



Greetings from Plant It Forward!

Happy New Year! The farmers are continuing to plant out the rest of the Fondren farm with lots of progress being made in the plowed rows. We are prepping for the hard freeze by watering heavily, but the plants that are currently growing are cold hardy, so we will not need to cover the crops.

Westbury Farm had a storage unit delivered this week, which allows for storage of fertilizer and building materials. Compost bins will be built at the Westbury farm soon.

This week's Farm Share **may** include 6 the following vegetables/herbs: Toscano kale, Red Russian kale, lettuce mix, arugula, spinach, carrots, radishes, celery leaves, or parsley. 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

Recipes

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

Black-eyed Peas with Kale

2 Tbsp. olive oil
1 medium onion, chopped
2 cloves garlic, minced
~1/2 roasted red pepper, chopped
1 medium carrot, scrubbed and chopped small
1/2 tsp. powdered cumin
1/8 tsp. powdered cayenne pepper (more to taste)
1/2 tsp. smoked sweet paprika (more to taste)
16-ounce bag frozen black-eyed peas or 1 1/2 cups dried black-eyed peas soaked over night
2-3 cups diced potatoes - wash, scrub (do not peel), chopped
1-2 bunches of kale, stems removed
8 cups vegetable stock
Salt and freshly ground black pepper to taste
Freshly ground black pepper to taste

Cook potato pieces and carrot pieces together in enough water to cover in a medium-size pot until they can be pierced with a fork. Check 10 minutes after water comes to a boil. Drain when done.

While potatoes and carrots are cooking, place oil in a large Dutch oven or soup pot over medium heat. Add the chopped onion, garlic, and peppers and cook until tender, about 3-5 minutes. Add the cumin, cayenne, and smoked paprika seasonings. Cook stirring for 1 minute. Do not burn garlic or seasonings. Add the vegetable broth, black-eyed peas, cooked potatoes and carrots. Bring all to a boil; reduce heat to low and simmer, partially covered, for ~15-20 minutes until broth and ingredients are heated through. Add kale and simmer for another 10-15 minutes. Taste and adjust the seasonings if necessary.

<http://www.365daysofkale.com/2009/02/soup-black-eyed-peas-with-kale.html>

Walnut-Parsley or Walnut-Celery Pesto

1 cup tightly packed fresh parsley or celery leaves
1/3 cup chopped toasted walnuts
1 small garlic clove, smashed and peeled
1/2 ounce Parmesan or Romano cheese, finely grated (1/4 cup)
1/4 teaspoon finely grated lemon zest
1 Tablespoon fresh lemon juice
1/4 cup extra-virgin olive oil
Coarse salt and ground pepper

In a food processor, pulse parsley or celery, walnuts, garlic, Parmesan, lemon zest, and lemon juice until combined, about 10 seconds. With machine running, add olive oil in a slow, steady stream and process until a paste forms. Season pesto with salt and pepper and transfer to a small bowl.

Serve with grilled meat or vegetables or toss with pasta.

Spinach, Carrot and Radish Salad with Toasted Almonds and Mustard Vinaigrette Dressing

3/4 bag spinach (~6oz)
1/2 bunch carrots, sliced
3 green onions, diagonally sliced
4-5 radishes, thinly sliced
1 handful almonds

Mustard vinaigrette dressing
2 Tbsp. shallots
1 tsp. Dijon mustard
2 Tbsp. sherry vinegar
1/4 tsp. salt
1/4 tsp. pepper

Combine all salad ingredients except almonds. To toast almonds, place in a pan over medium heat for 3-4 minutes or in a toaster oven for 3-4 minutes. If putting on the stove, watch closely to prevent burning. Add toasted almonds to salad, and then toss in the mustard vinaigrette dressing.

Combine all ingredients listed for the mustard vinaigrette dressing. Slowly whisk in 6 tbsp. olive oil. (Quickly whisk while slowly adding the oil.)