



# The Pod

## Community Supported Agriculture Newsletter

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

Thursday July 30, 2015

## 8th Annual New Entry Open Farms Tour



Join us next Wednesday, August 5th for our 8th Annual New Entry Open Farms Tour! Enjoy an insider's view of our beginning farmer incubator training sites in Dracut, MA. Learn from project farmers and staff about our beginning farmer training programs, our farmland preservation efforts, and farm employment resources. Discover what motivates New Entry farmers and learn steps that New Entry farmers take to mitigate risks on their farms. Hear first hand challenges and joys of starting a small farm business. Explore where your food comes from! This is also a great chance to meet and network with other project supporters who believe in New Entry's mission. Delicious appetizers made with locally-grown produce from the farms will also be served.

This event is free and open to all New Entry friends and supporters, and registration is required. Donations are always welcome to support and expand our work. Register and get directions here. See you at the farm [rain or shine]!

Date: Wednesday, August 5th (Rain or Shine!)  
Time: 4:45 pm - 7:00 pm

Location: Starting at Ogonowski Memorial Fields, 126 Jones Ave., Dracut, MA, with visit to a 2nd incubator training farm in Dracut

## Produce this week:

Kale • Lettuce • Summer Squash • Cucumber  
Bunching Leeks • Cabbage • Fennel • Cilantro  
Sweet corn • Nectarines

## Also in Large Shares

Cherry Tomatoes

## Crop Information:

### Fennel



Fennel is composed of a white or pale green bulb from which closely superimposed stalks are arranged. Varieties bred for the bulb yield a crisp anise flavored vegetable that compliments meats and egg dishes. Fennel is related to cumin, dill, caraway and anise, all of which bear aromatic fruits that are commonly called seeds. It is native to southern Europe but is now naturalized in northern Europe, Australia and North America and is cultivated around the world. Enjoy fennel cooked or raw.

**Health Benefits:** Fennel contains a unique combination of phytonutrients, that give fennel strong antioxidant abilities. Certain phytonutrients have repeatedly proven to reduce inflammation and prevent cancer. Fennel is also an excellent source of Vitamin C, which can reduce cellular damage that may lead to osteoarthritis and rheumatoid arthritis if left unchecked.

**Handling:** To prepare the fennel bulb, first remove the long stalks and trim the root end from the bottom of the bulb. The remaining bulb can be chopped into pieces of desired size. The fronds can also be finely chopped and used as seasoning.

**Storing:** Fennel can be stored in the refrigerator for up to 2 weeks in a plastic bag in hydrator drawer of the fridge.

## Nectarine Crumble

*Adapted from marthastewart.com*

### Ingredients:

#### For the filling

- 4 ripe nectarines, pitted, peeled if desired, each sliced into 8 wedges
- 1 tablespoon granulated sugar
- 1/2 teaspoon grated lemon zest
- 1/4 teaspoon coarse salt

#### For the topping

- 2 ounces chopped almonds (1/3 cup)
- 1/3 cup packed light-brown sugar
- 1/4 cup plus 2 tablespoons all-purpose flour
- 1/4 teaspoon coarse salt
- 1 1/2 ounces [3 tablespoons] cold unsalted butter, cut into 6 pieces
- Heavy cream, for serving (optional)

### Preparation:

Preheat oven to 400 degrees. Make the filling: Mix all ingredients to combine. Make the topping: Combine all ingredients (except cream), rubbing in butter with your fingers until mixture is crumbly. Divide filling among four 5 1/2-inch round baking dishes, and sprinkle with topping. Transfer to a baking sheet. Bake until bubbling and golden brown, 25 to 27 minutes. Let cool slightly. Drizzle with heavy cream if desired.



## Spaghetti with Leeks, Shallots, and Gorgonzola

*Adapted from Bon Appetit*

### Ingredients:

- 4 tablespoons olive oil
- 2 cups finely chopped onions
- 6 cups chopped leeks (white and pale green parts only)
- 1 bunch green onions (white part only), sliced
- 1/2 cup chopped shallots
- 1 pound spaghetti
- 1 cup crumbled Gorgonzola or other cheese (feta works well)

### Directions

Heat oil in heavy large skillet over medium heat. Add chopped onions and sauté until tender and beginning to brown, about 10 minutes. Add leeks, green onions and shallots; sauté until very tender, stirring often, about 10 minutes. Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite. Drain well; reserve 1/2 cup pasta cooking liquid. Return pasta to same pot. Add onion mixture; toss to combine. Mix in reserved cooking liquid by tablespoon-fuls if pasta is dry. Mix in cheese; season with salt and pepper. Transfer to large bowl; serve.

## Cabbage, Fennel, and Carrot Slaw

*Adapted from Bon Appetit*

### Ingredients:

- 1 head of cabbage, quartered, cored, very thinly sliced (about 18 cups)
- 1-2 fresh fennel bulbs, trimmed, halved, very thinly sliced (about 3 cups)
- 1 small onion, thinly sliced
- 1 very large carrot, peeled, coarsely shredded
- 3/4 cup mayonnaise
- 1/2 cup sour cream
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon sugar
- 1/2 teaspoon hot pepper sauce

### Preparation:

Combine cabbage, fennel, onion, and carrot in large bowl. Whisk mayonnaise, sour cream, lemon juice, sugar, and hot sauce in medium bowl to blend. Season dressing to taste with salt and pepper. Add dressing to cabbage mixture; toss to coat. Season slaw to taste with salt and pepper. Refrigerate at least 1 hour and up to 2 hours, tossing occasionally. Transfer to serving bowl.