



## Join us for our 1<sup>st</sup> Farm Share Member Only Farm Tour

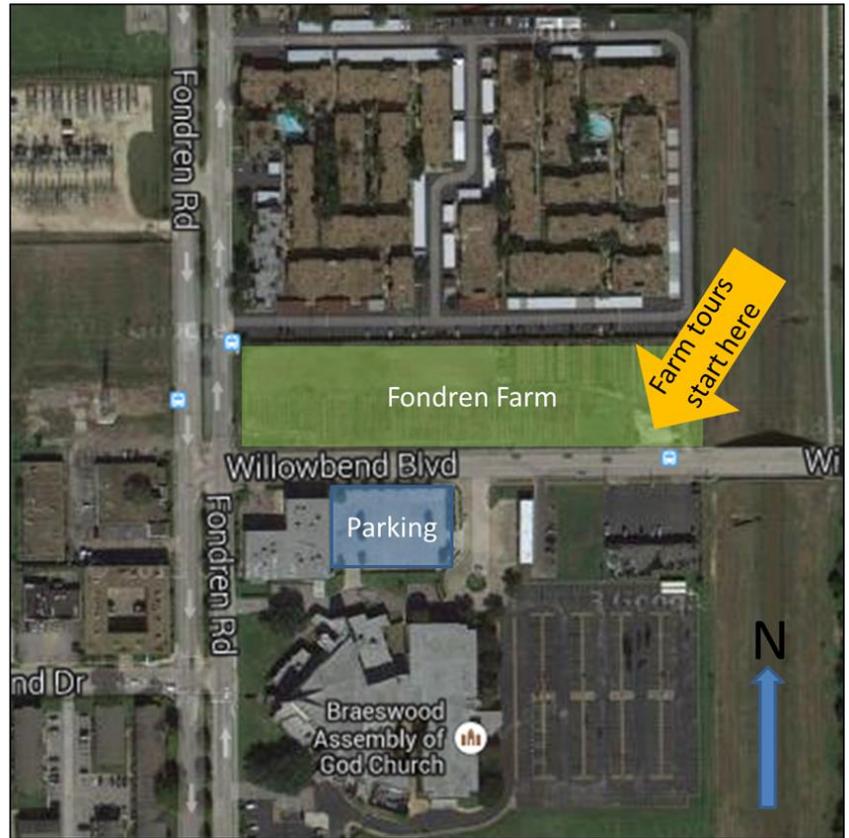
**When:** This Saturday, January 25th from 1-3pm. Tours will begin on the east side of the farm, will last for 30 minutes, and will be at the following times:

1:00-1:30 pm  
1:45-2:15 pm  
2:30-3:00 pm

**Where:** The farm is located at 10595 Fondren Rd., Houston, TX 77096 at the corner of Fondren and Willowbend in SW Houston.

**Parking:** You may park in the Braeswood Assembly of God parking lot at 10611 Fondren Rd. and walk across Willowbend Blvd. to the farm. Street parking is also allowed along Willowbend Blvd.

**What to wear:** Please wear sturdy, closed toed shoes that you wouldn't mind getting dirty. The farm has muddy areas and uneven ground.



This week's Farm Share **may** include 7 of the following vegetables/herbs: Lettuce Mix, Toscano kale, Red Russian kale, Winterbor kale, arugula, spinach, radishes, celery, cilantro, parsley, dill, beets, Swiss chard, bok choy, French sorrel, collard greens, or green onions.

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/>

## Roasted Shrimp and Beet Salad with Citrus

1 bunch of beets  
1 lb. shrimp  
2-3 oranges or tangerines  
Salad mix  
Olive oil  
Salt and pepper

Preheat oven to 425°F. Peel and chop beets into uniformly sized wedges. Toss beets on a baking sheet with olive oil, salt, and pepper and roast in oven for 20 minutes, or until they are browned and their sugars have concentrated. Toss shrimp on a baking sheet with olive oil, salt, and pepper and roast for 5-6 minutes or until they are fully cooked.

While your beets and shrimp are roasting, prepare the orange segments. Read [“How to cut citrus segments”](#) for detailed instructions.

Assemble your salad by putting some lettuce into a bowl and piling on the roasted beets, shrimp, and orange segments. Top the salad off with some toasted almond slivers (or whatever nut you like). Top with Orange Vinaigrette dressing (recipe below). Salad can be eaten cold with warm beets and shrimp or all cold as leftovers the next day.

<http://www.wittyinthecity.com/2011/08/roasted-shrimp-and-beet-salad-with-citrus/>

## Orange Vinaigrette

¼ cup orange juice  
2 Tbsp. balsamic vinegar  
1 Tbsp. Dijon-style prepared mustard  
2 tsp. honey  
1/8 tsp. cracked black pepper

In a small jar with a tight-fitting cover, combine the orange juice, vinegar, mustard, honey and pepper. Cover and shake well until combined. To store, refrigerate for up to 1 week. Shake well before serving

<http://allrecipes.com/recipe/orange-vinaigrette/>

## Steamed Kale with onions and tomatoes

1 bunch kale, washed, stems removed, and chopped  
1 onion, diced  
1 tomato, diced  
1 bunch celery, diced  
1 clove garlic, chopped  
½ cup water  
Salt, pepper

Preheat oven to 350°. Combine all ingredients in a casserole dish and cover. Place in oven and steam until tender.

## Raw Kale Salad

1 bunch kale, stems removed  
3 Tbsp. pine nuts, toasted  
1/8 cup Champagne or white wine vinegar  
1/8 cup extra virgin olive oil  
2 Tbsp. finely grated pecorino Romano cheese, plus more for shaving  
1 tsp. sea salt (or to taste)

Toast pine nuts in a dry skillet over low heat, until slightly browned, about 7 to 8 minutes. Set aside. Strip the kale leaves from stems (you can use a knife, but it's easy to do by hand). Finely chop the kale leaves. In a large bowl, combine the strands of kale, pine nuts, and sea salt and toss. Add vinegar to the salad slowly (just enough to coat ingredients) and toss again. The vinegar will dissolve the salt. Slowly add just enough olive oil to coat ingredients and toss again. Add finely grated pecorino cheese and toss. Adjust dressing if needed. To serve, pile salad on a small plate and top with a few shavings of pecorino.

Original recipe: [http://www.valleytable.com/recipes\\_main.php?recipe=Appetizers%2FRaw+kale+salad](http://www.valleytable.com/recipes_main.php?recipe=Appetizers%2FRaw+kale+salad)

## Arugula

Check out our recipes page for lots of great arugula recipes:  
<http://plant-it-forward.org/tag/arugula/>