



The Pod

Community Supported Agriculture Newsletter

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

Tuesday July 21, 2015

Your Donated Shares

When World PEAS shareholders are out of town or unable to pick up their share, they have the option to donate their produce to Lowell's Women, Infant & Children (WIC) Nutrition Program office in the city of Lowell. CTI Women, Infant and Children's (WIC) Program is a free nutrition program for Massachusetts families that provides healthy foods, nutrition education, breastfeeding support, and referrals to healthcare and other services. WIC's goal is to keep pregnant and breastfeeding women, and children under age 5 healthy. WIC is a unique program, which provides links to health and social service agencies, as well as food and nutrition services to low to moderate income people in critical stages of growth and development. WIC and World PEAS began their partnership in 2010 to deliver unclaimed shares from our weekly distribution to the WIC office for distribution to WIC clients. In 2014, we donated 114 small shares and 9 large shares from CSA customers who were unable to collect their shares. This amounted to \$2,913 worth of produce donated on behalf of our shareholders to clients receiving WIC services.

Thus far, World PEAS has donated 12 small shares, 1 Large Share, and 1 Egg Share to the WIC office each week with any extra produce donated in bulk. Marianne Fullam, Senior Nutritionist & Nutrition Consultant at the Lowell WIC office, is a big fan of the World PEAS vegetable and fruit donations. With 60+ clients passing through their office daily, the vegetables and fruits allow WIC staff to organize interactive nutrition and food education activities. WIC staff engage young children by singing the vegetable ABC's before discussing the produce items in donated shares. Parents and children are encouraged to look, touch, smell and taste each vegetable or fruit. Kids especially love talking about carrots and how eating carrots can help you see in the dark. WIC staff also provide important food safety recommendations to their clients, as well as recipes that include World PEAS produce as ingredients. Marianne organizes cooking demos to help familiarize folks with seasonal vegetable preparation. Most clients walk away with at least three items of produce for personal consumption, while certain coveted items like watermelon are raffled off to interested families.

Marianne believes the World PEAS donations introduce parents and children to a diverse selection of seasonal vegetables and fruits that they can later find at local farmer's markets. In fact, many of our World PEAS farmers are weekly vendors at the Lowell farmer's market! As a result, World PEAS donations are an important resource for the WIC office. World PEAS donations create opportunities to develop interest and participation in Lowell's local food system at no cost to the WIC office or their clients. With this in mind, we want to say thank you to all those who have donated their shares thus far and encourage all shareholders to please get in touch in advance with Mary Alice, World PEAS CSA Coordinator, to make sure your shares are donated appropriately. Don't let your shares go to waste- DONATE!

Produce this week:

Tatsoi or Amaranth • Cucumber
Arugula or Salad Greens • Carrots
Spring Onions • Cilantro or Mint
Summer Squash • Blackberries

Also in Large Shares

Cherry Tomatoes

Crop Information:

Amaranth



Amaranth, also known as callaloo or pigweed, belongs to the *Amaranthus* genus of herbs and comes in a myriad of colors. The leafy variety grown by our farmers comes in green, purple, red, and gold. It is cultivated in many countries throughout the world, concentrated in tropical and warm temperate climates. Amaranth is an ancient food of the Aztecs and Mayans of Central America and of ancient India as well. The leaves of the particular variety cultivated by our farmers are fragile and should be cooked right away. Use amaranth as you would spinach, Swiss chard or kale. The young amaranth leaves require less cooking than spinach, have a more mellow flavor and lend a pleasant pink tint to soups and stew. For salads, use the tiniest leaves in small quantities.

Handling: Older or tough parts of the stems should be removed; otherwise, the entire plant is edible. Rinse well before cooking. Amaranth can be stir-fried, cooked in soups, steamed, and, in its youngest, most tender form, eaten raw in a salad.

Storing: Pluck off any blemished or discolored leaves and keep the rest refrigerated for 3-4 days.

Freezing: Boil trimmed amaranth for 2-4 minutes and cool in ice water. Strain greens and place in freezer bags.

Butter-Braised Spring Onion

Adapted from marthastewart.com

Ingredients:

1 bunch spring onions
4 tablespoons (1 stick) unsalted butter, divided
Kosher salt
¼ cup chopped fresh chives

Preparation:

Lay onions in a large skillet, trimming top of dark greens to fit. Add 2 tablespoons butter and 1/2 cup water to skillet; season with salt. Bring to a boil; cover. Reduce heat and simmer onions until greens are soft and bulbs are almost tender, 15-20 minutes. Uncover and cook, turning onions occasionally, until bulbs are completely tender, 5-8 minutes longer.

Transfer onions to a plate. Simmer cooking liquid in skillet until reduced to 2 tablespoons, about 1 minute. Remove from heat and whisk in remaining 2 tablespoons butter. Return onions to skillet and turn to coat with sauce. Top with chives.

Tip: For a bright, fresh taste, add some chopped cilantro to top the braised onions

Sauteed Amaranth Greens

Adapted from seriouseats.com

Ingredients:

½ cup chicken or vegetable broth
1 tablespoon garlic, minced
1 tablespoon fresh ginger, minced
1 bunch amaranth greens or tatsoi
½ spring onion white and green parts, chopped
salt & pepper to taste

Directions

If using amaranth, cut the amaranth greens into 2-inch segments, preserving the natural shape of the leaves whenever possible. For the thicker stalks, cut the stalks into 1/2 inch lengths. In a large skillet, heat the broth over medium high. Add the garlic and ginger and cook for a minute. Add the greens, in batches if needed. Cook until soft, stirring often. Near the end, add the green onions. Season to taste and serve.

Chilled Tatsoi Salad

Adapted from kaylynskitchen.com

Ingredients:

1 bunch tatsoi
2 tbsp soy sauce
1 tbsp rice vinegar (not seasoned)
1 tsp. grated ginger root
1 tsp. sugar
1/2 tsp. Sriracha
fresh ground black pepper to taste

Directions

Bring a large pot of salted water to a boil, and fill another bowl with cold water and a handful of ice cubes. Wash Tatsoi leaves, and cut into thick strips. Dump Tatsoi into boiling water, time for exactly one minutes, then drain immediately into colander and dump into bowl with ice water. (I used the salad spinner again for the ice water.)

While Tatsoi is cooling in ice water, get a plastic bowl with a tight fitting lid that's large enough to hold all the Tatsoi. Mix dressing ingredients in this bowl, then drain Tatsoi well and add to dressing. Chill in the refrigerator an hour or more, turning bowl over a few times so Tatsoi remains coated with the dressing.

Blackberry-Cantaloupe Salad

Adapted from marthastewart.com

Ingredients:

2 cups blackberries
½ cantaloupe, cut into 1-inch pieces
1 tablespoon sugar (optional)
1 teaspoon peeled & grated ginger
½ teaspoon grated lime zest
1 tablespoon lime juice
2 tablespoons thinly sliced fresh mint leaves

Preparation:

In a large bowl, combine all ingredients, except for mint. Cover and let stand for 30 minutes (or refrigerate for up to 2 days). Stir in mint just before serving.

