



The Pod

Community Supported Agriculture Newsletter

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

Wednesday June 17, 2015

Staff Profile, Emma Galante

Originally from the greater Boston area, Emma attended Connecticut College and recently graduated with a BA in Environmental Studies. Emma is the new Assistant Food Hub Coordinator and will be helping to organize and distribute the World PEAS CSA. Emma first became enthusiastic about farming, food, and sustainability while spending summers working on a small, organic farm in Chilmark, MA. There, she learned first hand about the importance of supporting small local farmers and about the deliciousness of farm-fresh produce.



In college, Emma became involved with the on-campus farming club, Sprout, where she found an inspiring group of kindred agricultural enthusiasts. Later, she engaged with the greater community through her internship with F.R.E.S.H New London where she helped teach local youth about the importance of food justice. Emma found this work very informative and rewarding. She especially enjoyed sharing her passion for food and farming with such an energetic and eager young group of students.

Most recently, Emma was granted the Affordability and Sustainability Fellow position on campus which allowed her to examine county-wide gaps in the availability of fresh, affordable produce. Emma looks forward to working at New Entry and digging deeper into the social justice aspect of local agriculture. She believes the mission of the World PEAS CSA program to provide beginning farmers with agricultural and business support while maintaining shareholder participation is critical to fostering a sustainable food hub. Emma is excited to help make your World PEAS CSA experience exciting and meaningful this season. We welcome any feedback, input, recipes, and/or collaboration to build World PEAS into a vibrant community of eaters, farmers, activists and more.

In your share:

Pea tendrils • Spinach or Sorrel
Mustard greens or Tatsoi • Radish
Strawberries • Maple Syrup

Also in Large shares:

Lettuce

Crop Information:

Sorrel



Once a common ingredient in soups, stews, salads and sauces, sorrel vanished from use for hundreds of years. Now this delightful, leafy green is finding its way back into gardens and kitchens, where its tantalizing flavor and good nutrition can be enjoyed each spring.

Sorrels and their relatives, docks, are members of the Rumex family, found mainly in temperate climates all over the world. Although many Rumex species are considered weeds throughout the United States, sorrels have long been cultivated as culinary herbs, valued for their lemony flavor.

The tart, lemony flavor of both French and garden sorrels is due to the presence of oxalic acid. People with arthritis or kidney stones should eat only small quantities, as oxalic acid can aggravate these conditions. The herb tastes best in early spring, and becomes increasingly bitter as the season progresses. Use the tender, young leaves in salads, and the larger leaves for soups, stews and sauces. Sorrel also complements goat cheese, eggs and poultry.

Handling: Wash all dirt or grit from leaves and stems. Use raw in salads or in soups.

Storing: Store in plastic bag for up to 3 days, unwashed in the crisper.

Freezing: Wash and remove any damaged pieces. Drop into boiling water for three minutes, cool the greens immediately in ice water, drain thoroughly and place in freezer bags.

Crop Information

Maple Syrup



World PEAS is excited to be adding maple syrup to our CSA shares for the first time! Maple syrup is made from the boiled sap of sugar maple, red maple, or black maple trees. In temperate climates like New England, these trees store starch in their trunks and roots during the winter which is then converted into sugar during spring's first thaws. Maple syrup is collected by tapping holes into the tree trunk and collecting the exuding sap. The sap is then processed by boiling to remove the water content, leaving a thick, concentrated syrup. Maple syrup was first collected by various Native American tribes from all over North America. Native Americans used stone tools to make V-shaped notches in a tree trunk and inserted concave reeds to direct the sap flow into buckets. The sap was then left to sit in freezing temperatures over night, letting the excess water rise to the surface and freeze into a layer of ice. This layer was then disposed of, leaving a sweeter, more concentrated liquid behind. Early European settlers adapted this process to create the delicious syrup that we all know and love today!

Use: Most commonly, maple syrup is used as a topping for pancakes and waffles, but it can also be added a special ingredient to a wide variety of recipes. Try using it as a glaze for meat or fish, or to spice up any baked goods. Check out our yummy maple granola recipe on the right!

Storing: Unopened maple syrup should be stored in a cool, dry area away from excessive moisture or heat. After opening, it should be refrigerated. Maple syrup can store for up to a year both unopened and refrigerated. It can be stored indefinitely in a freezer.

Indian Style Asian Greens

Adapted from Sanjeev Kapoor for Food & Wine

Ingredients:

1 bunch mustard greens or tatsoi
2 tablespoons cornmeal
6 garlic cloves, chopped
4 jalapeños (or 2 small hot chiles), seeded and finely chopped
One 2-inch piece of fresh ginger, peeled and chopped
2 red onions, finely chopped
1/4 cup vegetable oil
Salt

Preparation:

Bring a large pot of salted water to a boil. Add the mustard greens and cook for 2 minutes. Drain the greens, transfer to a food processor and puree. Sprinkle the cornmeal over the greens and pulse briefly to combine. Transfer the pureed greens to a bowl. Add the garlic, jalapeños or chiles and ginger to the food processor and finely chop. Add the onions and finely chop.

In a large nonstick skillet, heat the oil. Add the garlic-onion mixture and cook over moderate heat, stirring occasionally, until lightly browned, about 7 minutes. Add the pureed greens and cook for 4 minutes, stirring occasionally; add about 1/4 cup of water if the greens look dry. Season with salt and serve.

Stir Fried Pea Tendrils

Adapted from bonappetit.com

Ingredients:

2 tablespoons vegetable oil
2 whole dried hot red chiles
3-4 cloves garlic peeled, smashed
1 bunch pea tendrils thick stems removed
Kosher salt

Preparation:

Heat oil in a large wok or skillet over medium-high heat. Add chiles and garlic and cook, tossing, until chiles are darkened in color and garlic is barely golden, about 30 seconds. Add pea tendrils and cook, tossing often, until stems are crisp-tender and leaves are just wilted, about 3 minutes; season with salt.

Maple Syrup Granola

Adapted from MarthaStewart.com

Ingredients:

3 cups rolled oats
1 cup dried unsweetened coconut chips
1 cup pecans or walnuts, quartered
1/2 cup pure maple syrup
1/2 cup extra-virgin olive oil
1/2 cup packed light-brown sugar
1/4 cup sesame seeds
1 teaspoon coarse salt
3/4 teaspoon freshly grated nutmeg
1/2 cup golden raisins

Preparation:

Preheat oven to 300 degrees. Mix together oats, coconut, nuts, syrup, oil, sugar, sesame seeds, salt, and nutmeg. Spread granola in an even layer on a rimmed baking sheet. Bake, stirring every 10 minutes, for 40 minutes. Add raisins, and bake until granola is toasted, about 10 minutes more. Let cool completely.