

The Pod

Community Supported Agriculture Newsletter

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

October 15, 2015

Mary Kostman Capital Grants Program

New Entry farmers always strive for the highest quality produce, and coolers are an essential piece of infrastructure that help them preserve the freshness of their harvests. Without a cooler, countless hours of seeding, harvesting, and processing could go down the drain with just a little too much time in the heat or sun. This July, the Mary Kostman Capital Grants Program provided Phalla Nol with 50% of the costs for a cooler, a much needed piece of infrastructure for her growing farm business.

Phalla, owner of "Phalla's Produce" and a graduate of New Entry's Farm Business Planning Course, Phalla currently sells vegetables and herbs to World PEAS and to 5 different Farmer's Markets regularly. Her business model encompasses selling her own produce, as well as purchasing produce from fellow farmers to sell at Farmers Market's or to wholesale distributors like Russo's. Serving so many different markets means Phalla moves a lot of locally grown produce, all of which needs to be pooled together, stored and then transported out to her customers. As a result, Phalla has recently outgrown her rental space available in New Entry's World PEAS produce cooler. After sitting down with New Entry staff this winter, she decided that the Mary Kostman funding would be best used to build out her own 7' x 14' cooler!

Coolers are a costly investment for farmers, and many World PEAS producers do not have the upfront capital to purchase one outright. But with the Mary Kostman Capital Grants program, some creativity, and helping hands, Phalla made this essential piece of equipment a reality for her business's continued growth. Phalla purchased a used mobile trailer that her friends and family helped to insulate and retrofit for an affordable and effective cooling system that turns a standard air conditioning window unit into a walk-in cooler compressor. Popular amongst local farmers, this "[Cool Bot](#)" technology maintains temperatures as low as 35F without the high costs of a standard cooler compressor and its associated high energy use.



Phalla's one-of-a-kind cooler is versatile and mobile with a hitch for towing. All she needs is a source of electricity for this cooler to be fully functional, and plans to park it at her new farm plot in North Andover next season! Phalla predicts that this cooler will allow her business to grow even more and we are excited for World PEAS customers to enjoy the benefits!

Produce this week:

Collard Greens • Baby Spinach or Baby Salad Greens • Winter Squash • Beets • Purple-top Turnips • Sweet Potatoes • Leeks Lemongrass • Apples or Pears

Also in Large Shares

Cider • Ground Cherries • Baby Salad Greens • Hot Peppers

Crop Information:

Turnips



Turnips are members of the Brassica family and are a very popular fall crop. Although both the root and leaves of a turnip can be eaten, the most popular portion to consume is the root. Purple-top turnips are purple on top and white on their bottom half. Scarlet turnips are a vibrant red color, with white flesh, and look like very large red radishes. Turnips are extremely flavorful but are not very good eaten raw.

Handling: Wash and peel the turnip root. Turnips should not be overcooked, or they will become dark in color and strong in flavor. The summer turnip, when sliced, can be cooked in thirty minutes, the winter turnip in from forty-five to sixty minutes.

Storing: Turnips should be stored unwashed in plastic bag in hydrator drawer of the refrigerator. Store greens separately wrapped in damp towel or plastic bag - use them as soon as possible.

Freezing: Freeze turnips in cubes or fully cooked and mashed. Cut off tops, wash and peel. Cut in cubes to blanch or in large chunks to cook and mash before freezing. Cubes blanch in 2 minutes. To mash, cook in boiling water until tender. Drain, mash or sieve. Cool. Leave ½ inch headroom for either.

Sweet Potato & Turnip Mash with Sage Butter

Adapted from eatingwell.com

Ingredients:

*1 pound sweet potatoes, peeled and diced
8 ounces turnips (about 2 medium), peeled and diced
3 large cloves garlic
30 fresh sage leaves, divided
2 tablespoons butter
1 teaspoon kosher or sea salt
1/2 teaspoon coarsely cracked pepper*

Preparation:

Place potatoes, turnips, garlic and 12 sage leaves in a medium saucepan and cover with water. Bring to a boil. Reduce the heat to medium-low, cover, and simmer until the vegetables are fork-tender, 12 to 15 minutes. Drain. Return the vegetables to the pan and keep covered. Heat butter in a small skillet over medium-high heat. As it melts and turns lightly brown, add the strips of sage and allow them to crackle and flavor the butter, about 1 minute. Pour the sage and butter over the vegetables and smash with a potato masher. Stir in salt and pepper and serve.

Chickpea Pancakes with Leeks, Squash and Yogurt

From Bonappetit.com

Ingredients:

- 6 tablespoons olive oil, divided*
- 1 medium leek, white and pale-green parts only, chopped*
- ½ teaspoon kosher salt, plus more*
- Freshly ground black pepper*
- 1 cup grated peeled squash (such as butternut or kabocha)*
- 1 large egg*
- ¾ cup chickpea flour*
- ¼ teaspoon baking powder*
- ½ cup plain yogurt*
- ¼ cup coarsely chopped fresh parsley*
- Flaky sea salt (such as Maldon)*

Preparation:

Heat 2 Tbsp. oil in a large skillet, preferably nonstick, over medium-high. Add leek, season with kosher salt and pepper, and cook, stirring occasionally, until leek is softened and starting to brown, about 4 minutes. Add squash and season again. Cook, stirring often, until squash is cooked through and softened, about 4 minutes. Transfer vegetables to a plate and let cool. Wipe out skillet and reserve.

Meanwhile, whisk egg, chickpea flour, baking powder, 1 Tbsp. oil, ½ tsp. kosher salt, and ½ cup water in a medium bowl; season with pepper and let sit 5 minutes for flour to hydrate. Stir vegetables into batter just to coat.

Heat 1½ Tbsp. oil in reserved skillet over medium-high. Add batter by the ¼-cupful to make 4 pancakes, gently flattening to about ¼" thick. Batter should spread easily—if it doesn't, thin with a little water. Cook until bottoms are lightly browned and bubbles form on top, about 4 minutes. Use a spatula to carefully flip pancakes over and cook until browned and cooked through, about 2 minutes longer. Transfer to a plate and tent with a sheet of foil to keep warm. Repeat with another 1½ Tbsp. oil and remaining batter. Serve pancakes topped with yogurt, parsley, sea salt, and pepper.

Kickin' Collard Greens

From AllRecipes.com

Ingredients:

*1 tablespoon olive oil
3 slices bacon
1 large onion, chopped
2 cloves garlic, minced
1 teaspoon salt
1 teaspoon pepper
3 cups chicken broth
1 pinch red pepper flakes
1 pound fresh collard greens, cut into 2-inch pieces*

Preparation:

Heat oil in a large pot over medium-high heat. Add bacon, and cook until crisp. Remove bacon from pan, crumble and return to the pan. Add onion, and cook until tender, about 5 minutes. Add garlic, and cook until just fragrant. Add collard greens, and fry until they start to wilt.

Pour in chicken broth, and season with salt, pepper, and red pepper flakes. Reduce heat to low, cover, and simmer for 45 minutes, or until greens are tender.