Notes from the Field

Farmers are slowly seeing some more growth in their fields, but it’s still slower than everyone was hoping. Good thing we were able to get our hands on maple syrup (sugared in MA) and strawberries! Hope you enjoy the sweet treats, and we’re looking forward to some veggie-heavy shares in the coming weeks.

Staff Profile, Emma Galante

Originally from the greater Boston area, Emma attended Connecticut College and recently graduated with a BA in Environmental Studies. Emma is the new Assistant Food Hub Coordinator and will be helping to organize and distribute the World PEAS CSA. Emma first became enthusiastic about farming, food, and sustainability while spending summers working on a small, organic farm in Chilmark, MA. There, she learned first hand about the importance of supporting small local farmers and about the deliciousness of farm-fresh produce.

In college, Emma became involved with the on-campus farming club, Sprout, where she found an inspiring group of kindred agricultural enthusiasts. Later, she engaged with the greater community through her internship with F.R.E.S.H New London where she helped teach local youth about the importance of food justice. Emma found this work very informative and rewarding. She especially enjoyed sharing her passion for food and farming with such an energetic and eager young group of students.

Most recently, Emma was granted the Affordability and Sustainability Fellow position on campus which allowed her to examine county-wide gaps in the availability of fresh, affordable produce. Emma looks forward to working at New Entry and digging deeper into the social justice aspect of local agriculture. She believes the mission of the World PEAS CSA program to provide beginning farmers with agricultural and business support while maintaining shareholder participation is critical to fostering a sustainable food hub. Emma is excited to help make your World PEAS CSA experience exciting and meaningful this season. We welcome any feedback, input, recipes, and/or collaboration to build World PEAS into a vibrant community of eaters, farmers, activists and more.

In your share:
Chinese broccoli • Lettuce
Garlic Scapes • Maple Syrup
Arugula or Spinach or Salad greens
Strawberries

Crop Information:
Chinese Broccoli

Chinese broccoli, also known as Gai Lan, is similar to broccoli raab but is sweeter, less bitter and leafier. Chinese broccoli has broad blue-green leaves with long, crisp, thick stems and a small head. The long stems and dull green leaves are the main parts eaten, as opposed to the un-bloomed flower of Western broccoli. The full leaves are quite bitter with a sometimes spicy flavor. This is one of the world’s most nutritious vegetables, with one of the highest calcium contents of any food. It’s also rich in iron, vitamin A, and vitamin C. In Chinese restaurants, the vegetable is often cooked with oyster sauce, Canton style, and it has an affinity for that sauce. It’s sometimes blanched before it’s stir-fried, and can be cooked as you would broccoli.

Handling: Clean it as you would other greens, removing the bottom portion of the stems which appear tough and washing thoroughly. Trim off the tough stem ends. If the stems are extra thick, use a vegetable peeler to remove the skin, and then halve the stems lengthwise before cooking.

Storing: Chinese broccoli will last 3-5 days stored in plastic bag in hydrator drawer of fridge.
Freezing: Wash thoroughly and cut off woody stems. Blanch (plunge into boiling water) for three minutes. Chill in ice water, drain off excess water, place in freezer bags and freeze immediately.

Crop Information
Maple Syrup

World PEAS is excited to be adding maple syrup to our CSA shares for the first time! Maple syrup is made from the boiled sap of sugar maple, red maple, or black maple trees. In temperate climates like New England, these trees store starch in their trunks and roots during the winter which is then converted into sugar during spring’s first thaws. Maple syrup is collected by tapping holes into the tree trunk and collecting the exuding sap. The sap is then processed by boiling to remove the water content, leaving a thick, concentrated syrup. Maple syrup was first collected by various Native American tribes from all over North America. Native Americans used stone tools to make V-shaped notches in a tree trunk and inserted concave reeds to direct the sap flow into buckets. The sap was then left to sit in freezing temperatures over night, letting the excess water rise to the surface and freeze into a layer of ice. This layer was then disposed of, leaving a sweeter, more concentrated liquid behind. Early European settlers adapted this process to create the delicious syrup that we all know and love today!

Use: Most commonly, maple syrup is used as a topping for pancakes and waffles, but it can also be added a special ingredient to a wide variety of recipes. Try using it as a glaze for meat or fish, or to spice up any baked goods. Check out our yummy maple granola recipe on the right!

Storing: Unopened maple syrup should be stored in a cool, dry area away from excessive moisture or heat. After opening, it should be refrigerated. Maple syrup can store for up to a year both unopened and refrigerated. It can be stored indefinitely in a freezer.

Strawberry-Greens Salad
Adapted from EatingWell.com

Ingredients:
1/2 cup chopped walnuts
4 cups arugula, spinach or baby salad greens
2 cups sliced strawberries, [about 10 ounces]
2 ounces Parmesan cheese, shaved and crumbled into small pieces (1/2 cup)
1/4 teaspoon freshly ground pepper
1/8 teaspoon salt
2 tablespoons aged balsamic vinegar
1 tablespoon extra-virgin olive oil
Sugar or honey to taste

Preparation: Toast walnuts in a small dry skillet over medium-low heat, stirring frequently, until lightly browned and aromatic, 3 to 5 minutes. Transfer to a salad bowl; let cool for 5 minutes. Add arugula, strawberries, Parmesan, pepper and salt. Mix vinegar, oil, and sugar or honey for a dressing and add to the salad; toss gently and serve at once. Yield: about 4 servings

Chinese Broccoli with Chile and Garlic
Adapted from goodlifeeats.com

Ingredients:
1 tablespoon vegetable oil
3 garlic cloves, thinly sliced or 3 garlic scapes, finely chopped
1 1/2 pounds baby bok choy, leaves separated
1/4 to 1/2 teaspoon red-pepper flakes
1/2 teaspoon toasted sesame oil

Preparation:
In a large skillet, heat vegetable oil over medium-high. Add garlic or garlic scapes and stir until fragrant, 10 seconds. Add bok choy and cook, stirring frequently, until leaves are wilted and stems are crisp-tender, about 4 minutes. Add red-pepper flakes and sesame oil. Season to taste with soy sauce and toss to combine. Note: Add trimmed snap or snow peas when adding bok choy for a hearty stir fry.

Maple Syrup Granola
Adapted from MarthaStewart.com

Ingredients:
3 cups rolled oats
1 cup dried unsweetened coconut chips
1 cup pecans or walnuts, quartered
1/2 cup pure maple syrup
1/2 cup extra-virgin olive oil
1/2 cup packed light-brown sugar
1/4 cup sesame seeds
1 teaspoon coarse salt
3/4 teaspoon freshly grated nutmeg
1/2 cup golden raisins

Preparation:
Preheat oven to 300 degrees. Mix together oats, coconut, nuts, syrup, oil, sugar, sesame seeds, salt, and nutmeg. Spread granola in an even layer on a rimmed baking sheet. Bake, stirring every 10 minutes, for 40 minutes. Add raisins, and bake until granola is toasted, about 10 minutes more. Let cool completely.