



# The Pod

## Community Supported Agriculture Newsletter

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

Thursday July 2, 2015

### Meet Your Farmer, Kohei Ishihara

Kohei Ishihara of Movement Ground Farm is a recent graduate of New Entry's Farm Business Planning Course and a beneficiary of our Farmland Matching Service. A native of Maryland, Kohei first moved to New England for college. Upon graduating, he co-founded a nonprofit called Providence Youth Student Movement (PRYSM), a youth development and community organizing agency, which works to empower and educate Southeast Asian youth.



In an interest to connect his passion for social justice and his love of farming, he began exploring models to combine the two. He realized his ability to financially contribute to communities in need would be limited, but through his love of the land, he could help heal and ground people, just as he had experienced. In March 2015, Kohei graduated from New Entry's Farm Business Planning Course; the final step needed to launch his own farm. He felt so well prepared after the class, that rather than delay his launch until 2016 (his initial plan) he decided to start growing this season. Not only did he walk out of the Course with a sound business plan (after many revisions and 7 iterations with help of Eero Ruuttila, New Entry's Technical Assistance and Incubator Farm Coordinator), but he also had the motivation and confidence to make it happen

Kohei attributes his successful launch to his partnership with New Entry. Not only did the business planning course give him the motivation, confidence and skills necessary to be successful, but through working with our Farmland Matching Service, he was able to find a farm property that met his criteria. In addition to selling to World PEAS, he has started a CSA program with drop-off sites in Providence, RI and Quincy, MA. He has also developed formal relationships with two social change community organizations, which want to take part in both receiving produce as well as contributing to the overall mission and vision of the farm to build an inspirational farm and retreat center that can serve as a hub for local food distribution; meetings, events and retreats; and transformational gatherings

His advice to other beginning farmers looking for land is to think about at least a year-long time line. To be able to start planting in spring, it is important to try to secure land by the late fall. He encourages prospective farmers to enroll in New Entry's programs because of the valuable learning opportunities and the access to the extensive network of farmers that it affords. He sees networking with other farmers and learning from their experiences as a key piece of the process. "Once you have found a prospective property," he says, "try not to rush into it. It is important to get to know the owners, and talk to the neighbors to help get some additional history and context of the property."

### Produce this week:

Pea Shoots • Kale • Lettuce  
Snow Peas • Summer Squash  
or Zucchini • Pickling  
Cucumbers • Hakurei Turnips  
Garlic Scapes • Raspberries

### Also in Large shares:

Strawberries Cilantro

### Crop Information:

#### Pea Shoots



Pea shoots—also known as pea sprouts—are the young leaves and stem of traditional garden pea plants. While a pea plant can take 60-70 days to mature, pea shoots are harvested after just 2-4 weeks. They are very young and tender, with a distinctive, sweet pea flavor. Peas are one of the oldest domesticated crops in the world. Remnants of pea plants have been found in Switzerland dating back to the Bronze Age and in an Egyptian tomb at Thebes. In many cultures, peas were originally grown for their dried seeds. Pea shoots, however, are a very popular traditional dish in Asia. Pea shoots are a delicious addition to any salad or stir-fry.

**Handling:** Rinse gently in cold water before use. Because pea shoots are harvested so young, both the leaves and stem are tender and edible.

**Storing:** Fresh pea shoots should store for over a week in a sealed plastic bag, but they are best when eaten fresh. Freezing is not recommended.

## Crop Information

### Summer Squash



Squash can be either winter squash (such as butternut or acorn) or summer squash (like zucchini, couisa, or zephyr). Both types of squash work well in breads and muffins. Squash is native to the Americas. Remains have been found in Central America and Mexico dating back as far as 7000 BC. From its southern origin, squash spread throughout North America. The plant found its way to Europe when the early explorers returned home.

**Health Benefits:** Summer squash is rich in the carotenoids beta carotene and lutein. Carotenoids are integral to eye health, and not only improve night vision, but also decrease the risk of macular degeneration and cataracts. In addition to a wide variety of other nutrients, summer squash is full of fiber, which improves colon health and decreases the risk of certain cancers.

**Handling:** Summer squash skins are easily cut -be careful what you place it next to. Don't cook it too long, or it will fall apart.

**Storing:** Summer squash dehydrates quickly, so store it in a plastic bag in the fridge. Damaged ones will deteriorate quickly. Use them within a week.

**Freezing:** Only young summer squash with small seeds can freeze. Cut off blossom and stem ends. Wash and cut in slices. Blanch 3 minutes. Cool and drain. Leave ½ inch headroom. Seal and freeze.

## Kale Dip with Snow Peas

*Adapted from Whole Living*

### Ingredients:

1 tablespoon extra-virgin olive oil  
1 garlic clove, thinly sliced  
3 cups thinly sliced kale leaves (or collards)  
Coarse salt  
1 cup low-fat cottage cheese  
Pinch red-pepper flakes  
1 tablespoon fresh lemon juice  
2 cups snap or snow peas, trimmed

### Preparation:

Heat oil in a pan over medium heat. Add garlic and kale and season with salt. Cook, covered, stirring occasionally, until tender, 3 to 4 minutes. Let cool. Transfer to a food processor. Add cottage cheese and puree until smooth. Season with pepper flakes and lemon juice. Bring a pot of well-salted water to a boil and cook peas until bright green and tender, 1 to 2 minutes. Transfer to an ice-water bath; drain. Serve with dip.

## Refrigerator Pickles

*Adapted from diynatural.com*

### Ingredients:

1 quart jar with lid  
2-3 cucumbers  
5 sprigs of fresh dill or 1 Tbsp dried dill  
2-4 cloves of garlic (or garlic scapes) minced  
3 Tbsp white distilled vinegar  
1/2 to 1 Tbsp kosher salt, to taste

### Directions

Make the pickle brine by mixing together vinegar, garlic, dill, and kosher salt. Cut cucumbers into discs, spears, or sandwich slices and add to the jar. Pour the brine over the cucumbers. Once everything is in the jar, fill to the very top with water and screw lid on very tightly. Shake the jar up to distribute flavors and store in the refrigerator for at least 24 hours before eating to ensure maximum flavor. After pickles have sat for a total of 24 hours go taste your creation – you won't believe how good they are! Store in refrigerator and enjoy within a month.

## Miso Glazed Hakurei Turnips

*Adapted from Gourmet Magazine*

### Ingredients:

3 tablespoons white miso  
3 tablespoons unsalted butter, softened, divided  
3 pounds small (1 1/2-to 2-inch) Hakurei turnips with greens, washed  
1 1/3 cups water  
2 tablespoons mirin (Japanese sweet rice wine)

### Preparation:

Stir together miso and 2 tablespoon butter. Discard turnip stems and coarsely chop leaves. Halve turnips (leave whole if tiny) and put in a 12-inch heavy skillet along with water, mirin, remaining tablespoon butter, and ½ teaspoon salt. Bring to a boil over medium-high heat, then boil, covered, 10 minutes. Add greens by handfuls, turning and stirring with tongs and adding more as volume in skillet reduces. Cover and cook 1 minute. Uncover and continue boiling, stirring occasionally, until turnips are tender and liquid is reduced to a glaze, about 5 minutes. Stir in miso butter and cook 1 minute.