



# The Pod

## Community Supported Agriculture Newsletter

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

Thursday June 18, 2015

### Staff Profile, Emma Galante

Originally from the greater Boston area, Emma attended Connecticut College and recently graduated with a BA in Environmental Studies. Emma is the new Assistant Food Hub Coordinator and will be helping to organize and distribute the World PEAS CSA. Emma first became enthusiastic about farming, food, and sustainability while spending summers working on a small, organic farm in Chilmark, MA. There, she learned first hand about the importance of supporting small local farmers and about the deliciousness of farm-fresh produce.



In college, Emma became involved with the on-campus farming club, Sprout, where she found an inspiring group of kindred agricultural enthusiasts. Later, she engaged with the greater community through her internship with F.R.E.S.H New London where she helped teach local youth about the importance of food justice. Emma found this work very informative and rewarding. She especially enjoyed sharing her passion for food and farming with such an energetic and eager young group of students.

Most recently, Emma was granted the Affordability and Sustainability Fellow position on campus which allowed her to examine county-wide gaps in the availability of fresh, affordable produce. Emma looks forward to working at New Entry and digging deeper into the social justice aspect of local agriculture. She believes the mission of the World PEAS CSA program to provide beginning farmers with agricultural and business support while maintaining shareholder participation is critical to fostering a sustainable food hub. Emma is excited to help make your World PEAS CSA experience exciting and meaningful this season. We welcome any feedback, input, recipes, and/or collaboration to build World PEAS into a vibrant community of eaters, farmers, activists and more.

### In your share:

Pea tendrils • Lettuce • Cilantro  
Garlic Scapes • Mustard Greens  
Strawberries • Maple Syrup

### Also in Large shares:

Mint

### Crop Information: Garlic Scapes



Garlic scapes provide delicate garlic flavor and are available in the early spring. The garlic scape is the stem from which the seed head of the hardneck garlic bulb is formed. As the bulb begins to grow and mature, the garlic stalks lengthen and the scape begins to curve. The scape has a great deal of flavor, although the stalk never reaches the same level of intense garlic flavor as the bulb. Crushed garlic scapes can be used in place of garlic in most recipes, providing more of a fresh, green, taste with less bite than regular garlic cloves. Garlic scapes work well chopped and added raw to salads, salsas, dips, guacamole, marinades, pesto, dressings, mashed potatoes, and a topping for pizza or baked potatoes.

**Handling:** Chop the tender stalks and use like you would garlic on in any recipes. While you can eat the whole scape, some people remove the stalk tip and pod, because they are more fibrous than the stalk.

**Storing:** Scapes will last in refrigerator for about 3 weeks.

**Freezing:** Store chopped garlic scapes (no need to blanch) in an airtight container in the freezer to enjoy this seasonal treat all year long. You can also puree with olive oil and hard cheeses like parmesan to create a scape pesto, which can also be frozen in ice cube trays or plastic containers.

# Crop Information

## Maple Syrup



World PEAS is excited to be adding maple syrup to our CSA shares for the first time! Maple syrup is made from the boiled sap of sugar maple, red maple, or black maple trees. In temperate climates like New England, these trees store starch in their trunks and roots during the winter which is then converted into sugar during spring's first thaws. Maple syrup is collected by tapping holes into the tree trunk and collecting the exuding sap. The sap is then processed by boiling to remove the water content, leaving a thick, concentrated syrup. Maple syrup was first collected by various Native American tribes from all over North America. Native Americans used stone tools to make V-shaped notches in a tree trunk and inserted concave reeds to direct the sap flow into buckets. The sap was then left to sit in freezing temperatures over night, letting the excess water rise to the surface and freeze into a layer of ice. This layer was then disposed of, leaving a sweeter, more concentrated liquid behind. Early European settlers adapted this process to create the delicious syrup that we all know and love today!

**Use:** Most commonly, maple syrup is used as a topping for pancakes and waffles, but it can also be added a special ingredient to a wide variety of recipes. Try using it as a glaze for meat or fish, or to spice up any baked goods. Check out our yummy maple granola recipe on the right!

**Storing:** Unopened maple syrup should be stored in a cool, dry area away from excessive moisture or heat. After opening, it should be refrigerated. Maple syrup can store for up to a year both unopened and refrigerated. It can be stored indefinitely in a freezer.

## Sauteed Pea Tendrils with Garlic Scapes

*Adapted from epicurious.com*

### Ingredients:

- 1 tablespoon canola oil
- 2 garlic scapes, finely chopped
- 12 ounces fresh pea tendrils
- 1/2 cup low-salt chicken broth

### Preparation:

Heat oil in heavy large skillet over high heat. Add garlic scapes and sauté about 2 minutes. Remove garlic scapes. Add tendrils; sprinkle with salt and pepper. Add chicken broth and sauté until greens are slightly wilted and heated through, about 2 minutes. Top with sautéed garlic scapes and serve immediately.

## Cilantro Lime Rice

*Adapted from marthastewart.com*

### Ingredients:

- 1 cup long-grain white rice
- Coarse salt
- 1/2 cup fresh cilantro
- 2 tablespoons fresh lime juice
- 1 tablespoon olive oil
- 1 garlic clove or 2 chopped garlic scapes

### Preparation:

In a medium saucepan, bring 1 ½ cups water to a boil. Add rice and ¼ teaspoon salt; cover, and reduce to a simmer. Cook until water is absorbed and rice is just tender, 16 to 18 minutes.

Meanwhile, in a blender, combine cilantro, lime juice, oil, garlic, and 2 tablespoons water; blend until smooth. Stir into cooked rice, and fluff with a fork.

## Maple Syrup Granola

*Adapted from MarthaStewart.com*

### Ingredients:

- 3 cups rolled oats
- 1 cup dried unsweetened coconut chips
- 1 cup pecans or walnuts, quartered
- 1/2 cup pure maple syrup
- 1/2 cup extra-virgin olive oil
- 1/2 cup packed light-brown sugar
- 1/4 cup sesame seeds
- 1 teaspoon coarse salt
- 3/4 teaspoon freshly grated nutmeg
- 1/2 cup golden raisins

### Preparation:

Preheat oven to 300 degrees. Mix together oats, coconut, nuts, syrup, oil, sugar, sesame seeds, salt, and nutmeg. Spread granola in an even layer on a rimmed baking sheet. Bake, stirring every 10 minutes, for 40 minutes. Add raisins, and bake until granola is toasted, about 10 minutes more. Let cool completely.