



# The Pod

## Community Supported Agriculture Newsletter

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

Thursday June 11, 2015

### Welcome to the 2015 World PEAS CSA!

It's been an unusually dry spring that has created some unexpected challenges for our beginning farmers. Some had difficulty hiring help to prepare their fields for early spring plantings, while others scrambled to get their irrigation systems in working order when they typically rely on spring rains to aid seed germination. Thankfully, the World PEAS Team and our dedicated farmers were able to gather enough produce for an exciting first week of CSA shares! The season will only get better, and we're looking forward to sharing a bountiful season of fresh, tasty produce with you.

This year, World PEAS CSA will be serving approximately 300 CSA shareholders and 500+ low-income children, seniors and families in the greater Boston area every week. We've expanded to a few new distribution sites, including Shawmut Construction & Design, Harvest Co-op in Central Sq., Cambridge Naturals in Porter Sq., and the Salvation Army Kroc Corps Community Center. World PEAS is also working with six new farmers at our incubator training farms in Dracut & Newburyport. Eric, Renee, Martyn & Ted, Cornelius, and Russ are launching their farm businesses this year and are all grateful for World PEAS shareholders' support during their first farming season! You'll be enjoying lots of their tasty produce this season, as well as produce from other farmers who have been working with World PEAS for several years. Keep an eye out for farmer profiles in our newsletter throughout the season!

We are very excited to be offering new crop varieties and specialty items this summer, including pea shoots, green garlic, and maple syrup. Our maple syrup will come from our very own New Entry Farm Business Planning Course graduates, Sonya Harms & James Dergay, who both run genuine MA sugaring operations! Check out the recipes in our newsletter every week with tips on how to cook up these delicious new products.

World PEAS will also continue to expand our food access efforts in the greater Boston area. In partnership with Lahey Clinic, we are providing fresh fruits and vegetables for a new senior farmers' markets at the Council on Aging in Arlington, in addition to existing programs in Burlington and Peabody. We are also launching a new partnership with the Salvation Army Kroc Corps Community Center to deliver fresh fruits and veggies to approximately 40 families each week in Dorchester. With funding from our Local Food Promotions Program grant and generous Fair Share and Share-a-Share donations from World PEAS supporters, we will help increase fresh fruit and veggie purchases for our partners at the Medford Seniors' Farmers Market, Kit Clark Senior Center in Dorchester, and Community Teamwork's Daycare and School Age programs in Lowell.

### In your share:

Pea shoots • Mustard greens  
Lettuce • Swiss Chard or Kale  
Spinach • Rhubarb

#### Also in Large Shares:

Green garlic

### Crop Information:

#### Mustard greens



Native to India, mustard greens are now cultivated all around the world and can be widely used in a range of cuisines. Many of our farmers from Cambodia grow several plantings of mustard greens, especially in the cooler spring and fall weather mustard plants prefer.

Mustard greens can be sautéed quickly with garlic and oil, added to soups, used as a spicy addition to salads, or braised. It also pairs well with rich meats such as pork, lamb and sausages, creamy sauces, aged and melting cheeses, apples, peaches, cucumbers, citrus, vinegars (especially apple cider and rice), nuts like pistachios and hazelnuts, herbs and spices including cumin, cilantro, dill, garlic, and fennel.

**Handling:** Wash all dirt or grit from leaves and stems. Place the mustard greens in a large bowl of water and swish them around with your hands. Cut off any discolored or woody parts.

**Storing:** Mustard greens should be stored in a plastic bag in the refrigerator. They should keep fresh for about three to four days.

**Freezing:** Wash and remove any damaged pieces. Drop into boiling water for three minutes, cool the greens immediately in ice water, drain thoroughly and place in freezer bags. Remove air from the bag [to prevent freezer burn] and place in your freezer.

## Crop Information

### Spinach



Spinach is a cool weather crop that is locally available in the Northeast from March to May and September to October. Spinach belongs to the same family as chard and beets. Spinach is thought to have originated in ancient Persia [Iran]. Spinach made its way to China in the 7th century when the king of Nepal sent it as a gift to the country.

Calorie for calorie, leafy green vegetables like spinach provide more nutrients than any other food. Spinach is an excellent source of betacarotene, vitamin C and folate. Two cups raw chopped spinach contains about 13 calories.

**Handling:** Wash well, in several changes of water. Remove very thick stems. Don't chop before cooking, or you'll lose little pieces in the cooking water.

**Storing:** Spinach should be wrapped in a damp towel or placed in a plastic bag and put in the hydrator drawer. It will last for up to 1 week.

**Freezing:** Wash and remove any damaged pieces. Drop into boiling water for three minutes, cool the spinach immediately in ice water, drain thoroughly and place in freezer bags. Remove air from the bag [to prevent freezer burn] and place in your freezer.

The World PEAS staff team is growing this year, with three AmeriCorps VISTA members filling the positions of Food Access Facilitator, Volunteer Facilitator, and Development Facilitator. Their year of service will provide invaluable support as we develop more comprehensive programming to increase our impact in limited-resource farmer and “eater” communities.

As shareholders, your support makes it possible for World PEAS to provide living wage prices for our farmers while increasing access to culturally appropriate fruits & vegetables in the greater Boston community! We value our shareholders, and encourage you to provide any feedback, input, recipes, and/or collaboration this season. We look forward to building World PEAS into a vibrant community of eaters, farmers, activists and more!

In PEAS and SOILdarity,

The World PEAS Team

## Strawberry Rhubarb Compote

*Adapted from food52.com*

### Ingredients:

- 3 cups rhubarb [4 large stalks], trimmed and cut into 1-inch pieces
- 1 lb strawberries
- 6 tablespoons sugar [preferably raw]
- Pinch salt
- Peel from 1/2 large orange
- 3 tablespoons rosé or sweet white wine

### Preparation:

Combine all of the ingredients in a medium saucepan and add ¼ cup water. Set over medium heat and bring to a simmer, stirring to dissolve the sugar. Cook gently, uncovered, for about 45 minutes, stirring occasionally and adding more water if the mixture seems too dry. You want the fruit to cook through and soften without completely losing its texture. Cool and serve over yogurt or ricotta, with ice cream, or on its own.

## Salad w/ lemon & Herb Dressing recipe

*Adapted from golightlygardens.com*

### Ingredients:

- 2 handfuls of pea shoots
- 1 handful greens [lettuce, chard, spinach, beet leaf, pak choi, land cress etc]
- 2 tbsp sunflower oil
- 1 tbsp. lemon juice
- 1 heaped teaspoon of torn choice herb
- salt and pepper

### Preparation:

Wash pea shoots and baby leaves, dry well, and break into bite sized pieces if necessary. Whisk up oil, lemon juice, mint and seasoning to make a dressing. Mix leaves and dressing together well before serving.

For more delicious pea shoot recipes, check out [peashoots.com](http://peashoots.com)!