



Greetings from Plant It Forward!

The farms survived the freeze! Last Monday it became evident that the temperatures were going to be much colder and last longer than previously expected. It was all hands on deck at the Fondren farm! There was a limited amount of frost cloth, so we had to use leaves to keep the vegetables warm. Bags of leaves were used to cover the lettuce and a thin cloth was placed over the leaves to keep them from blowing away. A few of the crops suffered some damage such as the cabbage, sugar snap peas, snow peas, and a few lettuces but overall the farm looks great.

Below is an excerpt from Ray Sher's article about the freeze in the Houston Chronicle. Ray is Plant It Forward's Farm Manager. Look for the full article in the Business and Homes Section in the next two weeks.

“What did I learn? Good preparation just before long hard freezes is essential, but that most fall-winter produce can withstand the freezes. Another factor could have been that for many days prior to the freeze there were cloudy cold days, which helped the plants harden against adversity. I also learned that there are a lot of factors to carefully consider leading up to this type of freeze. First keep abreast of the weather, to allow adequate time to gather materials and use them (this includes gathering bags of leaves from neighbors to dump around citrus and other tropical trees). Second, water thoroughly, but do it early enough to allow the leaves to dry before the freeze. Protect the most tender plants first, which are lettuces, endives, broccoli, and cauliflower.”



This week's Farm Share **may** include 7 of the following vegetables/herbs: Toscano kale, Red Russian kale, lettuce mix, arugula, spinach, carrots, radishes, cilantro, parsley, beets, 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.

Your special Farm Share treat this week is citrus fruit!

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/>

## Husband Approved Kale Smoothie

1 bunch kale, washed, stems and center ribs removed  
1 ¼ cups chocolate hemp milk  
½ cup nuts (pecans or cashews)  
1 banana + 5 dates or 2 bananas

Put all ingredients into a blender and puree until smooth. Check the consistency and add more milk if it is too thick.

## Spicy Sautéed Kale with Lemon

1 tablespoon vegetable oil  
1 Thai or jalapeno chili, thinly sliced  
1 lemon, thinly sliced, seeds removed and slices quartered  
1 tablespoon honey  
2 bunches kale (1 1/2 pounds), tough stems and ribs removed, leaves coarsely chopped  
6 scallions, cut into 2-inch pieces  
Coarse salt

In a large skillet, heat oil and chili over medium-high heat. Add lemon and honey and cook, stirring, until lemon begins to break down, about 2 minutes. Add kale and cook, stirring, until just wilted, about 3 minutes. Add scallions, season with salt, and cook 1 minute. Serve warm or at room temperature.

<http://www.marthastewart.com/862205/spicy-sauteed-kale-lemon?czone=%2Fwinter-produce%2Fwinter-produce&gallery=286367&slide=862205&center=1009854>

Read Martha Stewart's Kale Basics here:

[http://www.marthastewart.com/286367/kale-recipes/@center/1009854/winter-produce?xsc=eml\\_msl\\_2014\\_01\\_13\\_template#242967](http://www.marthastewart.com/286367/kale-recipes/@center/1009854/winter-produce?xsc=eml_msl_2014_01_13_template#242967)

## Collard Greens with Lemon

1 ounce (2 tablespoons) unsalted butter  
1 garlic clove, smashed  
2 small bunches collard greens (about 1 1/2 pounds), stems removed, leaves cut crosswise into 1/2-inch strips  
¾ cup homemade or store-bought low-sodium chicken stock  
Coarse salt and freshly ground pepper  
1 1/2 teaspoons finely grated lemon zest  
2 teaspoons fresh lemon juice  
Lemon wedges, for serving

Heat 1 tablespoon butter and the garlic in a large pot over medium-high heat. Add greens, and cook, stirring often, until wilted, about 3 minutes. Stir in stock, 3/4 teaspoon salt, 1/8 teaspoon pepper, and the zest, and cover. Reduce heat to medium, and cook until tender, 8 to 10 minutes. Add lemon juice and remaining tablespoon of butter. Stir until butter melts. Season with salt and pepper, and serve immediately with lemon wedges.

<http://www.marthastewart.com/313373/collard-greens-with-lemon?czone=%2Fwinter-produce%2Fwinter-produce&gallery=286291&slide=313373&center=1009854>

Read Martha Stewart's Collard Greens Basics here:

<http://www.marthastewart.com/286291/collard-greens-recipes/@center/1009854/winter-produce#196548>

## Orange Aioli with Grains and Roasted Beets

2 organic oranges  
1 whole egg  
1 teaspoon Dijon mustard  
2 large garlic cloves, green shoots removed, mashed in a mortar and pestle with 1/2 teaspoon salt  
2 to 3 teaspoons fresh lemon juice (to taste)  
1/2 cup canola oil  
1/4 cup extra virgin olive oil  
1 or 2 bunches red, yellow or chioggia beets, the beets roasted, the greens stemmed, washed and steamed or blanched just until tender  
Cooked wheat berries, bulgur, barley or quinoa

Preheat the oven to 250 degrees. Using a potato peeler, remove the orange zest, without the pith, from the oranges, and place on a baking sheet in the oven for 45 minutes or until completely dried. Check often, and be careful that it doesn't burn. Allow the peel to cool, then grind in a spice mill. Measure out 1 tablespoon.

Mash the garlic in a mortar and pestle with the salt, and add 1 teaspoon of the lemon juice. Let sit for 10 minutes. This will soften the sharpness of the garlic.

Place the egg in a food processor fitted with the steel blade. Add the mustard, and turn on the machine. When the egg is frothy, begin to slowly drizzle in the canola oil and then the olive oil with the machine running. Stop the machine, and add the garlic, remaining lemon juice and orange peel. Process until well blended. Taste, adjust salt and remove to a bowl.

Serve with roasted beets, peeled and cut in wedges or sliced, their cooked greens, and cooked bulgur, barley, quinoa or wheat berries.

Yield (aioli): 1 cup, serving six to eight.

Advance preparation: The beets and greens will keep for four or five days in the refrigerator. The aioli will keep for about three days.

<http://plant-it-forward.org/2013/12/02/orange-aioli-with-grains-and-roasted-beets/>