



# The Pod

## Community Supported Agriculture Newsletter

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

Thursday August 6, 2015

### Meet Your Farmer, Renee Toll-Dubois

At New Entry's Smith Incubator Farm site, Renee Rita Toll-Dubois is reaping the benefits of the wide assortment of vegetables she is producing. She is a recent graduate of New Entry's Farm Business Planning Course and is in her first growing season on the White Rabbit Farm plot at New Entry's Smith Farm incubator site. White Rabbit Farm yields enough vegetables for Renee to harvest and sell produce to New Entry's World PEAS Food Hub in addition to distributing her own CSA shares.



In her personal shares, she offers sampling of new or unfamiliar vegetables and then customers may order accordingly to minimize waste and ensure her hard work is enjoyed. She maintains a self-serve cooler pickup as distribution, along with a weekly newsletter featuring the vegetables and their uses. Her colorful array includes amaranth, collard greens, cilantro, kale, parsley, Swiss chard, and zucchini, to name a few.

Renee's journey to New Entry has been a long and remarkable one. Throughout her life she has been involved with 4-H and environmental education, specifically with connecting urban youth of color with nature and advocating to save farm land for productive agriculture. She had heard about New Entry during its humble beginnings in the late 90's and appreciated our "commitment and success reaching out and serving everyone". We remained in the back of her mind.

Recently, Renee was looking to expand on her overflowing home garden in Lynn, MA when she remembered New Entry. Our services and support allow "people to come in with almost nothing and launch a farm". We proved to be a good fit for her needs, wants, and existing work responsibilities.

Like many of New Entry's new famers, Renee appreciates her close proximity to other active farmers and our technical assistance staff on the incubator site because it creates a community and opportunities for greater learning. "I learn more about practices and get a broader view being with farmers from different cultures and countries".

After Renee's third year on our incubator farm, she hopes to take advantage of our Farmland Matching Program and become an independent farmer. Join us at the New Entry Open Farms Tour this Wednesday to hear from Renee directly! Learn more about our event at [nesfp.org](http://nesfp.org)!

### Produce this week:

Amaranth • Green Bean • Carrots  
Asian & Slicing Cucumber • Garlic  
Green Onion • Eggplant • Tomatillos  
Garlic Chives • Peaches

### Also in Large shares:

Plums • Dill

### Crop Information:

#### Tomatillos



Tomatillos are a member of the nightshade [Solanaceae] family, related to tomatoes, and are an important ingredient in Mexican cuisine. Tomatillos have been cultivated in Mexico and Guatemala for several centuries, where they were important staples for Mayan and Aztec cultures. Tomatillos most closely resemble ground cherries, but are slightly larger and are typically used as a savory ingredient, especially in salsa and 'green sauce' found in Latin America. Tomatillos are a savory vegetable used in salsas, salads, soups, other raw or cooked dishes and are the secret ingredient of salsa verde. Similar to husk cherries, tomatillos have an outer husk that must be removed before eating. At times, tomatillos have a naturally sticky coating, which can be washed off with water before eating.

**Handling:** Remove the husks and rinse the tomatillo. Tomatillos are generally eaten with the seeds in.

**Storing:** Tomatillos will last up to 2 weeks stored at room temperature. Refrigerate in husks beyond 2 weeks.

# Grilled Eggplant with Basil Vinaigrette

*Adapted from saveur.com*

## Ingredients:

3 tbsp. extra-virgin olive oil  
½ tbsp. white wine vinegar  
½ tbsp. salt-packed capers, soaked and drained  
10 basil leaves  
1 clove garlic  
Kosher salt to taste  
ground black pepper to taste  
1 large eggplant, halved lengthwise and cut crosswise into ¼"-thick pieces

## Preparation:

In a blender, purée 2 tbsp. oil, vinegar, capers, basil, and garlic and season with salt and pepper; transfer vinaigrette to a small bowl and set aside. Put eggplants on a baking sheet, brush both sides with remaining oil, and season with salt and pepper. Build a medium-hot fire in a charcoal grill or heat a gas grill to medium-high. [Alternatively, heat a cast-iron grill pan over medium-high heat.] Cook eggplant, flipping once, until slightly soft and browned, about 6 minutes. Transfer eggplant to a platter and drizzle with vinaigrette.

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# Amaranth Greens

*Adapted from "A Veggie Venture"*

## Ingredients:

1/2 cup chicken broth  
1 tablespoon garlic, minced  
1 tablespoon fresh ginger, minced  
1/2 pound amaranth greens, washed, rinsed and sliced into ribbons  
4 green onions (scallions), white and green parts, chopped  
1 bunch garlic chives, chopped  
salt & pepper to taste

## Directions

In a large skillet, heat the broth over medium high. Add the garlic and ginger and cook for a minute. Add the greens and garlic chives, in batches if needed. Cook until soft, stirring often. Near the end, add the green onions. Season to taste and serve.

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# Ancho Chile Salsa

*Adapted from Organic Gardening Magazine*

## Ingredients:

2 tablespoons oil  
1/2 medium onion, diced  
3 small garlic cloves, dried  
2 dried ancho chilies  
3 dried guajillo or seranno chilies, seeded and torn into pieces  
2 Roma tomatoes, seeded and chopped  
4 large green tomatillos, husks removed, coarsely chopped  
2 cups water or vegetable stock  
1 teaspoon sea salt  
1/4 teaspoon freshly ground black pepper  
2 tablespoons fresh oregano or 1 tablespoon dried oregano  
Cilantro

## Preparation:

In a medium sauté pan, heat oil. Add onion, garlic, ancho chilies, guajillo or California chilies. Cook until soft and the chilies begin to release their fragrance. Add tomatoes and tomatillos. Cook for 10 minutes, stirring often. Add water or vegetable stock, salt, pepper. Simmer for 20 minutes. Stir in oregano. When cool, puree and add chopped fresh cilantro to taste.