add oil. When the oil is hot, add the garlic, ginger and red pepper flakes. Stir-fry until aromatic (5-10 seconds) and add the lettuce. Stir-fry the lettuce, sprinkling with the salt, for 1-2 min., until the leaves begin to wilt. Give the sauce a quick re-stir and swirl it into the wok. Stir-fry for 1-2 more min., until the lettuce turns dark green. Remove from the heat and stir in the sesame oil. Serve immediately.

## **Fritata with Swiss Chard (Fritata di Beitole)**

This Italian recipe is from Madhur Jaffrey's World Vegetarian cookbook.

### For the Swiss Chard

1 bunch Swiss chard, coarsely chopped (use both stems and leaves)  
2 Tbsp. olive oil  
1 garlic clove, peeled and finely chopped  
About ¼ tsp. salt

### For the eggs

6 eggs  
¼ tsp. salt  
Freshly ground black pepper  
3 Tbsp. extra-virgin olive oil

To prepare the chard, bring a large pot of water to a rolling boil, as if you were boiling pasta. Drop in the chard and boil for 3 to 4 minutes, or until it is tender. Drain. Rinse under cold water and then squeeze out as much moisture as you can.

Put the 2 Tbsp. olive oil and garlic in a non-stick frying pan or sauté pan and set over medium-high heat. When the garlic starts to sizzle, add the greens and about ¼ tsp. salt (taste as you go) and mix well. Stir and cook for about 1 minute. Turn off the heat.

Put eggs into a medium bowl and beat them well. Add the salt, pepper to taste, and chard. Mix well, separating the chard pieces.

Put the 3 Tbsp. olive oil into a nonstick, omlette-type frying pan with a metal handle (about 10 in. at the top and 7 in. at the bottom) and set over medium-low heat. Stir the egg mixture in the bowl and pour it in, swirling the pan to spread it evenly. Cover and cook for 5 minutes.

Meanwhile, preheat the broiler.

When eggs have cooked for 5 minutes, turn the heat down to low and cook another 5 minutes. Uncover the frying pan and put it under the broiler for about 2 minutes, or until the top has set. It should go on the top or second to top oven rack. Slide the frittata onto a serving plate and serve hot.

## **Salad with Fennel and Apple Cider Vinaigrette**

### Dressing:

1 Tbsp. apple cider vinegar  
2 Tbsp. extra virgin olive oil or walnut oil  
1 tsp Dijon mustard  
2 tsp finely chopped shallots  
1/4 tsp fine sea salt  
1 Tbsp. chopped fresh tarragon (Mexican marigold mint)  
Freshly ground black pepper

### Salad:

½ bag lettuce or mesclun mix (4 oz.)  
1 small fennel bulb, trimmed and cut into thin strips (reserve a few fronds for garnish)  
½ cup toasted walnuts

Combine vinegar, mustard, shallots, tarragon, salt and pepper in a large bowl. Gradually whisk in the oil. Add the lettuce and fennel to bowl and toss to coat. Garnish with fennel fronds and top with toasted walnuts. Season to taste with additional salt and pepper if necessary.

## Sautéed Carrots and Mustard Greens

1 tsp. olive oil  
1 bunch fresh carrots, trimmed and sliced ¼ inch thick on the bias  
Coarsely ground pepper  
Coarse salt  
1 bunch tender mustard greens, chopped, rinsed and drained (but not dried)  
Pinch freshly grated nutmeg  
1 fresh lemon wedge

Heat oil in sauté pan over medium high heat. Add the carrots; sprinkle generously with pepper and a pinch of salt. Cook without stirring 2 to 3 minutes, then toss and cook until just fork-tender, 2-3 more minutes. Remove carrots from pan and set aside.

Add greens to pan, stir, then cover and cook for 2 to 3 minutes, until just tender. Return carrots to the pan, sprinkle with a grating of nutmeg, add a squirt of lemon juice and toss to combine. Taste and adjust seasonings.

Note: Do not overcook the mustard greens. Add a pinch of sugar to take out the bitterness.

<http://www.atlantamagazine.com/recipes/2012/11/07/sauteed-carrots-and-mustard-greens#sthash.JzFrhohB.dpuf>

## French Sorrel Soup

3 tablespoons unsalted butter  
½ cup chopped green onions, ramps or other wild onion  
4-6 cups (packed) of chopped sorrel  
Salt  
3 Tbsp. flour  
1 quart chicken stock or vegetable stock  
2 egg yolks  
½ cup cream (you have to use cream; anything lighter will make the soup watery)

Melt 3 tablespoons butter in a soup pot over medium heat. Add the green onions or ramps and turn the heat to medium-low. Cover the pot and cook gently for 10 minutes. While the onions are cooking, pour the stock into another pot and bring to a simmer. Turn the heat up, add the sorrel leaves and a healthy pinch of salt and stir well. When the sorrel is mostly wilted, turn the heat back to medium-low, cover and cook 10 minutes. Stir occasionally. Mix in the flour and cook over medium heat for 3 minutes. Whisk in the hot stock, stirring constantly. Bring this to a simmer. To finish the soup, whisk together the egg yolks and cream. Temper the mixture by ladling a little soup into the egg yolk and cream mixture, whisking continuously. Repeat this three times. (You are doing this to prevent the eggs from scrambling). Now start whisking the soup. Pour the hot egg-cream-soup mixture into the pot with the soup, whisking all the way. Let this cook — below a simmer — for 5 minutes. Do not let it boil or the soup will break. Serve at once.