



# The Pod

## Community Supported Agriculture Newsletter

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

Thursday October 8, 2015

### A Day In The Life of AmeriCorps VISTA member, Devin Ingersoll

As the AmeriCorps VISTA Food Access Facilitator at New Entry, my days are extremely busy & diverse. Since starting two months ago I, [Devin Ingersoll](#), have gotten involved in all aspects of ensuring that the fresh, delicious produce our farmers are growing gets to the table of individuals and families needing it most. World PEAS partners with social services organizations in the greater Boston area to provide produce to their clients free or at a very reduced price. Over the course of the 2015 season, our produce will reach the table of over 2,000 individuals and families in need!



I have been lucky enough to visit almost all of our partner sites over the past few weeks. Each site is unique, with differences in demographics, taste preferences, and even styles of distribution. Just last week I was able to visit the "Produce in a SNAP" program coordinated by the Medford Farmers Market [MFM]. MFM sets up a weekly farmer's market for area seniors who pay only \$5 for over \$20 worth of fresh World PEAS/New Entry farmers' local produce. Many seniors have a hard time accessing fresh produce due to high cost and lack of safe transportation, but MFM seniors have been able to try new items grown by our diverse farmers, such as bok choy, while savoring some classic flavors, like carrots and sweet potatoes. This week the hit item was ground cherries – I spent the majority of my visit ripping the browned husks off the fruit to show off the sweet treasure inside. At first skeptical of the strange item, most seniors walked away excited to eat the husked cherries raw or prepare a ground cherry salsa using the recipe we provided in their weekly newsletter.

As the Food Access Facilitator, I am also responsible for developing and distributing surveys to customers receiving free or reduced price produce. These surveys help World PEAS capture important information about who we're serving, our impact in those communities and what we can do to improve or expand this work next season. For the first time in our program's history, we sent out surveys in self-addressed envelopes to homebound seniors that World PEAS serves through various Meals On Wheels programs. In Dorchester, Kit Clark Senior Services delivered CSA shares to 150 homebound seniors right to their door, a welcome addition to the pantry of seniors who rarely get to experience fresh vegetables. Already, we've received phone calls and completed surveys asking for more fresh produce! With more comprehensive survey data and impact assessment opportunities, we hope to do just that.

If you are connected with a community organization whose low-income clients could benefit from linking to fresh, locally-grown nutritious fruits and vegetables produced by New Entry farmers, please contact [nesfp@tufts.edu](mailto:nesfp@tufts.edu).

### Produce this week:

Daikon Radish • Winter Squash  
Arugula • Garlic • Onions  
Parsnips • Potatoes • Pears

### Also in Large Shares

Green beans • Slicing Tomatoes  
Dill

### Crop Information:

#### Parsnips



Parsnips are sweeter than carrots, easy to prepare, and have a long shelf life. They are wonderful pureed, but they are also great roasted with other vegetables. Parsnips are a real cold-weather treat, only developing their full flavor after exposure to extended periods of cooler weather. In response to declining temperatures, parsnips, like carrots begin converting starches to sugar, presumably to act as an antifreeze to prevent cells from rupturing in the cold.

**Handling:** Treat parsnips as you would a carrot. If the parsnip is large, you must remove its woody core by digging it out with the end of a vegetable peeler or sharp spoon.

**Storing:** Parsnips should be unwashed and put in a plastic bag in the fridge. They will last several months this way. Owing to their wonderful storability, parsnips are available all year round, but are best harvested fresh in the fall, winter or spring (having overwintered in the ground).

**Freezing:** Select small to medium, firm parsnips that are tender and have a mild flavor. Wash, peel and cut into ½-inch cubes. Blanch in boiling water for 2 minutes. Cool promptly in cold water and drain. Pack into containers, leaving ½-inch headspace. Seal and freeze.

# Slow Cooker Root Vegetables Stew

Adapted from [gimmesomeoven.com](http://gimmesomeoven.com)

## Ingredients:

1 large white onion OR 2 leeks, chopped  
1 lb. butternut squash, peeled, seeded and chopped  
1 lb. parsnips, peeled and chopped  
1 lb. sweet potatoes, peeled and chopped  
1 lb. Yukon Gold potatoes, peeled and chopped  
2 celery ribs, stems removed and chopped  
6 cloves garlic, peeled and thinly sliced  
3 cups chicken or vegetable broth  
1 bay leaf  
1 Tbsp. fresh sage leaves, finely chopped  
1 tsp. freshly-cracked black pepper  
1/2 tsp. sea salt  
2 cups chopped fresh kale

## Preparation:

Add first ingredients to a slow-cooker, and carefully stir to combine. Cook on low heat for 6-8 hours until the vegetables are tender. Remove bay leaf, and carefully stir in the kale. Let the stew continue cooking for 10 minutes or so until the kale is wilted. Season with additional salt and pepper if need be. Turn off slow cooker.

Serve immediately, with the option to garnish with fried sage leaves or Parmesan cheese.

# Sweet Pickled Daikon Radish

From [foodnetwork.com](http://foodnetwork.com)

## Ingredients:

1 cup rice vinegar  
1 cup water  
1 cup sugar  
1/4 teaspoon turmeric  
1 pound daikon radish  
1/4 cup kosher salt

## Preparation:

In a small saucepan over medium heat add the vinegar, water, sugar, and turmeric. Bring to a boil, stirring to dissolve the sugar. Remove from heat and allow it to cool.

Meanwhile, peel the daikon radish and slice into 1/4-inch thick rounds. (If your daikon is very large, slice the rounds into semicircles.) Place in a colander with salt and mix well. Place the colander over a bowl and let drain for 1 hour. Rinse the salt off with a couple of changes of water and dry the daikon well. Put into a sterilized glass jar. Pour the cooled brine through a coffee filter (or a cheesecloth lined strainer) into the jar to cover the radish slices. Refrigerate at least 4 hours, preferably overnight. Will keep for about 2 weeks.



# Pear & Arugula Salad

From [food.com](http://food.com)

## Ingredients:

1/2 cup walnut halves  
5 to 6 cups arugula, cleaned and dried  
1 Bosc or Anjou pear, thinly sliced  
1 lemon  
3 tablespoons extra-virgin olive oil, eyeball it  
Salt and freshly ground black pepper  
8 ounces Gorgonzola (get a piece that will crumble easily for you) or blue cheese crumbles

## Preparation:

Toast nuts in small pan over medium heat until fragrant. Cool.

Combine arugula and pear in a salad bowl, add nuts then dress the salad with lemon juice and olive oil, salt and pepper. Top salad with lots of blue cheese crumbles.