



The Pod

Community Supported Agriculture Newsletter

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

Tuesday September 8, 2015

Meet Your Farmers: Martyn Botfield & Ted Fox

Long-time friends Martyn Botfield and Ted Fox were looking for a change of pace and a career shift. Both had worked in fields of science and were tired of the long commute into Boston every day, so they decided to combine their efforts in farming. Their plot at New Entry's Ogonowski Memorial Fields Incubator Farm, combined with a personal farm property in Concord, MA, sets them apart from other New Entry farmers.



Ted and Martyn are currently in the midst of their first season, and are experimenting with numerous strains of tomatoes and lettuce to find which varieties will benefit their future business the most. They want to know which crops and which varieties will allow them to extend the growing season as much as possible while still considering which types are most popular with customers. Currently, they have planted 72 varieties of salad greens and are taking careful notes about how temperature and sunlight effect germination and growth rates.

Both Ted and Martyn's families are very supportive of their farm endeavors and love it when they bring work home with them—especially when it's the fruits of their labors! Ted takes home many tomato varieties for taste testing and his family is more than happy to serve as the judge.

Despite the challenge of keeping up with their families and full time jobs in addition to managing their farm, Ted and Martyn have enjoyed a successful season thus far. They have expanded from their two quarter-acre plots into an additional row in the greenhouse at New Entry's incubator farm. Ted and Martyn have also been able to harvest enough tomatoes, carrots, cucumbers, summer squash, snap peas, lettuce, kale and Swiss chard to become a frequent supplier of World PEAS. They have donated much of their extra produce to local food banks—and of course to their grateful families!

After graduating from the incubator farm site, Ted and Martyn hope to find their own land to farm—somewhere between five and twenty acres—and dedicate their full time and attention to this endeavor. Their goal is to create a year-round farming business model and eventually be able to expand into wholesale markets. With the quality of their produce, careful attention to detail, and strong passion during their first season, we are confident they will succeed!

Produce this week:

Long Beans • Sweet Potato Greens or Chinese Broccoli
Winter Squash • Cucumber
Garlic • Sweet Corn
Green Pepper • Hot Pepper
Slicing Tomato • Peaches

Also in Large Shares:

Thyme

Crop Information:

Long Beans



Long Beans are an ancient vegetable, with wild varieties of these plants still growing in tropical Africa, where they were likely introduced from Southeast Asia. The long bean is also known as the long-podded cowpea, asparagus bean, snake bean, or Chinese long bean. They have a very pronounced flavor and have a distinctly beany taste, and are not sweet like the green bean. Long beans work best briefly steamed, stir-fried, or braised, but also hold up well when added to stews. If you want them to be more juicy, blanch before stir frying. Long beans should be cut into 1-2 inch lengths for cooking. They should be stir fried or boiled, rather than steamed, which tends to make them too soft.

Handling: Break off dry ends. Rinse and shake dry. Snap in half crosswise or cut diagonally.

Storing: Store in the refrigerator, unwashed in a plastic bag for up to five days.

Myanmar Style Long Bean Salad

Adapted from “An Introduction to Myanmar Cuisine”

Ingredients:

- 1/2 lb. long beans cut thinly lengthwise and across into 2" pieces*
- 1 1/2 cups peanut oil*
- 2 shallots, very thinly sliced*
- 2 tbsp. finely chopped roasted peanuts*
- 4 1/2 tsp. fish sauce*
- 1 tbsp. fresh lime juice*
- 2 tsp. sugar*
- Salt*

Preparation:

Bring a pot of salted water to a boil. Add long beans, cook until crisp-tender, about 1 minute. Drain long beans; rinse under cold running water; set aside. Heat oil in a small pot over medium heat until temperature reaches 325° on a deep-fry thermometer. Add shallots and fry, stirring, until golden, 3-4 minutes. Using a slotted spoon, transfer shallots to a paper towel-lined plate. Reserve the frying oil. In a medium bowl, toss together the long beans, peanuts, fish sauce, lime juice, sugar, and 1 tbsp. of the frying oil (reserve remaining oil for another use). Season the salad with salt to taste. Sprinkle shallots on top of the salad just before serving.

Roasted Butternut or Kabocha Squash

Adapted from epicurious.com

Ingredients:

- 1 teaspoon cumin seeds, toasted 1 minute in a dry skillet*
- 1 bay leaf*
- 1/4 teaspoon smoked paprika (pimenton) or regular paprika*
- 2 teaspoons packed brown sugar*
- 1 teaspoon sea salt*
- 1 kabocha or butternut squash (about 2 1/2 pounds), partially peeled, seeded, cut into 1-inch chunks*
- 1 tablespoon olive oil*

Directions

Heat oven to 375°F. Combine cumin seeds with bay leaf and paprika in a spice mill or clean coffee grinder and process briefly. Add sugar and salt and process to combine. Set aside. Toss squash with oil, then cumin mixture. Spread on 2 baking sheets and roast until tender, about 25 minutes

Note: Kabocha squash as an Asian winter squash variety also known as Asian pumpkin. Kabocha has a light, fluffy inner flesh that many describe as a cross between sweet potato and pumpkin. It is high in beta carotene and can be cooked or roasted just like any other winter squash variety.

Sweet Potato Greens Salad with Tomatoes

Adapted from the blog “Heart and Hearth”

Ingredients:

- 1 bunch sweet potato greens, washed, cut into bite sized pieces*
- 2-3 large tomatoes, chopped*
- 1 medium onion, chopped*
- 1/3 cup rice vinegar*
- 1 tablespoon sugar (or more if you prefer a bit sweeter taste)*
- Salt and pepper to taste*

Directions:

Blanch the leaves in boiling water. Drain. Immerse in cold water bath. Drain again. Mix the rice vinegar, sugar, salt and pepper together. Arrange the sweet potato leaves on a platter. Top with tomatoes and onions. Drizzle with the vinegar-sugar mixture.