



The Pod

Community Supported Agriculture Newsletter

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

Tuesday June 30, 2015

Meet Your Farmer, Kohei Ishihara

Kohei Ishihara of Movement Ground Farm is a recent graduate of New Entry's Farm Business Planning Course and a beneficiary of our Farmland Matching Service. A native of Maryland, Kohei first moved to New England for college. After 10 years leading a youth development non-profit in Providence, Kohei moved to California where began farming on his family's land. He started taking classes and learning everything he could about farming. In 2013, Kohei moved back to Massachusetts and began working with Cooks Valley Farm in Wrentham and Freedom Food Farm in Raynham



In an interest to connect his passion for social justice and his love of farming, he began exploring models to combine the two. He realized his ability to financially contribute to communities in need would be limited, but through his love of the land, he could help heal and ground people, just as he had experienced. This spring, Kohei graduated from New Entry's Farm Business Planning Course; the final step needed to launch his own farm. He felt so well prepared after the class, that rather than delay his launch until 2016 (his initial plan) he decided to start growing this season. Not only did he walk out of the Course with a sound business plan (after many revisions and 7 iterations with help of Eero Ruuttila, New Entry's Technical Assistance and Incubator Farm Coordinator), but he also had the motivation and confidence to make it happen.

Kohei attributes his successful launch to his partnership with New Entry. Not only did the business planning course give him the motivation, confidence and skills necessary to be successful, but through working with our Farmland Matching Service, he was able to find a farm property that met his criteria. Already, Kohei has started a CSA program with drop-off sites in Providence, RI and Quincy, MA, and he has sold an impressive amount of lettuce, hakurei turnip and kale to World PEAS this season. He is also developing formal relationships with two social change community organizations, which want to take part in both receiving produce as well as contributing to the overall mission and vision of the farm. They wish to help build an inspirational farm and retreat center that can serve as a hub for local food distribution; meetings, events and retreats; and transformational gatherings

His advice to other beginning farmers looking for land is to think about at least a year-long time line, since it is important to secure land by the late fall in time to plan for plantings the following spring. He also encourages prospective farmers to enroll in New Entry's programs because of the valuable learning opportunities and the access to the extensive network of farmers that it affords. He sees networking with other farmers and learning from their experiences as a key piece of the process. "Once you have found a prospective property," he says, "try not to rush into it. It is important to get to know the owners, and talk to the neighbors to help get some additional history and context of the property."

Produce this week:

Mustard Greens or Chinese Broccoli
Lettuce • Snow Peas • Summer
Squash or Zucchini • Garlic Scapes
Garlic Chives • Scallions or Chives
Raspberries

Also in Large Shares

Strawberries

Crop Information Raspberries



Raspberries are native to almost every continent in the world. Each variety is slightly different in appearance and taste. The most commonly known red varieties are types native to both North America and Europe. Although the raspberry fruit is the most commonly consumed part of the plant, the leaves can also be used fresh or dried in herbal teas. Raspberries are distinguished from other berries in the same genus (such as blackberries and dewberries) by the separation of the fruit from the receptacle, creating a hollow core when picked off the bush. Raspberries can be enjoyed fresh and raw, simmered into a compote, or baked into pies.

Handling: Raspberries should be gently washed before using

Storing: Once home, raspberries should be kept in the refrigerator and will last up to a week.

Freezing: Raspberries can be frozen by placing them on a tray and placing in the freezer. Once frozen, place in a freezer-safe container. Frozen raspberries typically become mushy once thawed, but are good when used in baking

Crop Information:

Mustard Greens



Native to India, mustard greens are now cultivated all around the world and can be widely used in a range of cuisines. Many of our farmers from Cambodia grow several plantings of mustard greens, especially in the cooler spring and fall weather mustard plants prefer. Mustard greens are a bunching green from the Brassica family [the same family as kale, collard greens, cabbage, and broccoli] and are very popular in Asian and Mediterranean cuisines. Mustard greens can be sautéed quickly with garlic and oil, added to soups, used as a spicy addition to salads, or braised. When the plants are left to go to seed, the mustard seed can be collected and used as a spice.

Handling: Wash all dirt or grit from leaves and stems with cool, running water. Cut off any discolored or woody parts.

Storing: Mustard greens should be stored in a plastic bag in the refrigerator. They should keep fresh for about three to four days.

Freezing: Wash and remove any damaged pieces. Drop into boiling water for three minutes, cool the greens immediately in ice water, drain thoroughly and place in freezer bags. Remove air from the bag [to prevent freezer burn] and place in your freezer.

Pasta with Caramelized Onions & Cooking Greens

Adapted from marthastewart.com

Ingredients:

- 1 tablespoon olive oil
- 1 to 2 tablespoons unsalted butter
- 4 medium onions, peeled and cut into 1/4-inch-thick rings
- 1 teaspoon sugar
- 4 cups chicken broth or water
- Salt and freshly ground pepper
- 1 pound fettuccine
- 1 bunch mustard greens or Chinese broccoli

Preparation: Heat oil and 1 tablespoon butter in a deep, heavy skillet over medium-high heat. Add onions and sugar and cook, stirring once or twice, until well browned, about 10 minutes. Turn heat to low; continue to cook, stirring occasionally, until very soft, about 10 minutes. Remove half the onions and set aside. Add broth or water to the pan and bring to a boil. Cook over high heat, scraping bottom of pan, for 10 minutes. Season to taste with salt and pepper. Cook pasta in a separate pot until a little underdone, and drain. Add to broth; simmer for 2 to 3 minutes. If using Chinese broccoli, chop stems and greens. Cook stems for 2 minutes before adding greens and cover until greens wilt after 1 minute. Remove stems and add mustard greens, cook covered until greens wilt after 1 minute. Stir in additional tablespoon of butter, if desired. Divide among 4 shallow bowls, garnish with reserved onions, and serve.

Tip: Add chopped chives or scallions for added flavor.

Raspberry-Filled Molten Chocolate Cupcakes

Adapted from MarthaStewart.com

Ingredients:

- 1/2 cup granulated sugar
- 6 tablespoons unsalted butter room temperature
- 4 large eggs
- 1/2 cup all-purpose flour [spooned and leveled]
- Pinch of salt
- 11 ounces semisweet chocolate, melted [2 1/2 cups chopped]
- 18 raspberries [36 if they are small]
- Confectioners' sugar, for serving
- Vanilla ice cream [optional]

Preparation: Preheat oven to 400 degrees. Line 12 cup standard muffin tin cups with paper liners. In a large bowl with a mixer, beat butter and sugar on medium high until light and fluffy, about 2 minutes. Add eggs, one at a time, beating well after each addition. With mixer on low, beat in flour and salt. Beat in chocolate until just combined. Divide half the batter among cups, add two raspberries to each, and top with remaining batter. Bake until tops are just set and no longer shiny, 10 to 11 minutes, let cool in pan on a wire rack, 10 minutes. Remove from pans, dust with confectioners' sugar, and top with ice cream, if desired.

Garlic Chives vs. Scallions/Chives

This week, we ended up having surplus garlic chives, scallions and chives for your shares, but don't get confused between the three items! Garlic chives have flat, tender leaves that are great for cooked meals, and can be used in egg dishes, soups, marinades and Asian cooking [dumplings, pot stickers, and dipping sauces, for example]. Folks also received *either* scallions *or* chives. Scallions are immature onion plants with hollow green stems, and can be cooked or eaten raw. Chives resemble hollow green blades of grass, and are typically chopped or snipped as a garnish for seasoning. These products look similar, but have very different uses! Cook the chives with your Asian cooking greens, and enjoy the green onions or chives with your summer squash or snap peas!