



# The Pod

## Community Supported Agriculture Newsletter

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

Tuesday June 9, 2015

### Welcome to the 2015 World PEAS CSA!

It's been an unusually dry spring that has created some unexpected challenges for our beginning farmers. Some had difficulty hiring help to prepare their fields for early spring plantings, while others scrambled to get their irrigation systems in working order when they typically rely on spring rains to aid seed germination. Thankfully, the World PEAS Team and our dedicated farmers were able to gather enough produce for an exciting first week of CSA shares! The season will only get better, and we're looking forward to sharing a bountiful season of fresh, tasty produce with you.

This year, World PEAS CSA will be serving approximately 300 CSA shareholders and 500+ low-income children, seniors and families in the greater Boston area every week. We've expanded to a few new distribution sites, including Shawmut Construction & Design, Harvest Co-op in Central Sq., Cambridge Naturals in Porter Sq., and the Salvation Army Kroc Corps Community Center. World PEAS is also working with six new farmers at our incubator training farms in Dracut & Newburyport. Eric, Renee, Martyn & Ted, Cornelius, and Russ are launching their farm businesses this year and are all grateful for World PEAS shareholders' support during their first farming season! You'll be enjoying lots of their tasty produce this season, as well as produce from other farmers who have been working with World PEAS for several years. Keep an eye out for farmer profiles in our newsletter throughout the season!

We are very excited to be offering new crop varieties and specialty items this summer, including pea shoots, green garlic, and maple syrup. Our maple syrup will come from our very own New Entry Farm Business Planning Course graduates, Sonya Harms & James Dergay, who both run genuine MA sugaring operations! Check out the recipes in our newsletter every week with tips on how to cook up these delicious new products.

World PEAS will also continue to expand our food access efforts in the greater Boston area. In partnership with Lahey Clinic, we are providing fresh fruits and vegetables for a new senior farmers' markets at the Council on Aging in Arlington, in addition to existing programs in Burlington and Peabody. We are also launching a new partnership with the Salvation Army Kroc Corps Community Center to deliver fresh fruits and veggies to approximately 40 families each week in Dorchester. With funding from our Local Food Promotions Program grant and generous Fair Share and Share-a-Share donations from World PEAS supporters, we will help increase fresh fruit and veggie purchases for our partners at the Medford Seniors' Farmers Market, Kit Clark Senior Center in Dorchester, and Community Teamwork's Daycare and School Age programs in Lowell.

### In your share:

Pea tendrils • Bok choy • Lettuce  
Arugula • Radishes • Rhubarb

### Also in Large shares:

Baby salad greens

### Crop Information:

#### Bok Choy



Also known as pak choi or spoon cabbage, bok choy is one of the most popular Chinese leafy greens. In most common types—white-stemmed, green-stemmed, and "soup spoon"—both leaves and stems are edible. One of the most delicately flavored Asian greens, bok choy is good for stir-frying (in oil, with garlic and soy sauce), braising, or simmering in soups. Choose unblemished leaves and firm stalks for best results, and blanch before stir-frying.

Several varieties of Chinese cabbage have been cultivated for over six thousand years in China. They were a common part of the diet in southern China by the 5th century. The Ming Dynasty pharmacologist Li Shizhen studied the Chinese cabbage for its medicinal qualities.

**Handling:** Examine the ends of the bok choy and cut off any brown spots. Break the bok choy into pieces. Clean each stem thoroughly to remove any dirt. When very small, baby bok choy can be cooked whole. If large, halve lengthwise.

**Storing:** Asian greens can last up to 1 week if wrapped in damp towel or put in plastic bag in hydrator drawer of fridge.

**Freezing:** These tender plants do not freeze well.

# Crop Information

## Pea Tendrils



Pea tendrils are harvested when the pea plants are 12-18 inches out of the ground. Young leaves and shoots of the snow pea plant and taste like a cross between peas and spinach. While they are growing, any flowers that develop are plucked off, so the sweet pea flavor goes into the leaves and tender stems. They're best used when freshly picked as they rapidly toughen and, like peas, lose their sweetness. They're delicate and tasty when gently stir-fried, or can be enjoyed raw as a salad green. The shoots are very tender, so only cook for a short period of time.

Pea shoots became popular among restaurant chefs in the U.S. in the 1990s, but these tender greens are a staple of Asian cuisine. Pea tendrils are a staple of Chinese cuisine, often used in soups and stir-fries. Since they gained popularity, pea tendrils are a fairly common, yet expensive vegetable, offered off and on throughout the year

**Handling:** Wash and spin dry harvested pea shoots as you would lettuce. If you see some larger stems, make sure to remove them. The tough stalks are not fun to eat. It's crucial to pinch off just the most tender tendrils from the tops and remove any part of the stem that's remotely woody or tough. Pea shoots are best when prepared simply, so that their gentle sweetness isn't lost.

**Storing:** Wrap them in a paper towel and place them in an open plastic bag in the refrigerator. Pea shoots are tender, so use within a few days. Freezing is not recommended.

The World PEAS staff team is growing this year, with three AmeriCorps VISTA members filling the positions of Food Access Facilitator, Volunteer Facilitator, and Development Facilitator. Their year of service will provide invaluable support as we develop more comprehensive programming to increase our impact in limited-resource farmer and "eater" communities.

As shareholders, your support makes it possible for World PEAS to provide living wage prices for our farmers while increasing access to culturally appropriate fruits & vegetables in the greater Boston community! We value our shareholders, and encourage you to provide any feedback, input, recipes, and/or collaboration this season. We look forward to building World PEAS into a vibrant community of eaters, farmers, activists and more!

In PEAS and SOILidarity,  
The World PEAS Team

## Lettuce and Radish Salad

*Adapted from marthastewart.com*

### Ingredients:

- 3 tablespoons red-wine vinegar
- 3 tablespoons olive oil
- 1/2 teaspoon ground cumin
- Coarse salt and ground pepper
- 1 large head lettuce, chopped
- 6 radishes stemmed, and cut into wedges

**Preparation:** Make dressing: In a small bowl or jar, whisk or shake together red-wine vinegar, olive oil, and ground cumin. Season with coarse salt and ground pepper. Just before serving, place lettuce and radishes in a large bowl. Toss with dressing.

## Arugula Baked Egg Cups

*Adapted from goodlifeeats.com*

### Ingredients:

- 1 cup baby arugula
- 1 1/2 tablespoons olive oil
- 1 clove garlic, minced
- 4 large eggs
- 2 tablespoons freshly grated Parmesan cheese
- 1 tablespoon fresh minced choice herb
- Kosher salt

### Preparation:

Preheat oven to 350° F. In a small bowl, combine the arugula, olive oil, and garlic. Separate the arugula mixture between 4 ramekins. Crack an egg in the center of each ramekin. Top the ramekins with the Parmesan cheese and choice herb, like chives, cilantro, or rosemary. Lightly sprinkle with a bit of kosher salt.

Place the ramekins on a baking sheet. Bake for 10-14 minutes or until the egg is nearly set. It should still be slightly soft. Remove from the oven and allow it to rest for 3-5 minutes for the egg to completely set. Serves 4 people.