



The Pod

Community Supported Agriculture Newsletter

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

Wednesday July 1, 2015

Meet Your Farmer, Kohei Ishihara

Kohei Ishihara of Movement Ground Farm is a recent graduate of New Entry's Farm Business Planning Course and a beneficiary of our Farmland Matching Service. A native of Maryland, Kohei first moved to New England for college. Upon graduating, he co-founded a nonprofit called Providence Youth Student Movement (PRYSM), a youth development and community organizing agency, which works to empower and educate Southeast Asian youth.

In an interest to connect his passion for social justice and his love of farming, he began exploring models to combine the two. He realized his ability to financially contribute to communities in need would be limited, but through his love of the land, he could help heal and ground people, just as he had experienced. In March 2015, Kohei graduated from New Entry's Farm Business Planning Course; the final step needed to launch his own farm. He felt so well prepared after the class, that rather than delay his launch until 2016 (his initial plan) he decided to start growing this season. Not only did he walk out of the Course with a sound business plan (after many revisions and 7 iterations with help of Eero Ruuttila, New Entry's Technical Assistance and Incubator Farm Coordinator), but he also had the motivation and confidence to make it happen

Kohei attributes his successful launch to his partnership with New Entry. Not only did the business planning course give him the motivation, confidence and skills necessary to be successful, but through working with our Farmland Matching Service, he was able to find a farm property that met his criteria. In addition to selling to World PEAS, he has started a CSA program with drop-off sites in Providence, RI and Quincy, MA. He has also developed formal relationships with two social change community organizations, which want to take part in both receiving produce as well as contributing to the overall mission and vision of the farm to build an inspirational farm and retreat center that can serve as a hub for local food distribution; meetings, events and retreats; and transformational gatherings

His advice to other beginning farmers looking for land is to think about at least a year-long time line. To be able to start planting in spring, it is important to try to secure land by the late fall. He encourages prospective farmers to enroll in New Entry's programs because of the valuable learning opportunities and the access to the extensive network of farmers that it affords. He sees networking with other farmers and learning from their experiences as a key piece of the process. "Once you have found a prospective property," he says, "try not to rush into it. It is important to get to know the owners, and talk to the neighbors to help get some additional history and context of the property."



Produce this week:

Pea Tendrils • Collard Greens
Snow or Snap Peas • Basil
Summer Squash or Zucchini
Garlic Scapes • Strawberries

Also in Large Shares

Raspberries • Radishes

Crop Information:

Pea Tendrils



Pea tendrils are harvested when the pea plants are 12-18 inches out of the ground. Young leaves and shoots of the snow pea plant and taste like a cross between peas and spinach. While they are growing, any flowers that develop are plucked off, so the sweet pea flavor goes into the leaves and tender stems. They're best used when freshly picked as they rapidly toughen and lose their sweetness. They're delicate and tasty when gently stir-fried, or can be enjoyed raw as a salad green. The shoots are very tender, so only cook for a short period of time.

Handling: Wash and spin dry harvested pea shoots as you would lettuce. It's crucial to pinch off just the most tender tendrils from the tops and remove any part of the stem that's remotely woody or tough. Pea shoots are best when prepared simply, so that their gentle sweetness isn't lost.

Storing: Wrap them in a paper towel and place them in an open plastic bag in the refrigerator. Pea shoots are tender, so use within a few days. Freezing is not recommended.

Crp Information

Collard Greens



Collard greens were likely domesticated 5,000 years ago, and it is now grown throughout the world. They were developed from species that originated around the Mediterranean Sea. Collard greens are popular throughout East and southern Africa, but less common in Central Africa. Most Americans know collards as a side dish popular in the southern U.S. The southern classic, collard greens have large dull leaves with a thick round stalk. The stem can be peeled and cooked separately or with the leaves. For a quick and easy side dish, sauté the collard greens in a large skillet with olive oil and garlic until the leaves begin to wilt and soften. Add salt and other spices to taste.

Handling: When ready to use wash thoroughly. If the stems are thick, strip the leaves, chop the stems, and start cooking them a couple of minutes before the leaves.

Storing: These are sturdy greens that keep well, especially if you wrap them in plastic. They are unlikely to rot, but will begin to turn yellow after a few days.

Freezing: Wash and remove any damaged pieces. Drop into boiling water for four minutes, cool the collards immediately in ice water, drain thoroughly and place in freezer bags. Remove air from the bag (to prevent freezer burn) and place in your freezer.

Grilled Squash with Vinaigrette & Feta

Adapted from pinchmysalt.com

Ingredients:

4 – 6 small yellow squash or zucchini
1 teaspoon Dijon mustard
1/4 teaspoon sugar
1 1/2 tablespoons sherry vinegar or balsamic
2 tablespoons fresh chopped basil
1/4 cup extra virgin olive oil
1 shallot, sliced
Salt and pepper to taste
crumbled feta cheese

Preparation:

In a medium bowl, whisk together mustard, vinegar, and chopped basil. Slowly whisk in olive oil, season with salt and pepper to taste, then stir in shallot slices; set aside. Slice squash in half, lengthwise, then add them all to the bowl of vinaigrette. Toss to coat. Remove squash from marinade and grill over medium-high heat for a couple of minutes on each side until grill marks appear and the squash is just tender. Remove to a plate, spoon remaining vinaigrette over the squash and sprinkle with crumbled feta cheese. Serve immediately.

Strawberry Shortcake

Adapted from foodnetwork.com

Ingredients:

1 quart strawberries, stemmed and quartered
5 tablespoons sugar
2 cups all-purpose flour
2 teaspoons baking powder
1/4 teaspoon baking soda
2 tablespoons sugar
3/4 teaspoon salt
1 1/2 cups heavy cream

Whipped Cream

1 1/2 cups heavy cream, chilled
3 tablespoons sugar
1 1/2 teaspoons vanilla extract
1 teaspoon freshly grated lemon zest

Preparation:

1. Mix strawberries with 2-3 tablespoons sugar and refrigerate while juices develop, at least 30 minutes. **Tip:** Try combining strawberries with other fruit, like raspberries, for a unique twist on this classic desert.
2. Preheat the oven to 400 degrees F. Sift together the flour, baking powder, baking soda, remaining 2 tablespoons sugar, and salt in a medium bowl. Add heavy cream and mix until just combined.
3. Place mixture in an ungreased 8-inch square pan and bake until golden, 18 to 20 minutes.
4. Remove shortcake from pan and place on a rack to cool slightly. Cut into 6 pieces and split each piece in half horizontally.
5. Spoon some of the strawberries with their juice onto each shortcake bottom. Top with a generous dollop of whipped cream and then the shortcake top. Spoon more strawberries over the top and serve.

Whipped Cream:

Using a mixer, beat the heavy cream, sugar, vanilla, and lemon zest until soft peaks form, about 1 1/2 to 2 minutes