



# The Pod

## Community Supported Agriculture Newsletter

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

Thursday October 22, 2015

### Meet Your Farmer: Eric Silva

Many farmers can attest to the steep learning curve associated with starting your own farm enterprise. Eric Silva, a first year farmer with New Entry, is no different. Eric happened upon our program offerings after surfing the web last summer. His sedentary cubicle job was getting old and he wanted to get back outside, working with his hands where he feels most at peace. However, he needed a bridge to help him transition from his full-time office job into full-time farming. New Entry had just what he needed- space, equipment, and training to get his hands in the soil and a safety net to help him along the way just in case things didn't go as planned.

But do things ever really go as planned? When asked about his biggest challenge his first year, he replied with a smile, "everything was a challenge." First, he got a late start due to some drainage issues in his plot. Then, most of his seedlings fell victim to a wind squall that blew over his mini-greenhouse. And lastly, a pre-planned [and well-deserved] family trip allowed just enough time for the weeds to really make themselves at home in his fields.

Due to all of the unforeseen challenges, Eric decided to forgo his growing commitments to World PEAS and instead used the rest of the season to soak up as much knowledge as he could. He utilized the technical assistance provided by New Entry staff to his full advantage. "Having [New Entry Staff] to give realistic expectations was really important ... Sometimes I thought I had a plan and then after an hour conversation, my plan completely changed for the better," Eric says.

All New Entry Farmers are offered Technical Assistance services in order to further their farm businesses. As beginning farmers, this assistance is critical to their success. Our staff helps farmers with everything from creating farm business plans and crop production schedules, to applying for USDA grants that help cover costs for infrastructure like wells and hoopouses. Our staff also make in-person visits to their plots in order to provide continued mentorship and immediate field advice on anything from harvesting protocol to pest detection.

Next year, Eric is looking forward to keeping his space on New Entry's Smith Farm Incubator Site to continue his operation next season. He is aiming to sell many of his beautiful squash, kale, lettuce, and carrots to World PEAS for customers to enjoy. Eric's jovial personality comes through in his final remarks on life in general, "It is better when you're having fun." And for us at New Entry

and World PEAS, farming is always fun.



*Eric in front of his field planted in cover crop.*

### Produce this week:

Garlic Chives • Mustard Greens  
Winter Squash • Arugula • Carrots  
Radish • Fingerling Potatoes •  
Cranberries • Honey

#### Also in Large Shares

Sweet Potatoes • Eggplant  
Apples • Pears

### Crop Information: Cranberries



Cranberries are vine-like plants of the Heath family, closely related to the wintergreen and blueberry. Their fruit is used in making sauce, juice, jelly, and pies. The fruit grows in wet peat bogs from North Carolina to Minnesota and northeastward. Its oval leaves are evergreen. Cranberries were first used by Native Americans, who discovered the wild berry's versatility as a food, fabric dye and healing agent. Today, cranberries are commercially grown throughout the northern part of the United States and are available in both fresh and processed forms. By 1871, the first association of cranberry growers in the United States had formed, and now, U.S. farmers harvest approximately 40,000 acres of cranberries each year.

**Handling:** Wash and remove their stems.

**Storing:** Refrigerate and use within 3 days.

**Freezing:** Pack cranberries into containers, leaving headspace. Cranberries can also be frozen first on a tray and then packed into containers as soon as they are frozen. Seal containers and freeze for up to 2 years.

# Roasted Butternut Squash with Fresh Cranberries & Toasted Seeds

From EdiblyRhody.com

## Ingredients:

1 medium-large winter squash, peeled and cut into ½-inch cubes  
1 tablespoon safflower oil  
2 teaspoons kosher or sea salt  
1 cup fresh cranberries  
¼ cup sunflower seeds, hulled  
¼ cup sesame seeds  
¼ cup poppy seeds  
¼ cup pepita seeds  
¼ cup maple syrup

## Preparation:

Preheat oven to 400°. Toss squash cubes with oil and salt. Place on a baking sheet in a single layer. Bake for 25–30 minutes, stirring occasionally, until squash is soft and lightly browned. Remove from oven, add cranberries and let cool. Once cool, place squash into a baking dish for reheating the next day. To reheat, preheat oven to 425°. Mix seeds together in a medium bowl. Sprinkle the seed mix evenly over the squash. Drizzle dish with ¼ cup maple syrup or to taste. Bake for 20 minutes, or until seeds are toasted.

# Roasted Fingerling Potato Salad

From Epicurious.com

## Ingredients:

2 tablespoons plus 2 teaspoons extra-virgin olive oil  
1 1/2 pounds fingerling potatoes, cubed  
2 green onions, thinly sliced  
1/4 cup fresh Italian parsley leaves  
2 tablespoons fresh tarragon leaves  
1 1/2 tablespoons red wine vinegar  
1 tablespoon coarse-grained Dijon mustard  
2 hard-boiled eggs, peeled, chopped

## Preparation:

Position rack in bottom third of oven and preheat to 400°F. Brush heavy large rimmed baking sheet with oil. Place potatoes and 2 tablespoons oil in large bowl. Sprinkle with salt and pepper; toss. Arrange potatoes on prepared baking sheet. Roast until potatoes are brown, about 20 minutes. Using tongs, turn potatoes over. Roast until crisp, deep golden, and tender, about 12 minutes longer. Season to taste with salt and pepper. Stir green onions, parsley, tarragon, vinegar, mustard, and 2 teaspoons oil in small bowl. Season with salt and pepper. Transfer potatoes to dish. Spoon chopped eggs and herb salad over.

# Honey-And-Spice Cranberry Sauce

Adapted from Epicurious.com

## Ingredients:

3 cups cranberries  
1 3/4 cups apple cider or juice  
3/4 cup honey  
2 cinnamon sticks, broken in half  
1 tablespoon grated orange peel  
6 whole cloves  
1 bay leaf  
Pinch of salt

## Preparation:

Combine all ingredients in heavy large saucepan. Bring to boil over medium heat. Simmer until berries burst and sauce thickens, stirring occasionally, about 15 minutes. Remove cinnamon sticks, cloves and bay leaf. Refrigerate sauce until cold. (Can be made 3 days ahead. Cover and keep refrigerated.)

# Honey-Ginger Butter

Adapted from RecipeToNourish.com

## Ingredients:

1/4 cup butter  
2 tablespoons honey  
2 tablespoons fresh ginger (about 1 1/2 inch chunk) peeled, grated/finely minced

## Preparation:

Peel and mince the ginger. Fit a standing mixer with the flat beater and mixing bowl (if you don't have a standing mixer, use a hand mixer or food processor instead). Add butter, honey and ginger to the bowl and mix on low speed until the butter begins to soften. Increase speed and whip until creamed, about 1 minute. Shape your honey-ginger butter by freezing or refrigerating in small containers of your choice, or by rolling up into a cylindrical log with parchment paper.