



The Pod

Community Supported Agriculture Newsletter

World PEAS is a program of the New Entry Sustainable Farming Project

Wednesday August 5, 2015

Meet Your Farmer, Renee Toll-Dubois

At New Entry's Smith Incubator Farm site, Renee Rita Toll-Dubois is reaping the benefits of the wide assortment of vegetables she is producing. She is a recent graduate of New Entry's Farm Business Planning Course and is in her first growing season on the White Rabbit Farm plot at New Entry's Smith Farm incubator site. White Rabbit Farm yields enough vegetables for Renee to harvest and sell produce to New Entry's World PEAS Food Hub in addition to distributing her own CSA shares.



In her personal shares, she offers sampling of new or unfamiliar vegetables and then customers may order accordingly to minimize waste and ensure her hard work is enjoyed. She maintains a self-serve cooler pickup as distribution, along with a weekly newsletter featuring the vegetables and their uses. Her colorful array includes amaranth, collard greens, cilantro, kale, parsley, Swiss chard, and zucchini, to name a few.

Renee's journey to New Entry has been a long and remarkable one. Throughout her life she has been involved with 4-H and environmental education, specifically with connecting urban youth of color with nature and advocating to save farm land for productive agriculture. She had heard about New Entry during its humble beginnings in the late 90's and appreciated our "commitment and success reaching out and serving everyone". We remained in the back of her mind.

Recently, Renee was looking to expand on her overflowing home garden in Lynn, MA when she remembered New Entry. Our services and support allow "people to come in with almost nothing and launch a farm". We proved to be a good fit for her needs, wants, and existing work responsibilities.

Like many of New Entry's new famers, Renee appreciates her close proximity to other active farmers and our technical assistance staff on the incubator site because it creates a community and opportunities for greater learning. "I learn more about practices and get a broader view being with farmers from different cultures and countries".

After Renee's third year on our incubator farm, she hopes to take advantage of our Farmland Matching Program and become an independent farmer. Join us at the New Entry Open Farms Tour this Wednesday to hear from Renee directly! Learn more about our event at nesfp.org!

Produce this week:

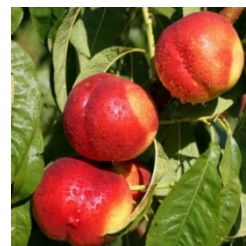
Swiss Chard or Kale • Lettuce • Carrots
Cucumber • Green Onions • Cabbage
Sweet Corn • Cherry Tomatoes
Mint or Basil • Nectarines

Also in Large Shares

Tomatillos • Green Pepper • Plums

Crop Information:

Nectarines



Nectarines are nearly genetically identical to peaches; the primary difference is that nectarines have a minor variation that causes them to have smooth skin, as opposed to a peach's fuzzy skin. Most varieties have red-and-yellow skins with yellow or white flesh. Nectarines, like peaches, were first cultivated in China, and were also cultivated in ancient Persia, Greece and Rome. Trade routes took the nectarine through Greece where residents thought nectarine juice was so tantalizing they called it the "drink of gods" or nectar, the word from which nectarine is derived. Like the peach, it is believed that the Spaniards brought the nectarine to the United States in the 19th century. The modern nectarine industry emerged in California in the 1950's when fragile older varieties were crossbred with peaches to develop hardier, more flavorful fruit that could be shipped commercially.

Handling: Nectarines should be washed before eating.

Storing: Nectarines not immediately consumed or processed should be stored in a chilled area such as a refrigerator (32 degrees F and high-humidity). It is best to use or process the fruit as quickly as possible since it is highly perishable under high temperatures and not well suited to prolonged cold storage (more than 14 days).

Corn & Scallion Griddle Cakes

Adapted from Everyday Greens by Annie Somerville

Ingredients:

1/2 tablespoons olive oil
1/2 medium yellow onion, diced, about 1/2 cup
2 scallions, sliced on the diagonal, white and green parts separated
1/2 teaspoon minced garlic
salt and pepper
3 ears corn, shaved, about 3 cups kernels
1/4 cup water
2 large eggs, separated
1/2 pound whole milk ricotta cheese, about 1 cup
1/2 cup milk
2 ounces white cheddar cheese, grated, about 3/4 cup
1/2 ounce Parmesan cheese, grated 2 to 3 tablespoons
1/2 cup all-purpose flour
1 teaspoon baking powder
vegetable oil for the pan

Preparation:

Heat the olive oil in a medium-size sauté pan and add the onions, white parts of the scallions, the garlic, 1/4 teaspoon salt, and a pinch of pepper. Sauté over medium heat until the onions begin to soften, about 3 minutes. Add the corn and the water, lower the heat, and cover the pan. Simmer until the corn is tender, about 5 minutes. Transfer to a bowl, toss in the scallion greens, and set aside to cool. Combine the egg yolks, ricotta, milk, and the cheeses in a mixing bowl. Stir in the corn mixture, flour, baking powder, 1/4 teaspoon salt, and a pinch of pepper. Beat the egg whites with a pinch of salt until stiff and gently fold them into the batter. Spoon the batter into a generously oiled skillet or griddle over medium-high heat allowing about 1/4 cup batter per cake. Cook for about 3 minutes on each side, until the cakes are golden. Add fresh oil to the pan between batches of cakes.

Nectarine Salsa

Adapted from Allrecipes.com

Ingredients:

2 nectarines, pitted and chopped
1/4 medium red onion, finely chopped
1/4 medium red onion, finely chopped
1 teaspoon white sugar
1/2 teaspoon dried cilantro
1/2 teaspoon kosher salt
freshly ground black pepper to taste

Preparation:

In a bowl, mix the nectarines, onion, vinegar, sugar, cilantro, salt, and pepper. Allow to sit 5 minutes. In a skillet over medium heat, cook and stir the nectarine mixture 10 minutes, until onion and nectarines are tender and lightly browned.

Italian Greens

Adapted from Bon Appetit

Ingredients:

1/4 cup olive oil
6 large garlic cloves, minced and pressed
12-14 large swiss chard leaves and stalks, coarsely chopped
salt to taste

Directions

Heat the olive oil in a wok or heavy skilled and sauté the garlic until golden. Remove the garlic with a slotted spoon and reserve. Add the greens and sauté until tender. Add the salt. Just before serving, sprinkle the reserved garlic over the chard..