



The Pod

Community Supported Agriculture Newsletter

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

Thursday August 13, 2015

Staff Profile: Eero Ruuttila

If you ask one of the staff members at World PEAS and New Entry how things are going, we're likely to include the word "busy" somewhere. To prove we're not just saying that, here is a very brief "Week in the Life" article to give you an idea of what each of us does every day.

Eero Ruuttila is New Entry's Technical Assistance Coordinator and manager of our incubator training farm sites. He also spends a couple days a week in Connecticut, working one-on-one with farmers and carrying out projects as part of his "other job" as a sustainable agriculture specialist with UConn Extension. Here's a look at Eero's

work week, by way of excerpts from his notes at a recent staff meeting *[with some additional explanation after each bullet point]:*

- Last week I met with the Arrowhead incubator farmers to discuss field prep, nutrient management, and general crop plans at their individual field plots. Steve and Rob started to seed April 17th and already have many beds of direct seeded greens coming up as well as a bed of transplanted cabbage up. Ed Tivnan seeded his first bed of lettuce while we were at the farm. Aysim's 1/4 acre of garlic appears to be emerging from its thick mulch of marsh hay. *[Arrowhead Farm in Newburyport, Mass., is New Entry's newest incubator training farm site, premiering last year. Steve Fowler and Rob Fortune are beginning their second season at Arrowhead; 2014 Farm Business Planning Course graduate Ed Tivnan is starting his first year there; and 2013 graduate Aysim Dalmau started late last year, planting enough garlic to fill her entire 1/4 acre plot.]*
- I gave my third field talk on Wednesday evening, on field prep and nutrient management. Good attendance including some farmers who had never been to other incubator farm events. *[Eero teaches these Field Workshops throughout the season, building practical skills for our incubator farmers - but also open to the general public.]*
- Last night I went to Phalla's farm in Boxborough to do diagnostics on a few crops she was growing, helped her set up her seed spinner and demonstrated how to sow field peas and oats in an open field. Her lettuce and spinach in her high tunnel looked great! *[Phalla Nol is a longtime New Entry farmer, World PEAS grower, and fixture at the Lowell farmers market. Her high tunnel greens really do look great!]*



Produce this week:

Sweet Potato Greens
Lettuce • Cucumber • Broccoli
Green Pepper • Hot Pepper
Heirloom Tomato • Basil
Peaches

Crop Information:

Heirloom Tomato



The tomato genus originated in the South American Andes, with evidence suggesting the tomato was domesticated in Mexico. In the 17th century, the tomato was introduced from Europe to Asia and later to the United States, Africa, and the Middle East. Heirloom tomatoes are particularly prized for their flavor and their historical interest. The word heirloom indicates that the variety of tomato is open-pollinated and originated before 1940. Heirlooms also cannot be hybrid tomatoes, meaning plants which are cross-pollinated to try to encourage or breed for specific traits, such as disease resistance or longer shelf life. Since heirloom tomatoes are not cross-pollinated, they are often far more delicate fruits. They blemish and spoil far more easily than their hybrid counterparts, but their flavor just cannot be beat! So be gentle with your lovely heirlooms and eat them quickly once you pick up your share. **Handling:** To eat raw, remove stem, wash, and slice. **Storing:** Tomatoes will last up to 1 week stored at room temperature and longer if still ripening. Not fully ripe tomatoes will continue to ripen at 60-75 degrees out of the sun. Do not store whole tomatoes in the refrigerator- only use the fridge to store tomatoes once they have been cut.

Spicy Black Beans with Bell Pepper & Rice

Adapted from "Heart and Hearth" blog, lucy-martin.blogspot.com

Ingredients:

1 tablespoon vegetable oil
1 large onion, diced
1 cup chopped green bell pepper
3 large garlic cloves, chopped
1 tablespoon ground cumin
1-2 hot peppers, seeded, chopped
1 teaspoon dried oregano
2 15- to 16-ounce cans black beans, drained
2 ½ cups diced tomato
1/4 cup orange juice
1 ½ teaspoons hot pepper sauce (such as Tabasco)
1 1/3 cups rice, cooked

Directions

Heat oil in heavy large skillet over medium-high heat. Add onion, bell peppers, garlic, cumin, jalapeño and oregano; sauté until vegetables begin to soften, about 8 minutes. Mash 1/2 cup beans.

Add mashed beans, whole beans, tomatoes, orange juice and hot pepper sauce to skillet. Bring to boil, stirring frequently. reduce heat, cover and simmer 15 minutes. Uncover and simmer until reduced to thick sauce consistency, stirring occasionally, about 15 minutes. Season with salt and pepper.

Mound rice in center of platter. Spoon black bean mixture over.

Sweet Potato Green Salad with Tomatoes

Adapted from "Heart and Hearth" blog, lucy-martin.blogspot.com

Ingredients:

1 bunch sweet potato greens, washed, cut into bite sized pieces
1-2 large tomatoes, chopped
1 large onion, chopped
1/3 cup rice vinegar
1 tablespoon sugar (or more if you prefer a bit sweeter taste)
salt and pepper to taste

Directions

Blanch the leaves in boiling water. Drain. Immerse in cold water bath. Drain again.

Mix the rice vinegar, sugar, salt and pepper together.

Arrange the sweet potato leaves on a platter. Top with tomatoes and onions. Drizzle with the vinegar-sugar mixture.

Broccoli-Tortellini Salad

Adapted from "Six Ingredients or Less" by Carlean Johnson

Ingredients:

1 [8 ounce] package fresh or frozen cheese tortellini
1 1/2 cups fresh broccoli flowerettes, cooked until crisp
1/4 cup olive oil
2 tablespoons red wine vinegar
1 tablespoon Dijon mustard
4 plum tomatoes, coarsely chopped

Preparation:

Cook tortellini according to package directions. Meanwhile cook broccoli. Combine oil, vinegar and mustard; mix well. When tortellini is tender, drain and rinse with cold water to cool. Let stand several minutes to drain off the water. In medium bowl, combine tortellini, broccoli and dressing. Cover and chill until ready to serve (at least one hour). Add tomatoes.

Peach Salsa

Adapted from Allrecipes.com

Ingredients

2 peaches, pitted and chopped
1 bell pepper, diced
1/4 medium red onion, finely chopped
2 tbsp lime juice
1/2 teaspoon fresh basil
1/2 teaspoon kosher salt
freshly ground black pepper to taste

Directions

In a bowl, mix the nectarines, onion, peppers, lime juice sugar, cilantro, salt, and pepper. Allow to sit 5 minutes.

If desired, cook mixture in a skillet over medium heat, stirring occasionally for 10 minutes, until onion and nectarines are tender and lightly browned.

Add diced hot pepper for an extra kick!

