8th Annual New Entry Open Farms Tour

Join us next Wednesday, August 5th for our 8th Annual New Entry Open Farms Tour! Enjoy an insider's view of our beginning farmer incubator training sites in Dracut, MA. Learn from project farmers and staff about our beginning farmer training programs, our farmland preservation efforts, and farm employment resources. Discover what motivates New Entry farmers and learn steps that New Entry farmers take to mitigate risks on their farms. Hear first hand challenges and joys of starting a small farm business. Explore where your food comes from! This is also a great chance to meet and network with other project supporters who believe in New Entry's mission. Delicious appetizers made with locally-grown produce from the farms will also be served.

This event is free and open to all New Entry friends and supporters, and registration is required. Donations are always welcome to support and expand our work. Register and get directions on our website. See you at the farm (rain or shine)!

Date: Wednesday, August 5th (Rain or Shine!)
Time: 4:45 pm - 7:00 pm
Location: Starting at Ogonowski Memorial Fields, 126 Jones Ave., Dracut, MA, with visit to a 2nd incubator training farm in Dracut

Produce this week:
Water Spinach • Green Beans or Carrots
Cucumbers • Southern Squash • Bunching Leeks • Spring Onions • Sweet Corn • Parsley
Mixed Peaches or Nectarines

Also in Large Shares
Hot Peppers

Crop Information:
Water Spinach

Water spinach is not a relative of traditional spinach, but rather a swamp-thriving native of tropical India [it can also be cultivated on dry land]. Water spinach, also known as water morning glory, river spinach, or Chinese spinach, is a versatile vegetable used in almost every type of Southeast Asian cuisine. Water spinach is an herbaceous aquatic or semi-aquatic perennial plant of the tropics and subtropics. Almost all parts of the young plant tissue are edible, but the tender shoot tips and younger leaves are preferred. In Asia, water spinach is stir-fried, most often with fermented white bean curd, shrimp paste, or garlic. Use all of the leaves and the top half of the stems. Water spinach is in the same genus as sweet potato, and a member of the morning glory family. Water spinach grows wild in aquatic environments, but can also be grown in well irrigated fields.

Handling: Wash water spinach well, shake dry and break into bite-sized lengths, discarding any tough lower stems.

Storing: Store water spinach in a bag in the refrigerator. It can go bad quickly, so use within 2-3 days.
Peach-and-Basil Crumble
Adapted from marthastewart.com

**Ingredients:**
- For the filling:
  - 4 ripe peaches, pitted, peeled if desired, each sliced into 8 wedges
  - 1 tablespoon granulated sugar
  - 1 tablespoon fresh basil (torn if large)
  - 1/2 teaspoon grated lemon zest
  - 1/4 teaspoon coarse salt
- For the topping:
  - 2 ounces chopped almonds (1/3 cup)
  - 1/3 cup packed light-brown sugar
  - 1/4 cup plus 2 tablespoons all-purpose flour
  - 1/4 teaspoon coarse salt
  - 1 1/2 ounces (3 tablespoons) cold unsalted butter, cut into 6 pieces
  - Heavy cream, for serving (optional)

**Preparation:**
Preheat oven to 400 degrees. Make the filling: Mix all ingredients to combine. Make the topping: Combine all ingredients (except cream), rubbing in butter with your fingers until mixture is crumbly. Divide filling among four 5 1/2-inch round baking dishes, and sprinkle with topping. Transfer to a baking sheet. Bake until bubbling and golden brown, 25 to 27 minutes. Let cool slightly. Drizzle with heavy cream if desired.

Spaghetti with Leeks, Shallots, and Gorgonzola
Adapted from Bon Appetit

**Ingredients:**
- 4 tablespoons olive oil
- 2 cups finely chopped onions
- 6 cups chopped leeks (white and pale green parts only)
- 1 bunch green onions (white part only), sliced
- 1/2 cup chopped shallots
- 1 pound spaghetti
- 1 cup crumbled Gorgonzola or other cheese (feta works well)

**Directions:**
Heat oil in heavy large skillet over medium heat. Add chopped onions and sauté until tender and beginning to brown, about 10 minutes. Add leeks, green onions and shallots; sauté until very tender, stirring often, about 10 minutes.
Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite. Drain well; reserve 1/2 cup pasta cooking liquid. Return pasta to same pot. Add onion mixture; toss to combine. Mix in reserved cooking liquid by tablespoon-fuls if pasta is dry. Mix in cheese; season with salt and pepper. Transfer to large bowl; serve.

Garlicky Water Spinach
Adapted from Bangkok to Bali in 30 Minutes, Theresa Volpe Laursen and Byron Laursen, 2003

**Ingredients:**
- 2 pounds fresh water spinach (or other greens)
- 3 1/2 tablespoons peanut or vegetable oil
- 4 large cloves of garlic, crushed and finely chopped
- salt and black pepper to taste
- 1 1/2 tablespoons Asian fish sauce (optional)

**Preparation:**
Trim and wash the water spinach. Shake off the excess water. Heat the wok or stockpot set over medium-high heat. When it is hot, add the oil and rotate the wok or pot a bit to coat it evenly. When the oil is hot, add the garlic and stir-fry until fragrant and light golden, about 1 minute. Add the spinach, season with salt and pepper, and stir-fry until wilted, about 2 minutes. Add the fish sauce if using, stir, then cover and cook for another 30-45 seconds. Serve immediately.