



# The Pod

## Community Supported Agriculture Newsletter

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

Thursday July 16, 2015

### Closing the Gap - Improving access to fresh produce in Dorchester

Growers and eaters have a symbiotic relationship: when they support one another, everyone benefits. The World PEAS food hub helps nurture this connection by serving as the link between these two groups. Last year, World PEAS provided \$7,172 of produce to homebound seniors in the greater Boston area. Success stories such as this are made possible through strong partnerships with community organizations like Kit Clark Senior Services. A pillar of the Dorchester community since 1974, Kit Clark assists upwards of 4,000 seniors a year in living lives with grace, dignity, and a sense of independence. Dorchester is a vibrant community in south Boston, so diverse that many of Kit Clark's programs are offered in five different languages. While the community is rich in culture, many are poor in resources, and accessing nutritious foods does not come without barriers. By partnering with local organizations like Kit Clark, World PEAS helps bring fresh produce to those most in need.

World PEAS and Kit Clark have a unique and lasting relationship. In 2010, the collaboration began with a home delivery service to seniors. It has since expanded to also provide bulk produce orders to Kit Clark's kitchen, where local ingredients like collard greens, eggplant and sweet potatoes are used for congregate meals as well as for their Meals On Wheels program. Now in the partnership's 5th year, World PEAS continues to provide produce through the Senior Shares program. Funded by the USDA, the Senior Farmers' Market Nutrition Programs provides low-income seniors with \$25 coupons that can be exchanged for eligible, locally produced foods. For homebound seniors who cannot travel to a farmer's market, taking advantage of this program can be challenging. Kit Clark provides strategic administrative support and coordination to collect these coupons and redeem them for funding, which is then used to buy local, sustainably grown produce from World PEAS for final delivery to homebound seniors.

It seems simple, but this supply chain addresses far more issues than meet the eye. Not only does the Senior Shares program act as a vessel for good nutrition, but it overcomes the physical transportation barrier of accessing fresh foods. What's more, it benefits the growers too. While farmers markets and CSA's offer more avenues of getting fresh produce into homes, these are not accessible and affordable for everyone. World PEAS supports many beginning, immigrant and refugee farmers who are also low-income, and aims to increase farmer incomes by selling their produce through new and existing markets. By teaming up with Dorchester community leaders, food programs become more sustainable within the community, and more barriers to fresh food access are broken. As World PEAS deepens its roots with its community partners, it lives out its mission of ensuring that everyone has equal access to fresh and nutritious food.

### Produce this week:

Swiss Chard • Summer Squash  
Cucumbers • Carrots • Cabbage  
Green Onions • Cherry Tomatoes  
Parsley • Gooseberries

### Also in Large Shares

Baby salad greens

### Crop Information:

#### Cucumbers



There are many varieties of cucumbers used around the world for slicing, pickling and occasionally for cooking. Try adding cucumbers to sautés, sandwiches, salads or wilting them in vinegar. Thought to have originated in India, cucumbers quickly spread throughout Europe and Asia, and were widely consumed throughout this region by the 6th and 7th centuries A.D. Today, cucumbers are one of the world's favorite vegetables. Cucumbers are rich in vitamin K, a nutrient that is integral for blood clotting and bone health. Vitamin K is especially important for postmenopausal women who may experience bone loss and fractures. Cucumbers are also high in potassium, an essential electrolyte that can decrease blood pressure and reduce risk of kidney stones.

**Handling:** Peeling is only necessary if the cucumber has been waxed. You may want to cut the cucumber in half lengthwise and use a spoon to remove the seeds if there are a lot of them.

**Storing:** Cucumbers will deteriorate quickly after being cut or peeled. Store, unwrapped, in the vegetable bin, for up to a week, but use as soon as possible.

**Freezing:** Cucumbers do not freeze well, do to their high water content and delicate inner flesh.

# Crop Information

## Gooseberries



Gooseberries, while not very common in markets in the United States, are popular in Europe. The berries may be smooth, fuzzy or spiny, opaque, translucent, or white. Different varieties of gooseberries are very inconsistent in size. The fruit may be as big as a cherry tomato or as tiny as a blueberry. Green gooseberries are often slightly sour tasting, but red gooseberries are fairly sweet. Crisp and highly acidic, these berries have a tight-fitting skin. In terms of nutritional value, gooseberries serve as a good source of Vitamin C and dietary fiber.

Known in the United Kingdom as the goosygog, gooseberries are a tasty treat that are delicious in jams, pies, crumbles and more, but can also be used in savory dishes. Cook berries until thickened then use as a sauce for game fowl like pheasants, quail, or duck. Alternatively, top fresh berry tarts, cheesecakes and cakes with gooseberries. Add berries to cordial or champagne glasses. This very versatile fruit can be a wonderful addition to almost any meal.

**Handling:** Wash gooseberries and remove stems (you can pinch off the stems or just use a pair of kitchen scissors).

**Storing:** Fresh gooseberries will keep up to 2 weeks in fridge. Or pop them in the freezer to enjoy later.

# Cooked Cabbage and Apples

*Adapted from Mark Bittmans's How to Cook Everything*

## Ingredients:

- 1 tablespoon butter
- 1 head cabbage, core removed and shredded
- 3 sweet apples, peeled, cored, and cut into chunks
- 3 cloves garlic
- 1/2 cup chicken or vegetable stock
- 2 tablespoons apricot or raspberry jam
- salt and black pepper to taste
- 1 tablespoon freshly squeezed lemon juice or cider vinegar

## Preparation:

Melt the butter over medium heat in a large, deep skillet or saucepan. Add cabbage, apples, and garlic cloves. Cook, stirring, until the cabbage is glossy, about 3 minutes. Add the stock, turn the heat to medium-low, cover and cook, stirring occasionally, for 30 minutes or more, until the cabbage is tender and the apples have fallen apart. If the mixture dries out, add a little more stock. Stir in the jam and season with salt and pepper. Add the lemon juice or vinegar a few drops at a time, tasting after each addition. Discard cloves and serve.

# Swiss Chard with Garlic

*Adapted from the Moosewood Restaurant*

## Ingredients:

- 1/4 cup olive oil
- 6 large garlic cloves, minced and pressed
- 12-14 large Swiss chard leaves and stalks, coarsely chopped
- Salt to taste
- Chopped green onion

## Preparation:

Heat the olive oil in a wok or heavy skillet and sauté the garlic until golden. Remove the garlic with a slotted spoon and reserve. Add the greens and sauté until tender. Add the salt. Just before serving, sprinkle the reserved garlic and chopped green onion over the chard.

# Gooseberry Tart

*Adapted from Foodnetwork.com*

## Ingredients:

- 1/2 cup plus 3 tablespoons sugar
- 1/4 teaspoon cinnamon
- 1 tablespoon all-purpose flour
- 1 pint gooseberries (about 3 cups), stems and tails removed
- Pre-made pie crusts
- Vanilla ice cream, for serving

## Preparation:

Pre-heat oven to 400F. On a large sheet of parchment paper lightly dusted with flour, lay out the dough into a round about 14 inches in diameter. Use either a 14" frozen, pre-made pie dough or make one from scratch using a standard pie dough recipe. Preheat the oven to 400°. In a small bowl, mix together the sugar and cinnamon. Toss gooseberries with the sugar, cinnamon and flour mixture. Fold the edges of the pastry up over the berries to form a 9-inch free-form tart, making pleats and pressing them together lightly. Brush the pastry with water and sprinkle with the reserved cinnamon-sugar. Bake the tart for 40 to 50 minutes, or until the gooseberries are bubbling and lightly browned. Cut the tart into wedges with a sharp knife and serve with vanilla ice cream.