



The Pod

Community Supported Agriculture Newsletter

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

Tuesday July 28, 2015

8th Annual New Entry Open Farms Tour



Join us next Wednesday, August 5th for our 8th Annual New Entry Open Farms Tour! Enjoy an insider's view of our beginning farmer incubator training sites in Dracut, MA. Learn from project farmers and staff about our beginning farmer training programs, our farmland preservation efforts, and farm employment resources. Discover what motivates New Entry farmers and learn steps that New Entry farmers take to mitigate risks on their farms. Hear first hand challenges and joys of starting a small farm business. Explore where your food comes from! This is also a great chance to meet and network with other project supporters who believe in New Entry's mission. Delicious appetizers made with locally-grown produce from the farms will also be served.

This event is free and open to all New Entry friends and supporters, and registration is required. Donations are always welcome to support and expand our work. Register and get directions here. See you at the farm (rain or shine)!

Date: Wednesday, August 5th (Rain or Shine!)
Time: 4:45 pm - 7:00 pm

Location: Starting at Ogonowski Memorial Fields, 126 Jones Ave., Dracut, MA, with visit to a 2nd incubator training farm in Dracut

Produce this week:

Mustard Greens • Lettuce • Green Beans
Cucumber • Green Onions • Cabbage (*Small only*)
Sweet Corn • Basil • Peaches or Nectarines
Cherry tomatoes (*Large only*)

Crop Information:

Sweet Corn



Originally a plant of the Americas, corn is widely cultivated and has been integrated into many of the worlds' cuisines. Sweet corn is best eaten as soon as possible after picking: steamed, boiled, grilled, in salads, as a pizza topping, or even raw. Spanish explorers of the early 1500s found Indians growing corn in East Texas, and the Spanish carried on corn culture at the Rio Grande valley settlements and the Texas missions. They ate the grain as a basic ingredient in tortillas, tamales, posole, and atole. The great variability of the corn plant led to the selection of numerous widely adapted varieties which hardly resembled one another. The plant may have ranged from no more than a couple of feet tall to over 20 feet. It was not like the uniform sized plant that most people know today

Handling: Shuck corn just before cooking it. You can scrape the kernels from the cob with a knife.

Storing: Corn can be refrigerated with husks on, but should be used quickly as it will decline in sweetness as it ages.

Freezing: Freezing corn, while not to be compared to fresh corn on the cob, is a good product for cooking. Cut from the cob, blanch in boiling water for 4-6 minutes, cool the kernels in ice water, place in a freezer bag and store in the freezer immediately.

Peach-and-Basil Crumble

Adapted from marthastewart.com

Ingredients:

For the filling

- 4 ripe peaches, pitted, peeled if desired, each sliced into 8 wedges
- 1 tablespoon granulated sugar
- 1 tablespoon fresh basil (torn if large)
- 1/2 teaspoon grated lemon zest
- 1/4 teaspoon coarse salt

For the topping

- 2 ounces chopped almonds (1/3 cup)
- 1/3 cup packed light-brown sugar
- 1/4 cup plus 2 tablespoons all-purpose flour
- 1/4 teaspoon coarse salt
- 1 1/2 ounces (3 tablespoons) cold unsalted butter, cut into 6 pieces
- Heavy cream, for serving (optional)

Preparation:

Preheat oven to 400 degrees. Make the filling: Mix all ingredients to combine. Make the topping: Combine all ingredients (except cream), rubbing in butter with your fingers until mixture is crumbly. Divide filling among four 5 1/2-inch round baking dishes, and sprinkle with topping. Transfer to a baking sheet. Bake until bubbling and golden brown, 25 to 27 minutes. Let cool slightly. Drizzle with heavy cream if desired.



Summer Veggie Succotash

Adapted from marthastewart.com

Ingredients:

- 1/4 cup olive oil
- 3 tablespoons unsalted butter
- 2 cloves garlic, finely chopped
- 1 small to medium onion, cut into 1/4-inch dice (try also adding 2-3 stalks green onion)
- 2 medium red bell peppers, seeded, deveined, and cut into 1/4-inch dice
- 2 medium zucchini, seeded and cut into 1/4-inch dice
- 1 bag World PEAS green beans
- 3 cups fresh corn kernels (4 ears)
- Coarse salt and freshly ground pepper
- 1 tablespoon coarsely chopped fresh basil

Directions

In a large skillet, heat oil and butter over medium-high heat. Add garlic and onion; cook until translucent, about 4 minutes. Add bell peppers, zucchini, lima beans, and corn. Season with salt and pepper. Cook, stirring occasionally, until vegetables are tender, about 10 minutes. Stir in basil, and serve.

Tip: Try also adding the cabbage and tender mustard green leaves with the rest of the veggies for a twist!

Easy Tzatziki recipe

Adapted from foodnetwork.com (Ina Garten's recipe)

Ingredients:

- 1 cup Greek whole milk yogurt
- 1 cucumber, seeded, finely grated and drained
- 2 cloves garlic, finely minced
- 1 teaspoon lemon zest
- 1 tablespoon fresh lemon juice
- 2 tablespoons chopped dill or basil (fresh or dried)
- Kosher salt and freshly cracked black pepper

Directions

Drain some of the water from the cucumber by wrapping it in a paper towel and letting sit for 2-3 minutes. In a medium bowl, whisk together yogurt, cucumber, garlic, lemon zest, lemon juice, and dill. Season with salt and pepper. Chill for at least 2-3 hours before serving to let the flavors set.