

The Pod

Community Supported Agriculture Newsletter

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

Tuesday October 20, 2015

Mary Kostman Capital Grants Program

New Entry farmers always strive for the highest quality produce, and coolers are an essential piece of infrastructure that help them preserve the freshness of their harvests. Without a cooler, countless hours of seeding, harvesting, and processing could go down the drain with just a little too much time in the heat or sun. This July, the Mary Kostman Capital Grants Program provided Phalla Nol with 50% of the costs for a cooler, a much needed piece of infrastructure for her growing farm business.

Phalla, owner of "Phalla's Produce" and a graduate of New Entry's Farm Business Planning Course, Phalla currently sells vegetables and herbs to World PEAS and to 5 different Farmer's Markets regularly. Her business model encompasses selling her own produce, as well as purchasing produce from fellow farmers to sell at Farmers Market's or to wholesale distributors like Russo's. Serving so many different markets means Phalla moves a lot of locally grown produce, all of which needs to be pooled together, stored and then transported out to her customers. As a result, Phalla has recently outgrown her rental space available in New Entry's World PEAS produce cooler. After sitting down with New Entry staff this winter, she decided that the Mary Kostman funding would be best used to build out her own 7' x 14' cooler!

Coolers are a costly investment for farmers, and many World PEAS producers do not have the upfront capital to purchase one outright. But with the Mary Kostman Capital Grants program, some creativity, and helping hands, Phalla made this essential piece of equipment a reality for her business's continued growth. Phalla purchased a used mobile trailer that her friends and family helped to insulate and retrofit for an affordable and effective cooling system that turns a standard air conditioning window unit into a walk-in cooler compressor. Popular amongst local farmers, this "[Cool Bot](#)" technology maintains temperatures as low as 35F without the high costs of a standard cooler compressor and its associated high energy use.



Phalla's one-of-a-kind cooler is versatile and mobile with a hitch for towing. All she needs is a source of electricity for this cooler to be fully functional, and plans to park it at her new farm plot in North Andover next season! Phalla predicts that this cooler will allow her business to grow even more and we are excited for World PEAS customers to enjoy the benefits!



Produce this week:

Kale or Collard Greens • Carrots
Winter Squash • Fingerling
Potatoes • Green Onions • Green
Pepper • Parsley or Garlic
Cranberries • Apples • Honey

Also in Large Shares

Sweet Potatoes • Eggplant • Pears

Crop Information: Cranberries



Cranberries are vine-like plants of the Heath family, closely related to the wintergreen and blueberry. Their fruit is used in making sauce, juice, jelly, and pies. The fruit grows in wet peat bogs from North Carolina to Minnesota and northeastward. Its oval leaves are evergreen. Cranberries were first used by Native Americans, who discovered the wild berry's versatility as a food, fabric dye and healing agent. Today, cranberries are commercially grown throughout the northern part of the United States and are available in both fresh and processed forms. American whalers and mariners carried cranberries on their voyages to prevent scurvy. In 1816, Captain Henry Hall became the first to successfully cultivate cranberries. By 1871, the first association of cranberry growers in the United States had formed, and now, U.S. farmers harvest approximately 40,000 acres of cranberries each year.

Handling: Wash and remove their stems. **Storing:** Refrigerate and use within 3 days. **Freezing:** Pack cranberries into containers, leaving headspace. Cranberries can also be frozen first on a tray and then packed into containers as soon as they are frozen. Seal containers and freeze for up to 2 years.

Roasted Butternut Squash with Fresh Cranberries & Toasted Seeds

From EdiblyRhody.com

Ingredients:

1 medium-large butternut squash, peeled and cut into ½-inch cubes
1 tablespoon safflower oil
2 teaspoons kosher or sea salt
1 cup fresh cranberries
¼ cup sunflower seeds, hulled
¼ cup sesame seeds
¼ cup poppy seeds
¼ cup pepita seeds
¼ cup maple syrup

Preparation:

Preheat oven to 400°. Toss squash cubes with oil and salt. Place on a baking sheet in a single layer. Bake for 25–30 minutes, stirring occasionally, until squash is soft and lightly browned. Remove from oven, add cranberries and let cool. Once cool, place squash into a baking dish for reheating the next day. To reheat, preheat oven to 425°. Mix seeds together in a medium bowl. Sprinkle the seed mix evenly over the squash. Drizzle dish with ¼ cup maple syrup or to taste. Bake for 20 minutes, or until seeds are toasted.

Ginger Honey Glazed Carrots

From FoodNetwork.com

Ingredients:

2 tablespoons butter
1 tablespoon finely chopped ginger
2 tablespoons honey
4 carrots, peeled and thinly sliced
1/4 cup water
Salt and pepper

Preparation:

In a small saucepan, melt butter and stir in ginger. Add honey and stir to dissolve. Stir in carrots and toss to coat. Pour in water and cover to steam. Stir occasionally and cook 8 minutes or until tender. Season to taste

Fingerling Potato & Kale Hash

Adapted from BlueApron.com

Ingredients:

2 eggs
2 bell peppers
2 cloves garlic
½ bunch scallions
1 bunch kale
1 lb fingerling potatoes
1 bunch parsley
2 ounces cheddar cheese

Preparation:

Preheat the oven to 400°F. Wash and dry fresh produce. Cut out and discard the stem, ribs and seeds of the sweet peppers; thinly slice into rings on an angle. Grate the cheese. Peel and mince the garlic. Remove and discard the kale stems; roughly chop the leaves. Pick the parsley leaves off the stems; discard stems. Slice the potatoes into ¼-inch-thick rounds on an angle. Thinly slice scallions on an angle. In a large pan (oven-safe, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the potatoes and cook, stirring occasionally, 4 to 6 minutes, or until browned and crispy. Reduce the heat to medium and add 2 teaspoons of olive oil to the pan. Add the scallions, sweet peppers and garlic; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until softened and fragrant. Add the kale to the pan; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until wilted. Turn off the heat. (If you don't have an oven-safe pan, transfer the hash to a baking dish.) Using a spoon, create 2 wells in the hash. Crack an egg into each well; season with salt and pepper. Top the eggs and hash with the cheese. Bake 7 to 9 minutes, or until the egg whites are set and the yolks are cooked to your desired degree of doneness. Remove from the oven. Garnish the baked hash with the parsley. Serve with the hot sauce on the side. Enjoy!

