



# The Pod

## Community Supported Agriculture Newsletter

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

Thursday July 23, 2015

## Your Donated Shares

When World PEAS shareholders are out of town or unable to pick up their share, they have the option to donate their produce to Lowell's Women, Infant & Children (WIC) Nutrition Program office in the city of Lowell. CTI Women, Infant and Children's (WIC) Program is a free nutrition program for Massachusetts families that provides healthy foods, nutrition education, breastfeeding support, and referrals to healthcare and other services. WIC's goal is to keep pregnant and breastfeeding women, and children under age 5 healthy. WIC is a unique program, which provides links to health and social service agencies, as well as food and nutrition services to low to moderate income people in critical stages of growth and development. WIC and World PEAS began their partnership in 2010 to deliver unclaimed shares from our weekly distribution to the WIC office for distribution to WIC clients. In 2014, we donated 114 small shares and 9 large shares from CSA customers who were unable to collect their shares. This amounted to \$2,913 worth of produce donated on behalf of our shareholders to clients receiving WIC services.

Thus far, World PEAS has donated 12 small shares, 1 Large Share, and 1 Egg Share to the WIC office each week with any extra produce donated in bulk. Marianne Fullam, Senior Nutritionist & Nutrition Consultant at the Lowell WIC office, is a big fan of the World PEAS vegetable and fruit donations. With 60+ clients passing through their office daily, the vegetables and fruits allow WIC staff to organize interactive nutrition and food education activities. WIC staff engage young children by singing the vegetable ABC's before discussing the produce items in donated shares. Parents and children are encouraged to look, touch, smell and taste each vegetable or fruit. Kids especially love talking about carrots and how eating carrots can help you see in the dark. WIC staff also provide important food safety recommendations to their clients, as well as recipes that include World PEAS produce as ingredients. Marianne organizes cooking demos to help familiarize folks with seasonal vegetable preparation. Most clients walk away with at least three items of produce for personal consumption, while certain coveted items like watermelon are raffled off to interested families.

Marianne believes the World PEAS donations introduce parents and children to a diverse selection of seasonal vegetables and fruits that they can later find at local farmer's markets. In fact, many of our World PEAS farmers are weekly vendors at the Lowell farmer's market! As a result, World PEAS donations are an important resource for the WIC office. World PEAS donations create opportunities to develop interest and participation in Lowell's local food system at no cost to the WIC office or their clients. With this in mind, we want to say thank you to all those who have donated their shares thus far and encourage all shareholders to please get in touch in advance with Mary Alice, World PEAS CSA Coordinator, to make sure your shares are donated appropriately. Don't let your shares go to waste- DONATE!

## Produce this week:

Amaranth • Spring Onions •  
New potatoes • Green Beans  
Basil • Cucumber • Blueberries

## Also in Large Shares

Baby salad greens • Fennel

## Crop Information:

### New Potatoes



New potatoes are freshly harvested young, or small, potatoes. They are the same varieties as their larger counterparts, but are harvested earlier in the season when they are sweet than their older counterparts. Also, because these potatoes are harvested young, their skins are very tender and flaky. For this reason, farms don't wash off the potatoes. By keeping the dirt on, it actually helps keep the potatoes fresh longer. It's best to wash the potatoes just before use, rather than washing when you get home (since some of the skin with flake off and you lose that protective coating). New potatoes usually are not peeled, since the skins are so tender.

Due to their small size, new potatoes are particularly suited for roasting or boiling. They work very well in potato salads, boiled and served with some chopped fresh herbs and butter, or roasted in the oven.

**Handling:** Wash potatoes right before using them, removing any "eyes" or green spots (although these are rare on new potatoes).

**Storing:** Store with dirt in paper bag in the fridge. New potatoes do not last as long as regular potatoes, so use them within 1-2 weeks.

**Freezing:** Do not freeze potatoes—they become watery.

## New Potato & Goat Cheese Gratin

*Adapted from The Kitchn*

### Ingredients:

- 4 small to medium new potatoes, about 1 pound
- ½ spring onion, sliced
- 3 tablespoons olive oil
- 4 ounces goat cheese (or other soft cheese)
- Salt and freshly ground black pepper
- ¼ cup whole milk
- ⅓ cup freshly grated Parmesan cheese
- 1 tablespoon thinly sliced basil leaves

### Preparation:

Preheat oven to 400°F. Lightly grease a 1 ½ to 2-quart casserole dish with a drizzle of olive oil. Slice

potatoes and onions into very, very thin slices. Toss the sliced vegetables with the 3 tablespoons olive oil in a large bowl. Place ⅓ of the onion and potato slices in the bottom of the dish then season with salt and pepper. Top with half of the goat cheese, scattered evenly in large chunks. Repeat with another ⅓ of the vegetables, seasoning again with salt and pepper and topping with the other ½ of the goat cheese. Finish by layering on the final ⅓ of the vegetables and seasoning with salt and pepper. Pour the milk over the entire dish. Top with parmesan cheese. Bake, covered, for 30 minutes, then uncover and bake 15 more minutes, until the top browns. Scatter on the fresh basil, if using.

## Callaloo

*From "Lucinda's Authentic Jamaican Kitchen"*

### Ingredients:

- 1 bunch amaranth greens
- ½ tablespoon cooking oil
- ½ tablespoon butter
- ½ onion, chopped
- 1-2 whole scallions, chopped
- 1 sprig fresh thyme, or ½ teaspoon dried
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ¼ cup water

### Preparation:

Remove the small branches with leaves from the main stem and submerge the amaranth into a bowl of cold water. Let soak for a minute and remove, discarding the water. Repeat 2 more times. Finely chop the leaves and branches and set aside. Heat the oil and butter in a medium-size skillet over medium heat until the butter is melted. Add the onion and scallions, stirring until the onion begins to soften, about 2 minutes. Add the amaranth, thyme, salt, and black pepper. Mix all of the ingredients together, add the water, and cover. Cook over medium heat until the stems are tender, about 8 minutes.

## Balsamic Green Beans

*Adapted from myrecipes.com*

### Ingredients:

- 2 pounds fresh haricots verts (tiny green beans), trimmed
- ½ spring onion
- Vegetable oil
- ½ cup balsamic vinegar
- 1 tablespoon light brown sugar
- 3 tablespoons butter
- Salt and freshly ground pepper to taste
- ½ cup lightly salted roasted almonds, coarsely chopped
- ½ cup cooked and crumbled bacon (about 5 slices)

**Preparation:** Cook beans in boiling salted water to cover 3 to 4 minutes or until crisp-tender; drain. Plunge beans into ice water to stop the cooking

process; drain.

Cut shallots crosswise into thin slices; separate into rings. Pour oil to depth of 1 inch into a heavy saucepan; heat over medium-high heat to 350°. Fry shallots, in batches, 1 to 2 minutes or until crisp. Remove from skillet using a slotted spoon; drain on paper towels.

Cook vinegar and sugar in a large skillet over medium-high heat, stirring often, 5 to 6 minutes or until reduced to 3 Tbsp. Stir in butter until blended. Add beans, and sauté 5 minutes or until thoroughly heated; season with salt and pepper to taste. Arrange on a serving platter. Top with shallots, almonds, and bacon. Serve immediately.

## Blueberry Topping

*From MarthaStewart.com*

### Preparation:

Pair two of the best things about summer: fresh blueberries and ice cream. Make a sauce by melting 2 teaspoons unsalted butter in a saucepan set over medium heat; then add 1 pint blueberries and ¼ cup sugar. Cook, stirring, until blueberries release juices, about 2 minutes. Cool slightly, and spoon warm sauce over ice cream. Garnish with more blueberries, if desired. Makes 1 1/3 cups.