



The Pod

Community Supported Agriculture Newsletter

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

Wednesday June 10, 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:

Garlic chives • Kale • Lettuce
Arugula • Rhubarb

Also in Large shares:

Salad greens • Mint • Green onion

Crop Information:

Garlic Chives



Also known as Chinese chives, Nira, or ku chair, garlic chives are a fantastic addition to any stir fry or soup, or can be used on their own for a tasty dish. Flat narrow leaves and a decidedly garlic flavor identify this herb commonly used in Asian cooking. Garlic chives do not taste or look like what we call chives, and are cooked as a vegetable in the areas in Asia where they are most commonly grown. Garlic chives are commonly steamed whole, simmered in broths, stirred into thick soups, or cooked gently with vegetables. These tender leaves become sweet and plump when cooked with a liquid. Use both stalk and leaves of this mild garlicky-flavored vegetable as you would onions, chives, or green onions. Like other members of the garlic and onion family, garlic chives contain a sulfur-rich mustard oil that aids digestion and helps promote the flow of blood.

Handling: Garlic chives are usually best added to a dish at the last minute. Remove any wilting leaves, wash, and chop.

Storing: Refrigerate in a plastic bag.

Crop Information

Arugula



The tender lobed leaves of arugula have a distinct peppery flavor. When harvested young, arugula leaves can be used as an herb or salad leaf, and mature arugula also serves as a delicious cooking green. It's an incredibly versatile vegetable since it can be used raw or cooked and also works very well as a base for pesto. Arugula has been grown in the Mediterranean area since the Roman Empire and was considered an aphrodisiac. The seeds were also used for flavoring oils. It is now cultivated in various places and is available throughout the world. Arugula is a nutrient rich leafy green, and offers vitamins A, C, K, as well as calcium, folate, and potassium.

Handling: When ready to use, take as many stems as you need, and with mature arugula, discard the roots and about half of the stem. Wash under running water then use as recipe directs. Place the bunch of arugula in a bowl of water for about 15 minutes or until the grit has settled to the bottom of the bowl. Drain the arugula in a colander and rinse the leaves again under cold running water.

Storing: Rinse the leaves in cool water and spin dry or use paper towels. Wrap leaves in paper towel and wrap in plastic or a zip lock bag and refrigerate. Best if used within a few days

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

Strawberry Rhubarb Compote

Adapted from food52.com

Ingredients:

- 3 cups rhubarb [4 large stalks], trimmed and cut into 1-inch pieces
- 1 lb strawberries
- 6 tablespoons sugar [preferably raw]
- Pinch salt
- Peel from 1/2 large orange
- 3 tablespoons rosé or sweet white wine

Preparation: Combine all of the ingredients in a medium saucepan and add ¼ cup water. Set over medium heat and bring to a simmer, stirring to dissolve the sugar. Cook gently, uncovered, for about 45 minutes, stirring occasionally and adding more water if the mixture seems too dry. You want the fruit to cook through and soften without completely losing its texture. Cool and serve over yogurt or ricotta, with ice cream, or on its own.

Arugula & Garlic Chive Baked Egg Cups

Adapted from goodlifeeats.com

Ingredients:

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

Preparation:

Preheat oven to 350° F. In a small bowl, combine the arugula, olive oil, and garlic chives. Separate the arugula mixture between 4 ramekins. Crack an egg in the center of each ramekin. Top the ramekins with the Parmesan cheese and chives. 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.