



The Pod

Community Supported Agriculture Newsletter

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

Tuesday August 11, 2015

Staff Profile: Eero Ruuttila

If you ask one of the staff members at World PEAS and New Entry how things are going, we're likely to include the word "busy" somewhere. To prove we're not just saying that, here is a very brief "Week in the Life" article to give you an idea of what each of us does every day.

Eero Ruuttila is New Entry's Technical Assistance Coordinator and manager of our incubator training farm sites. He also spends a couple days a week in Connecticut, working one-on-one with farmers and carrying out projects as part of his "other job" as a sustainable agriculture specialist with UConn Extension. Here's a look at Eero's

work week, by way of excerpts from his notes at a recent staff meeting *[with some additional explanation after each bullet point]:*

- Last week I met with the Arrowhead incubator farmers to discuss field prep, nutrient management, and general crop plans at their individual field plots. Steve and Rob started to seed April 17th and already have many beds of direct seeded greens coming up as well as a bed of transplanted cabbage up. Ed Tivnan seeded his first bed of lettuce while we were at the farm. Aysim's 1/4 acre of garlic appears to be emerging from its thick mulch of marsh hay. *[Arrowhead Farm in Newburyport, Mass., is New Entry's newest incubator training farm site, premiering last year. Steve Fowler and Rob Fortune are beginning their second season at Arrowhead; 2014 Farm Business Planning Course graduate Ed Tivnan is starting his first year there; and 2013 graduate Aysim Dalmau started late last year, planting enough garlic to fill her entire 1/4 acre plot.]*
- I gave my third field talk on Wednesday evening, on field prep and nutrient management. Good attendance including some farmers who had never been to other incubator farm events. *[Eero teaches these Field Workshops throughout the season at our Dracut Incubator farm site, building practical skills for our incubator farmers - but also open to the general public.]*
- Last night I went to Phalla's farm in Boxborough to do diagnostics on a few crops she was growing, helped her set up her seed spinner and demonstrated how to sow field peas and oats in an open field. Her lettuce and spinach in her high tunnel looked great! *[Phalla Nol is a longtime New Entry farmer, World PEAS grower, and fixture at the Lowell farmers market. Her high tunnel greens really do look great!]*



Produce this week:

Amaranth • Cucumbers
Garlic • Cherry Tomatoes
Heirloom Tomatoes • Basil
Watermelon

Also in Large Shares

Green Beans • Summer Squash

Crop Information:

Heirloom Tomatoes



The tomato genus originated in the South American Andes, with evidence suggesting the tomato was domesticated in Mexico. In the 17th century, the tomato was introduced from Europe to Asia and later to the United States, Africa, and the Middle East. Heirloom tomatoes are particularly prized for their flavor and their historical interest. The word heirloom indicates that the variety of tomato is open-pollinated and originated before 1940. Heirlooms also cannot be hybrid tomatoes, meaning plants which are cross-pollinated to try to encourage or breed for specific traits, such as disease resistance or longer shelf life. Since heirloom tomatoes are not cross-pollinated, they are often far more delicate fruits. They blemish and spoil far more easily than their hybrid counterparts, but their flavor just cannot be beat! So be gentle with your lovely heirlooms and eat them quickly once you pick up your share. **Handling:** To eat raw, remove stem, wash, and slice. **Storing:** Tomatoes will last up to 1 week stored at room temperature and longer if still ripening. Not fully ripe tomatoes will continue to ripen at 60-75 degrees out of the sun. Do not store whole tomatoes in the refrigerator- only use the fridge to store tomatoes once they have been cut.

Watermelon & Rosemary Ice

Adapted from "Your Organic Kitchen," Jessie Ziff Cool, 2000

Ingredients:

1 cup sugar
1 cup water
3 cups watermelon puree
1 tablespoon fresh lemon juice
1 tablespoon finely chopped rosemary

Preparation:

Place a 9x9-inch metal baking pan in the freezer. In a small saucepan over medium-high heat, bring the sugar and water to a boil. Boil for 5 minutes. Place in a large bowl and cool completely. When cooled, add the watermelon puree, lemon juice, and rosemary. Pour into the frozen baking pan, cover with foil, and return to the freezer. Freeze, stirring occasionally, for 3 hours, or until partially frozen. Place the mixture in a food processor with the metal blade attachment. Process until smooth but still frozen. Return the mixture to the baking pan, cover, and freeze for 3 hours longer, or until frozen. Remove from the freezer 15 minutes before serving. Scoop into dessert bowls.



Tomato, Cucumber and Herb Salad

Adapted from NYTimes.com

Ingredients:

1 large cucumber, sliced
1 large heirloom tomato, chopped
2 tablespoons chopped or slivered fresh herbs, like basil, chives, parsley,
1 ounce shaved Parmesan
1 tablespoon sherry vinegar
1 teaspoon balsamic vinegar
1/2 teaspoon Dijon mustard
1 small garlic clove, puréed [optional]
Salt and freshly ground pepper
1/4 cup extra virgin olive oil

Directions

Combine the cucumber, tomato, herbs and Parmesan in a salad bowl. In a small bowl or measuring cup, whisk together the sherry vinegar, balsamic vinegar, Dijon mustard, garlic, salt, pepper and olive oil. Just before serving, toss the salad with the dressing.

Tip: Feel free to add any other fresh fruits and vegetables to this salad, like watermelon or cherry tomatoes. Even small amaranth leaves can be a delicious addition. When it comes to veggies, the more the merrier!

Garlic Bruschetta

Adapted from "How to Cook Everything" by Mark Bittman

Ingredients:

1 head roasted garlic, with its oil
olive oil, if needed
4 slices good bread, preferably cut from a large round loaf
salt if needed
minced fresh basil leaves or chopped tomatoes for garnish

Preparation:

Roasted Garlic

Heat the oven to 375 degrees F. Without breaking the heads apart, remove as much of the papery coating from them as you can.

Place the garlic head in a small baking dish; pour in 1/4 cup water, sprinkle with salt and drizzle with 1 tablespoon olive oil. Cover with aluminum foil and bake, basting in the olive oil, water, and salt, for about 30 minutes. Bake until the garlic is soft and able to be pierced easily with a thin-bladed knife, up to 1 hour total.

Bruschetta

Preheat the broiler and adjust the rack so that it is at least 4 inches from the heat source. Mash the roasted garlic with its oil, adding additional oil if necessary to make a thick paste.

Broil the bread on one side until nicely browned. Turn it over and broil it for a minute or two on the other side. Spread this second side with the garlic puree; sprinkle with additional olive oil and salt if you like. Broil until hot and lightly browned, taking care not to burn. Garnish with sliced tomatoes, herbs and any other toppings desired. Serve warm.