



Greetings from Plant It Forward!

We hope that you are having a wonderful holiday season! Read on for some new and delicious recipes!

This week's Farm Share **may** include 7 the following vegetables/herbs: Toscano kale, Red Russian kale, lettuce mix, arugula, spinach, beets, carrots, radishes, cress, celery leaves, purple bok choy, Swiss chard, or collard greens. Please keep in mind that this is only a projection and could change throughout the week as conditions change on our farms.

Enjoy!

Kassy and Plant It Forward

Roasted Carrots with Carrot-Top Pesto

3 lbs. small carrots with tops (any color)	3 Tbsp. macadamia nuts or pine nuts
2 Tbsp. vegetable oil	½ cup (packed) fresh basil leaves
kosher salt, freshly ground pepper	¼ cup finely grated parmesan
1 garlic clove	½ cup extra-virgin olive oil

Preheat oven to 400°. Trim carrot tops, leaving some stems attached. Measure out 2 cups carrot tops and set aside; reserve any remaining carrot tops for another use.

Toss carrots and vegetable oil on a rimmed baking sheet; season with salt and pepper. Roast, tossing occasionally, until carrots are golden brown and tender, 25–35 minutes. Let cool.

Pulse garlic and nuts in a food processor until a coarse paste forms. Add basil, Parmesan, and reserved carrot tops; process until a coarse puree forms. Add olive oil and pulse until combined; season with salt and pepper. Serve carrots with pesto.

DO AHEAD: Pesto can be made 1 day ahead. Press plastic wrap directly onto surface; chill. Carrots can be roasted 4 hours ahead. Let stand at room temperature.

Note: The carrot tops from 1 bunch of carrots is enough to double this recipe. Use the extra pesto on bow-tie pasta and serve along-side the roasted carrots.

<http://www.bonappetit.com/recipe/roasted-carrots-with-carrot-top-pesto>

Rosemary-Flavored Chickpea and Spinach (or beets greens) Soup (Zuppa di Ceci con Spinaci)

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

1 cup dried chickpeas or 3 cups frozen or canned chickpeas	1 fresh rosemary sprig or 1 tsp. dried rosemary pounded into a powder
Salt	2 tsp. tomato paste
½ lb. fresh spinach or beet greens, washed	2 cups vegetable stock
2 Tbsp. olive oil	Freshly ground black pepper
1 garlic clove, peeled and finely chopped	3 (¾-in-thick) slices good crusty bread
1 small onion, peeled and finely chopped	4 tsp. fruity extra virgin olive oil

If using dried chickpeas:

Pick over chickpeas and wash in several changes of water. Drain. Cover with 5 cups water and soak overnight. Drain. Or, try using the quick-soak method: <http://www.bonappetit.com/test-kitchen/cooking-tips/article/the-faster-way-to-soak-beans-for-cooking>.

Bring a large pot of lightly salted water to a rolling boil. Drop in the spinach or beet greens and boil rapidly for 5 minutes. Drain thoroughly, squeezing out as much liquid as possible and chop finely. (Cool the greens down with cool water, and then squeeze out excess water.)

Put the 2 Tbsp. olive oil in a medium pot and set over medium-high heat. When hot, put in the garlic and onion. Stir and sauté until the onion is translucent; turn the heat down if necessary to prevent browning. Now add the drained chickpeas and the greens and sauté for another 5 minutes. Add the 6 cups of water and rosemary and bring to a boil. Turn the heat down to low, cover and cook gently for 1 to 3 hours, or until the chickpeas are very tender. If using cooked and frozen or canned chickpeas you can use 3 cups of water and cook for 30-35 minutes. (Alternatively you can do the sautéing in a pressure cooker, then put in the drained chickpeas, rosemary, and 4 cups of water, cover, and bring up to pressure. Cook for 30 to 35 minutes. Reduce the pressure.) Discard the rosemary sprig.

Skim off the skins of the chickpeas that are loosened or floating around (optional, these are a good source of fiber). Slowly add the tomato paste your vegetable stock index will. Add this mixture to the soup and mix. Taste for salt and add what you need. Add some black pepper as well. Mix again. Bring the soup to a simmer, cover, and simmer gently for 20 minutes to blend all the flavors. (All this may be done in advance.)

Just before serving, heat the soup. Toast the slices of bread and put them at the bottom of 4 soup plates. Ladle the soup over the toast and drizzle a teaspoon of extra-virgin olive oil over the top of each serving.

Serves 4.